



**Heritage Railway**

# **Safety Management System**

## **Health and Fitness**

**Document No: ARHS-SMS-27**



### **SteamRanger Safety Management System**

---

Approved by: **SteamRanger Board of Management**

Issue date: **4<sup>th</sup> July 2017**

Issued By: **Peter Charlson**                      **Manager Rail Safety**

**This document is uncontrolled when printed**

This document is the property of SteamRanger Heritage Railway ABN 36 611 842 947.  
It must not be copied or used without prior approval of SteamRanger.



**AMENDMENTS REGISTER**

Page No.	Reference	Date of Issue	Amendment Detail	Authorised by
		4-7-2017	New Document Replaces Health & fitness from document AP05	BoM



**TABLE OF CONTENTS**

1	Purpose .....	4
2	Scope .....	4
3	References .....	4
4	Rail Safety Worker Health Assessment.....	5
4.1	Safety Critical Workers .....	5
4.2	Non-Safety Critical Workers (including Around the Track Personnel - ATTP) .....	5
5	Frequency of periodic health assessments.....	6
5.1	Category 1: High Level Safety Critical Worker.....	6
5.2	Category 2: Safety Critical Worker.....	6
5.3	Category 3: ATTP in uncontrolled environment .....	6
6	Medical Clearance .....	6
7	Retention of Records .....	6
8	Portability.....	6
9	Figure 1: Risk categorisation of rail safety workers .....	7



## **1 Purpose**

This document outlines the manner in which the SteamRanger Heritage Railway (SHR) will comply with the Rail Safety National Law (RSNL), section 114 Health and fitness management program.

## **2 Scope**

SteamRanger Heritage Railway (SHR) must have, and must implement, a health and fitness program for rail safety workers that complies with the National Standard for Health Assessment of Rail Safety Workers, published by the National Transport Commission, as amended from time to time.

## **3 References**

- National Standard for Health Assessment of Rail Safety Workers, published by the National Transport Commission
- Rail Safety National Law, section 114 Health and fitness management program
- Rail Safety National Law National Regulations 2012 Clause 27 in Schedule 1

#### **4 Rail Safety Worker Health Assessment**

Rail Safety Workers Health Assessment is a requirement of the National Standard for Health Assessment of Rail Safety Workers 2012, designed to ensure that rail workers are deemed healthy and fit in order to perform their job safely and protect themselves, the public, fellow workers and the rail network.

SteamRanger shall comply with the National Transport Commission requirements for Health Standards and as amended from time to time. All health assessments of rail safety workers are conducted in line with the current edition of the National Standard for Health Assessment of Rail Safety Workers (the Standard).

The Standard sets out the required health assessments, including frequency, and these are divided into four categories based on the level of risk. Categories 1 and 2 apply to safety critical work/workers and Categories 3 and 4 to non-safety critical work/workers.

##### **4.1 Safety Critical Workers**

Safety Critical Workers are those whose action or inaction due to ill-health, may lead directly to a serious incident affecting the public or the rail network. The health of these workers regarding attentiveness and vigilance to their job is critical.

There are two categories of Safety Critical Worker:

- Category 1
- Category 2

Category 1 workers are the highest level of Safety Critical Worker. These are workers who require high levels of attentiveness to their task and for whom sudden incapacity or collapse (e.g. from a heart attack or blackout) may result in a serious incident affecting the public or the rail network.

Category 2 workers are those whose work also requires high levels of attentiveness, but for whom fail-safe mechanisms or the nature of their duties ensure sudden incapacity or collapse does not affect safety of the rail network.

##### **4.2 Non-Safety Critical Workers (including Around the Track Personnel - ATTP)**

Non-Safety Critical Workers are those whose health and fitness will not impact directly on the public or the rail network. However, these workers must be able to protect their own safety and that of fellow workers.

Their risk category and their health assessment requirements depend on their likely exposure to moving rolling stock.

There are two Non-Safety Critical Risk Categories:

- Around the Track Personnel (ATTP) who operate in an Uncontrolled Environment (category 3)
- Other, including ATTP who operate in Controlled Environment (Category 4).

Around the Track Personnel (ATTP) who operate in an environment where they may be at risk from moving rolling stock are classed as Category 3, and are required to have health assessments to identify relevant health risks.

ATTP who do not work around the track and are not at risk from moving rolling stock are classified as Category 4, and are not required to have health assessments under this Standard.

**5 Frequency of periodic health assessments**

Medical re-examination shall be based on age and level of medical standard required by the worker as detailed in the National Transport Commission health standards as amended from time to time.

**5.1 Category 1: High Level Safety Critical Worker**

At the time of commencement then:

- every 5 years to age 50
- every 2 years to age 60, then
- every year.

**5.2 Category 2: Safety Critical Worker**

At the time of commencement then:

- every 5 years to age 50
- every 2 years to age 60, then
- every year.

**5.3 Category 3: ATTP in uncontrolled environment**

At the time of commencement then:

- At 40 years of age, then
- every 5 years

**6 Medical Clearance**

Where a SteamRanger Rail Safety Worker suffers a medical condition, which renders them unfit for the duties for which they are normally rostered they shall obtain a clearance certificate from a medical officer before being permitted to re-commence duty.

**7 Retention of Records**

Medical records shall be maintained by SteamRanger on a data base which shall show the tasks performed by each worker and the medical standard which they are required to meet with the date of the last medical and date the next medical is due.

Medical records shall remain confidential and the content not revealed.

**8 Portability**

Where an individual performs work for more than one accredited rail organisation SteamRanger shall provide details of the workers' health details to another accredited organisation on written authorisation from the worker. SteamRanger shall accept health standards from other organisations so that an individual is not required to undergo more than one medical assessment for rail safety work subject to the medical standard being equal to or greater than that required for SteamRanger

**9 Figure 1: Risk categorisation of rail safety workers**

