

Physical Activity Readiness Questionnaire Lord Howe Island Board - Volunteer Weed Program

BACKGROUND: The Lord Howe Island Board (LHIB) weed program is physically demanding and requires heavy muscular activity, high level of flexibility, bending, crawling and extensive walking in steep and difficult terrain. It involves working in exposed conditions, through low vegetation and often in inclement weather conditions. The LHIB require all persons applying to work on the weed program complete this Physical Activity Readiness Form. Lord Howe Island is a remote location and the costs to recover injured people in the workplace are high and can put staff at risk. It is important that prospective volunteers are fit and able.

Personal Details
Employee /Volunteer name:
Home Address:
Phone contact:
Email address

Circle either YES or NO to the following questions. Please note the time of the injury or health issue.			
Issue	Yes	No	Date
...have you had any severe pains in the chest?	Yes	No	
--.have you experienced rapid heart beat or palpitations?	Yes	No	
...have you had: - surgery?	Yes	No	
...serious muscular or joint injury (requiring time off work or suitable duties)?	Yes	No	
...any broken bones?	Yes	No	
...has your doctor said you have high blood pressure?	Yes	No	
...have you felt faint or had spells of dizziness?	Yes	No	
...have you experienced sudden tingling, numbness or loss of feeling in your arms, hands, legs, feet or face?	Yes	No	
...have you been newly diagnosed with: - Asthma? - Diabetes? - Epilepsy?	Yes	No	
...have you been newly diagnosed with: - A hearing problem? - An eyesight problem? - A heart problem?	Yes	No	
...has your doctor prescribed any new medication for your blood pressure or heart conditions?	Yes	No	
...has your weight increased or decreased more than 5 kgs without your intention?	Yes	No	
...have you required a significant amount of time off or modified work duties (2 weeks or more) due to a health condition, either physical or psychological?	Yes	No	
...do you know of any other reason why you should not undertake strenuous physical activity or be exposed to the psychological demands of undertaking remote area weeding in all terrain on Lord Howe Island ?	Yes	No	
... have you experienced vertigo ?	Yes	No	
... do you have any phobias e.g. of spiders, heights, birds ? If you answer Yes, please describe.....	Yes	No	
<i>If you answered Yes to one or more of the above questions, you will need to pass a medical assessment before undertaking volunteer duties on Lord Howe Island; or: If you answered Yes to one or more of the above questions but have been actively working in a bush regeneration position that involves similar activities to those mentioned above in the 'BACKGROUND'; working 8 hrs per day, up to 5 days per</i>	Yes	No	

Lord Howe Island Board – Physical Activity Readiness Questionnaire

<i>week over an extended length of time please contact the LHI to discuss the need for a medical certificate. The LHIB may request a referee. The LHIB will determine the requirement for a medical assessment.</i>				
Signed:		Date:		
I have truthfully and accurately completed the health assessment form.				
I will notify the LHIB if my health condition changes prior to arrival at Lord Howe Island.				
RECORD KEEPING: This form will be kept on your personal register at the LHIB				