

## Medical requirements for BAS Antarctic / Arctic employment or deployment

Nov 2014 ah

Steps to take (tick off as required  )

1) Read BASMU 2 form so *you understand the medical issues* surrounding Polar deployments with BAS and conditions which may preclude service.

2) If applying for employment with BAS, complete BASMU 1.

3) When a full pre deployment medical is required, complete BASMU 3 form in as much detail as you can. (This questionnaire/declaration will provide the examining Doctor with your medical history to guide the examination process). Provide the examining Doctor with the following forms to complete the documentation required:

BASMU 4 medical examination form.

BASMU 5 notes for examining Doctor.

BASMU 6 blood group/donor consent form (winterers only or if requested)

NB an ECG is needed at your first BASMU medical or if clinically required.

4) Please read the immunisation list / policy and have the appropriate inoculations then send BASMU details/dates.

5) Ensure before deployment you consult your Dentist, undertake any dental treatment required and forward either BASMU 7 or BASMU 8 dental forms.

6) If in recent years you have had a full BASMU medical, consult BAS HR Dept to see whether you require another full medical or just a detailed completion of the BASMU 3 form plus dental update.

7) During deployment to Polar regions take with you as necessary a small personal supply of sunscreen (skin and lip), sea sickness tablets, pain and flu relief medication. This will cover you en route to your working destinations especially if a transportation delay occurs.

8) Take the well publicised and practical steps to avoid dehydration and DVT ( deep vein thrombosis) while undertaking long haul flights.

9) We *strongly encourage* all staff who are heading to remote communities or ships to have if possible any seasonal or other nationally recommended influenza vaccinations that may be available prior to departure. This will help reduce the impact of such ailments on the population you are about to join. This is important not only for your own health, but to protect the staff who have overwintered