Medical Declaration – Guide

This medical declaration guide is to provide the person conducting a business or undertaking (PCBU), an understanding of the work health and safety (WHS) requirements relating to Crystalline Silica substances (CSS).

Crystalline Silica Substances (CSS)

From **1 September 2024**, there are additional requirements in relation to the processing of CSS, which are materials that contain at least 1% crystalline silica. Processing in relation to CSS means:

- Use of power tools and/or mechanical plant to carry out activity involving crushing, cutting, grinding, trimming, sanding, abrasive polishing or drilling of CSS; or
- Use of road headers to excavate material is CSS
- Quarrying of material that is CSS
- Mechanical screening involving a material that is CSS
- Tunnelling through a material that is CSS
- A process that exposes, or is reasonably likely to exposure, a person to respirable crystalline silica during the manufacturing or handling of CSS

What is Silicosis?

Silicosis is a serious, irreversible lung disease that causes permanent disability and can be fatal. When RCS comes into prolonged contact with lung tissue, it causes inflammation and scarring and reduces the lungs' ability to take in oxygen. Silicosis may continue to progress even after a worker stop being exposed to RCS. As the disease progresses, a worker may experience shortness of breath, a severe cough and general weakness.

Asbestos

Where workers are exposed, suspected of being exposed or are concerned about exposure to asbestos, the PCBU has a duty to arrange a health monitoring appointment. Health monitoring should be carried out at regular intervals however the frequency should be determined by a risk assessment and the significance and frequency of past or future exposure.

What is Asbestos?

Asbestos is the name used for a group of naturally occurring minerals that have resistance to high temperatures and fire, making them effective insulators. Asbestos containing materials include flat/corrugated sheeting, cements pipes, insulation, floor tiles, adhesives, roofing and automobile parts such as brake pads. Asbestos is extremely fibrous and can be easily breathed in where they can become trapped in the lungs which can increase the risk of developing cancers. As a result, a national ban of asbestos, its importation and products containing asbestos came into effect at the end of 2003.

Medical and aligning health monitoring requirements

Type of Medical	Health Monitoring requirements
Silica *Valid 1 year*	• Collection of demographics, medical and occupational history • Records of personal exposure • Standardised respiratory questionnaire • Standardised respiratory function tests • Chest X-Ray full posterior-anterior (PA) view
Hearing *Valid 2 years*	• Hearing test
Asbestos *Valid 2 years (or based on risk assessment)*	• Collection of demographics, medical and occupational history • Records of personal exposure • Physical examination

Dangerous Chemicals/Goods

For workers who will be working with or around chemicals listed on Schedule 14 of the Work Health and Safety (WHS) Regulations 2017 (link in reference), additional medical, health monitoring and training requirements will need to be completed. This will be based on risk assessment.

Reviews will be required each year from issue date on form.

Table of Chemical and respective health monitoring requirements

Hazardous Chemical	Health Monitoring requirements
Acrylonitrile	• Demographic, medical and occupational history • Records of personal exposure • Physical examination
Arsenic (inorganic)	• Demographic, medical and occupational history • Records of personal exposure • Physical examination with emphasis on the peripheral nervous system and skin • Urinary inorganic arsenic
Asbestos	• Demographic, medical and occupational history • Records of personal exposure • Physical examination
Benzene	• Demographic, medical and occupational history • Records of personal exposure • Physical examination • Baseline blood sample for haematological profile

Hazardous Chemical	Health Monitoring requirements
Cadmium	• Demographic, medical and occupational history • Records of personal exposure • Physical examination with emphasis on the respiratory system • Standard respiratory questionnaire to be completed • Standard respiratory function tests including, for example, FEV1, FVC and FEV1/FVC • Urinary cadmium and β2-microglobulin • Health advice including counselling on the effect of smoking on cadmium exposure
Chromium (inorganic)	• Demographic, medical and occupational history • Physical examination with emphasis on the respiratory system and skin • Weekly skin inspection of hands and forearms by a competent person
Creosote	• Demographic, medical and occupational history • Health advice including recognising photosensitivity and skin changes • Physical examination with emphasis on the neurological system and skin, noting abnormal lesions and evidence of skin sensitisation • Records of personal exposure including photosensitivity
Isocyanates	• Demographic, medical and occupational history • Completing a standardised respiratory questionnaire • Physical examination of the respiratory system and skin • Standardised respiratory function tests, FEV1, FVC and FEV1/FVC
Lead (inorganic)	• Demographic, medical and occupational history • Physical examination • Biological monitoring (blood lead level)
Mercury (inorganic)	• Demographic, medical and occupational history • Physical examination with emphasis on dermatological, gastrointestinal, neurological and renal systems • Urinary inorganic mercury
4,4'-Methylene bis(2-chloroaniline) (MOCA)	• Demographic, medical and occupational history • Physical examination • Urinary total MOCA • Dipstick analysis of urine for haematuria • Urine cytology
Organophosphate pesticides	• Demographic, medical and occupational history including pattern of use • Physical examination • Baseline estimation of red cell and plasma cholinesterase activity levels by the Ellman or equivalent method • Estimating red cell and plasma cholinesterase activity towards the end of the working day on which organophosphate pesticides have been used
Pentachlorophenol (PCP)	• Demographic, medical and occupational history • Records of personal exposure • Physical examination with emphasis on the skin, noting abnormal lesions or effects of irritancy • Urinary total pentachlorophenol • Dipstick urinalysis for haematuria and proteinuria

Hazardous Chemical	Health Monitoring requirements
Polycyclic Aromatic Hydrocarbons (PAH)	• Demographic, medical and occupational history • Physical examination • Records of personal exposure including photosensitivity • Health advice including recognising photosensitivity and skin changes
Silica, Crystalline	• Demographic, medical and occupational history • Records of personal exposure • Standardised respiratory questionnaire to be completed • Standardised respiratory function test, for example, FEV1, FVC and FEV1/FVC • Chest X-Ray full PA view
Thallium	• Demographic, medical and occupational history • Physical examination • Urinary thallium
Vinyl Chloride	• Demographic, medical and occupational history • Physical examination • Records of personal exposure
Antimony	• Demographic, medical and occupational history • Records of personal exposure • Physical examination with emphasis on the respiratory system and skin • Urinary antimony level
Beryllium	• Demographic, medical and occupational history • Records of personal exposure • Physical examination with emphasis on respiratory and dermatological systems • Urinary beryllium level
Butanone (methyl ethyl ketone, MEK)	• Demographic, medical and occupational history • Physical examination with emphasis on the central nervous system and skin • Urinary MEK (2-butanone) level
Carbon disulfide	• Demographic, medical and occupational history • Physical examination with emphasis on the respiratory system and skin • Urinary 2-thiothiazolidine-4-carboxylic acid level
Cobalt	• Demographic, medical and occupational history • Physical examination with emphasis on respiratory systems and skin • Urinary cobalt level
Cyclophosphamide	• Demographic, medical and occupational history • Urinary cyclophosphamide level
Dichloromethane	• Collecting demographic, medical and occupational history • Physical examination with emphasis on the central nervous system • Urinary dichloromethane
Ethly Benzene	• Demographic, medical and occupational history • Records of personal exposure • Physical examination • Baseline blood sample for haematological profile • Urinary mandelic acid level

Hazardous Chemical	Health Monitoring requirements
Fluorides	• Demographic, medical and occupational history • Physical examination with emphasis on the respiratory system • Pre and post shift urinary fluoride level
Nickel	• Demographic, medical and occupational history • Physical examination with emphasis on dermatological and respiratory systems • Urinary nickel level
Styrene	• Demographic, medical and occupational history • Records of personal exposure • Physical examination • Baseline blood sample for haematological profile • Urinary Mandelic acid
Tetrachloroethylene	• Demographic, medical and occupational history • Physical examination with emphasis on the central nervous, respiratory and reproductive systems and skin • Tetrachloroethylene blood level before shift
Toluene	• Demographic, medical and occupational history • Records of personal exposure • Physical examination • Baseline blood sample for haematological profile • Urinary o-cresol
Trichloroethylene	• Demographic, medical and occupational history • Physical examination with emphasis on the central nervous system • Urinary trichloroacetic acid or trichloroethane level
Vinyl Chloride	• Extra: Annual liver function tests (AST, ALT, GGT, ALP, and bilirubin)
Uranium	• Demographic, medical and occupational history • Physical examination • Post shift urinary uranium level • Urinary dipstick analysis for proteinuria • Urinary cytology
Xylene	• Demographic, medical and occupational history • Records of personal exposure • Physical examination • Baseline blood sample for haematological profile • Urinary Toluic acid

Medical Declaration Roles

WTP – Medical Declaration – Silica

Workers who work with or around Silica will require this role on their profile.

This includes the following:

1. All tunnel workers/engineers/supervisors
2. Site surface workers/engineers/supervisors involved in processing of CSS
    - Cutting/drilling
    - Process that exposes the person to CSS

WTP – Medical Declaration – Asbestos

Workers who work with Asbestos will require this role on their profile.

This includes the following:

- Asbestos labourer
- Asbestos removalist
- Asbestos supervisor

Note: Asbestos medical expiry will be based on risk assessment conducted by licensed removalist.

WTP – Medical Declaration – General Duties

Site Workers that will work in or around an environment that requires hearing protection as a control measure for noise that exceeds the exposure standard.

WTP – Medical Declaration – Dangerous Chemicals

Workers who are exposed to any of the chemicals listed on Schedule 14 of the Work Health and Safety (WHS) Regulations 2017, will require this role on their profile.

A Medical Declaration form will need to be completed to confirm the health monitoring requirements have been met for all chemicals that the workers will be exposed to. The form must be updated when scopes of work changes and the worker's risk to hazardous chemicals changes.

WTP – Medical Declaration – Low risk

Workers who are on site and whose role will not put them in significant risk to human health can be exempt from the medical requirements.

Roles includes:

- Site admin
- Admin/Office staff

If you are unsure, please speak to site safety and refer to risk assessments managed on site to confirm if your role is considered low risk.

If the role changes, workers will need to meet the requirements of one of the above Medical Declaration roles and add the additional role onto their Avetta profile.

Medical Declaration role requirements

Role	Role requirements	Upload requirements
WTP – Medical Declaration – Silica	Silica Medical	Medical Declaration form
	Hearing Medical	Medical Declaration form
	Silica Awareness Training	Statement of Attainment
	Fit Test Record/ PAPR Declaration	Record/Declaration form
WTP – Medical Declaration – Asbestos	Asbestos Medical	Medical Declaration form
	Asbestos Awareness Training	Statement of Attainment
	Fit Test Record/ PAPR Declaration	Record/Declaration form
WTP – Medical Declaration – General Duties	Hearing Medical	Medical Declaration form
WTP – Medical Declaration – Dangerous Chemicals	Health Monitoring per chemical	Medical Declaration form
WTP – Medical Declaration – Low risk	N/A	

References

- Working with Crystalline Silica Substances – Guidance for PCBUs
  Working with crystalline silica substances: Guidance for PCBUs | Safe Work Australia
- SafeWork NSW – Hearing requirements for NSW Workers:
  https://www.safework.nsw.gov.au/hazards-a-z/noise-at-work/hearing-test-requirements-for-nsw-workers
- SafeWork Australia – Health monitoring when you work with hazardous chemicals
  https://www.safeworkaustralia.gov.au/doc/health-monitoring-when-you-work-hazardous-chemicals-guide
- Work Health and Safety (WHS) Regulations 2017
  Work Health and Safety Regulation 2017 - NSW Legislation
- SafeWork NSW Code of Practice: How to manage and control asbestos in the workplace
  How to manage and control asbestos in the workplace - Code of practice