

## SCHEDULE 1

Regulations 4, 8, and 13

### MEDICAL REQUIREMENTS

*(This Schedule substantially reproduces the provisions of Annex II to the Directive)*

#### GENERAL REQUIREMENTS

##### 1.—(1) General

Drivers must not be suffering from any medical conditions or be taking any medication, drugs or substances which are likely to cause—

- (a) a sudden loss of consciousness,
- (b) a reduction in attention or concentration,
- (c) a loss of balance or coordination,
- (d) a significant limitation of mobility.

##### (2) Vision

The following requirements as regards vision must be complied with—

- (a) aided or unaided distance visual acuity: 1,0; minimum of 0,5 for the worse eye,
- (b) maximum corrective lenses: hypermetropia + 5/myopia –8. Derogations are authorised in exceptional cases and after having obtained the opinion of an eye specialist. The recognised doctor then takes the decision,
- (c) near and intermediate vision: sufficient, whether aided or unaided,
- (d) contact lenses and glasses are authorised when periodically checked by a specialist,
- (e) normal colour vision: use of a recognised test, such as Ishihara, as well as another recognised test if required,
- (f) field of vision: full,
- (g) vision for both eyes: effective; not required in a case where a person lost binocular vision after starting his job and when that person has adequate adaptation and sufficient compensation experience,
- (h) binocular vision: effective,
- (i) recognition of colour signals: the test must be based on recognition of single colours and not on relative differences,
- (j) sensitivity to contrasts: good
- (k) no progressive eye disease,
- (l) lens implants, keratotomies and keratectomies are allowed only on condition that they are checked on a yearly basis or at intervals set by a recognised doctor,
- (m) ability to withstand dazzle,
- (n) coloured contact lenses and photochromatic lenses are not allowed. UV filters are allowed.

##### (3) Hearing and speaking requirements

Sufficient hearing confirmed by an audiogram, i.e.—

- hearing good enough to hold a phone conversation and to be able to hear warning sounds and radio messages.

The following values should be taken as guidelines—

*Status: This is the original version (as it was originally made).*

- (a) the hearing deficiency must not be higher than 40 dB at 500 and 1 000 Hz,
  - (b) the hearing deficiency must not be higher than 45 dB at 2 000 Hz for the ear with the worst air conduction of sound,
  - (c) no anomaly of the vestibular system,
  - (d) no chronic speech disorder (given the necessity to exchange messages loudly and clearly),
  - (e) the use of hearing aids is allowed in special cases.
- (4) Pregnancy

In the event of poor tolerance or a pathological condition, pregnancy must be considered to be a reason for the temporary exclusion of drivers. Legal provisions protecting pregnant drivers must be applied.

## **MINIMUM CONTENT OF THE EXAMINATION BEFORE APPOINTMENT**

### 2.—(1) Medical examinations—

- (a) a general medical examination,
  - (b) examinations of sensory functions (vision, hearing, colour perception),
  - (c) blood or urine tests, testing among others for diabetes mellitus, insofar as they are necessary to judge the candidate's physical aptitude,
  - (d) an Electro-Cardiogram (ECG) at rest,
  - (e) tests for psychotropic substances such as illicit drugs or psychotropic medication and the abuse of alcohol calling into question the fitness for the job,
  - (f) cognitive: attention and concentration; memory; perception; reasoning,
  - (g) communication,
  - (h) psychomotor: reaction time, hand coordination.
- (2) Occupational psychological examinations

The purpose of the occupational psychological examinations is to assist in the appointment and management of staff. In determining the content of the psychological evaluation, the examination must assess that the applicant driver has no established occupational psychological deficiencies, particularly in operational aptitudes or any relevant personality factor, which are likely to interfere with the safe exercise of the duties.

## **PERIODIC EXAMINATIONS AFTER APPOINTMENT**

### 3.—(1) Frequency

Medical examinations (physical fitness) must be taken at least every three years up to the age of 55, thereafter every year.

In addition to this frequency, a recognised doctor must increase the frequency of examinations if the health of the member of staff so requires.

Without prejudice to regulation 13 an appropriate medical examination must be carried out when there is reason to doubt that a holder of a train driver's licence or train driving certificate fulfils the medical requirements set out in paragraph 1.

Physical fitness must be checked regularly and after any occupational accident or any period of absence following an accident involving persons. A recognised doctor can decide to carry out an additional appropriate medical examination, particularly after a period of at least 30

days' sick leave. The employer must ask a recognised doctor to check the physical fitness of the train driver if the employer had to withdraw the driver from service for safety reasons.

(2) Minimum content of the periodic medical examination

If the train driver complies with the criteria required for the examination which is carried out before appointment, the periodic examinations must include as a minimum—

- (a) a general medical examination,
- (b) an examination of sensory functions (vision, hearing, colour perception),
- (c) blood or urine tests to detect diabetes mellitus and other conditions as indicated by the clinical examination,
- (d) tests for drugs where clinically indicated.

In addition, an ECG at rest is also required for train drivers over 40 years of age.