

# Appendix 8

**Exercises** 



# GROBLER AND MABENA PHYSIO'S Personal Exercise program

FORD Medical Center Tel: (012) 8422556 PR 0720000212679

Date: 2007/01/18

Provided for: 1 min During work

Stretch & improve blood circulation in legs

Provided by: Susan Grobler



Stand with your feet together on the yellow line of the mat behind you. Take support from your table. Lean forward while you KEEP YOUR HEELS ON THE FLOOR, AND YOUR KNEES STRAIGHT.

You should feel the stretching in your calves. Hold approx. 10 secs - relax.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) - both legs at the same time.

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Stand with your feet together on the yellow line of the mat behind you. Take support from your table. Bend knees while you KEEP YOUR HEELS ON THE FLOOR.

Feel the stretching in your calves. Hold 10 sec. - relax.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) - both legs at the same time.

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Stand holding on to your table with one hand, and one forefoot in the other hand. Pinch your buttocks. Do not lock the knee of the leg you are standing on. Draw your heel towards your buttock. Feel the stretch in the front of your thigh, and front shin. Hold 10 sec.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) -one leg at a time.

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Stand. Keep your balance by holding lightly onto your table. Raise yourself on your toes. Do not push yourself up on your hands. Hold 2 sec.

Repeat 5 times every hour (09h00, 11h00, 12h00, 14h00, 16h00) - both legs at the same time.

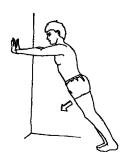


### Susan Grobler Physiotherapist PR 7223447

FORD Motor Co of S.A., Waltloo, Pretoria
Tel: (012) 842 2556 (am)/083 415 2008
TRIM C307 exercises (1min) to prevent leg pain

Provided for: Date: 2005/06/03 Recommended table height: \_\_\_\_

Provided by: Susan Grobler

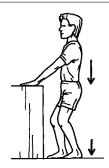


Stand with your feet together, fore feet on the yellow line of the Ergobuddy behind you. Take support from your table. Lean your body towards while you KEEP YOUR HEELS ON THE FLOOR.

Feel the stretching in your calves. Hold 10 secs - relax.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) - both legs at the same time.

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Stand with your feet together, fore feet on the yellow line of the Ergobuddy behind you. Take support from your table. Bend your knees while you KEEP YOUR HEELS ON THE FLOOR.

Feel the stretching in your calves. Hold 10 secs - relax.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) - both legs at the same time.

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Stand holding on to your table with one hand and the fore foot in the other hand. Pinch your buttocks.

Pull the forefoot towards your bottom, and hold for 10 sec. You should feel the stretch in your upper thigh, as well as your front shin.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) - with each leg.

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Stand with one leg in front of the other, and take the front foot in your hand.

Then bend your upper body forwards from your hips keeping your back straight, and try to put your fore head on your knee. You should feel the stretching behind your knee and thigh. Hold 10 sec.

Repeat once every hour (09h00, 11h00, 12h00, 14h00, 16h00) - with each leg.



### Susan Grobler Physiotherapist PR 7223447

FORD Motor Co of S.A., Waltloo, Pretoria
Tel: (012) 842 2556 (am)/083 415 2008
Ease down from high heeled shoes to flat shoes.

Date: 2005/06/06

Provided by: Susan Grobler

Stand in front of a table or chair holding on to the support with both hands.

Slowly crouch keeping your back straight and heels on the floor. Stay down for approx. 20 secs. and feel the stretching in your buttocks and the front of your thighs.

Repeat 30 times.

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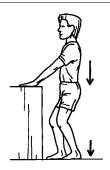


Stand with your feet together, fore feet on the yellow line of the Ergobuddy behind you. Take support from your table. Lean your body forwards while you KEEP YOUR HEELS ON THE FLOOR.

Feel the stretching in your calves. Hold 20 secs. - relax.

Repeat 30 times.

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Stand with your feet together, fore feet on the yellow line of the Ergobuddy behind you. Take support from your table. Bend your knees while you KEEP YOUR HEELS ON THE FLOOR.

Feel the stretching in your calves. Hold 20 secs. - relax.

Repeat 30 times.

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This exercise will mobilise the neural tissue (nerves) coming from your spine - and running down to your toes. It is NOT recommended that you do this exercise into any pain with a new back injury - but a bit of discomfort (stretch) is OK in the "maintenance & prevent recurrence"-phase.

Lying on your back with a cushion under your head. Put a band/towel under the sole of your fore foot and hold onto the band/towel with both hands.

Lift your leg up, with a bent knee. Gently straigthen your knee, while you maintain the tension in the band/towel. Pull the straight leg now further up - if possible. Hold approx. 20 secs. - relax. Repeat to the other side.

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Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor. Hold 20 sec.

Repeat 30 times.

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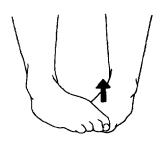


Half kneeling. Place your hands on the floor. Bring the ankle to be stretched close to your bottom keeping the sole of your foot on the floor.

Bring your chest forwards and shift your weight over the sole of your foot. Keep your heel on the floor during the exercise. Hold approx. 20 secs.

Repeat 30 times.

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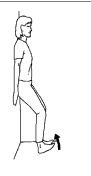


Sit on a chair or on the floor. Put one foot on top of the other foot.

Try to lift the foot that is under while preventing any movement with the foot that is on top. Hold approx. 5 secs.

Repeat 30 times.

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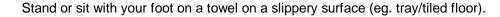


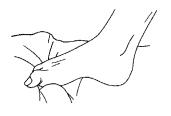
Stand with your back against a wall and your knees slightly bent.

Lift your toes and front of feet of the floor. Keep your heels on the floor. You should feel your shin muscles working. Hold 5 sec.

Repeat 30 times.

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KEEP YOUR TOES STRAIGHT, and lift the middle part of your foot to crumple up the towel under the middle part of your foot. DON'T curl your toes and crimple the towel under your toes.

Repeat 30 times & do often during the day in your shoes.



# PHYSIOTHERAPY @ WORK Personal exercise program

FORD Medical Center, PR 0212679

Tel: (012) 842 2556

Sit to stand-up sewing

Provided for: Trim Ladies Date: 2008/08/22

Provided by: Susan Grobler



Stand holding on to a support. Bend one knee and take hold of the ankle. Do not lock the knee of the leg you are standing on.

Draw your heel towards your buttock. Tilt your hip forwards so that your knee points towards the floor. Feel the stretch in the front of your thigh. Hold 20 secs.

Repeat 10 times with each leg.

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Stand. Hold onto a support and bring one leg slightly backwards.

Bend your knee and lift your foot off the floor. Keep your knees next to each other. Hold 5 secs.

Repeat 50 times with each leg.

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Stand on one leg.

Push up on your toes.

Repeat 50 times with each leg.

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Stand on a step with both heels over the edge. Hold on to a support.

Let the weight of your body stretch your heels towards the floor. Hold 30 sec.

Repeat 10 times.

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Stand in a walking position with the leg to be stretched straight behind you and the other leg bent in front of you. Take support from a wall or chair.

Lean your body forwards and down until you feel the stretching in the calf of the straight leg. Hold approx. 30 secs. - relax. KEEP YOUR HEEL ON THE FLOOR AND YOUR KNEE STRAIGHT.

Repeat 10 times with each leg.

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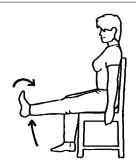


Half kneeling.

Tighten your stomach muscles to keep your back straight. Rotate the heel behind you outwards while pushing your hip forwards. Hold approx. 20 secs. - relax.

Repeat 10 times with each leg.

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Sit on a chair.

Pull your toes up, tighten your thigh muscle and straighten your knee. Hold approx. 5 secs. and slowly relax your leg.

Repeat 50 times with each leg.

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Sit on a chair/lay down. Put a non-elastic band/belt around your knees. Feet together.

Spread knees apart. Hold 6 sec.

Repeat 30 times.

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Kneeling with your heels off the floor and both arms on the floor as shown.

Sit on your knees and stretch your calves. Hold approx 20 secs.- relax.

Repeat 10 times.



Half kneeling. Place your hands on the floor. Bring the ankle to be stretched close to your bottom keeping the sole of your foot on the floor.

Bring your chest forwards and shift your weight over the sole of your foot. Keep your heel on the floor during the exercise. Hold approx. 30 secs.

Repeat 10 times with each leg.

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Lying on your back.



Bend your leg and resist the movement with your hand. Hold 6 secs. Repeat with other leg.

Repeat 30 times with each leg.

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Lying on your back with hands supporting pelvis.



Make a cycling movement with both legs for 10 min.

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Sidelying. Keep the leg on the bed bent and the upper leg straight.



Lift the upper leg straight up with ankle flexed and the heel leading the movement.

Repeat 30 times with both legs.

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Lying face down with a band around your ankle.



Tighten your stomach muscles to keep your lower back straight. Bend your knee and pull the band with both hands until you feel tightness on the front of your thigh. Hold approx. 5 secs. - relax.

3/4

Repeat 10 times with each leg.



Lying on your back with one leg straight and the other leg bent. (You can vary the exercise by having your foot pointing either upwards, inwards or outwards).



Exercise your straight leg by pulling the toes up, straightening the knee and lifting the leg 20 cm off the bed. Hold approx 5 secs. - slowly relax.

Repeat 50 times with each leg.

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Lying on your back with a cushion under your head. Put a band under the sole of your foot and hold onto the band with both hands.

Lift your leg straight up. Pull the band flexing the ankle and stretching the back of your thigh. Hold approx. 20 secs. - relax. Stop if you feel any pain in your lower back.

Repeat 10 times with each leg.

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## Appendix 9

## Approval from ethics committee



#### Faculty of Health Sciences Research Ethics Committee

#### 17/02/2012

Number :	S157/2011
Title :	Retrospective study of a physiotherapy and ergonomics programme on work-related musculoskeletal-disorders in sewing machine operators
Investigator :	Susanna Helena Grobler, Department of Physiotherapy, University of Pretoria (SUPERVISOR: Ms Karien Mostert-Wentzel)
Sponsor, :	None
Study Degree:	M.PhysT

This Student Protocol was reviewed by the Faculty of Health Sciences, Student Research Ethics Committee, University of Pretoria on 17/02/2012 and found to be acceptable. The approval is valid for a period of 3 years.

Prof M J Bester	BSc (Chemistry and Biochemistry); BSc (Hons)(Biochemistry); MSc (Biochemistry); PhD (Medical Biochemistry)
Prof R Delport	(female)BA et Scien, B Curationis (Hons) (Intensive care Nursing), M Sc (Physiology), PhD (Medicine), M Ed Computer Assisted Education
Prof J A Ker	MBChB; MMed(Int); MD - Vice-Dean (ex officio)
Dr NK Likibi	MBB HM - (Representing Gauteng Department of Health) MPH
Dr MP Mathebula	Deputy CEO: Steve Biko Academic Hospital
Prof A Nienaber	(Female) BA (Hons) (Wits); LLB (Pretoria); LLM (Pretoria); LLD (Pretoria); PhD; Diploma in Datametrics (UNISA)
Prof L. M Ntlhe	MBChB(Natal); FCS(SA)
Mrs M C Nzeku	(Female) BSc(NUL); MSc Biochem(UCL,UK)
Snr Sr J. Phatoli	(Female) BCur (Et.Al); BTech Oncology
Dr R Reynders	MBChB (Pret), FCPaed (CMSA) MRCPCH (Lon) Cert Med. Onc (CMSA)
Dr T Rossouw	(Female) MBChB.(cum laude); M.Phil (Applied Ethics) (cum laude), MPH (Biostatistics and Epidemiology (cum laude), D.Phil
Mr Y Sikweyiya	MPH (Umea University Umea, Sweden); Master Level Fellowship (Research Ethics) (Pretoria and UKZN); Post Grac Diploma in Health Promotion (Unitra); BSc in Health Promotion (Unitra)

Dr L Schoeman (Female) BPharm (NWU); BAHons (Psychology)(UP); PhD (UKZN); International Diploma in Research Ethics (UCT) Dr R Sommers Vice-Chair (Female) - MBChB; MMed (Int); MPharMed.

Prof T J P Swart BChD, MSc (Odont), MChD (Oral Path), PGCHE Prof C W van Staden Chairperson - MBChB; MMed (Psych); MD; FCPsych; FTCL; UPLM; Dept of Psychiatry

Student Ethics Sub-Committee

MBChB (Legon, UG); PhD (Cantab); PGDip International Research Ethics (UCT) Prof R S K Apatu Mrs-N-Briers-(female)-BSc (Stell);-BSc Hons (Pretoria); MSc (Pretoria); DHETP (Pretoria) Prof M M Ehlers

(female) BSc (Agric) Microbiology (Pret); BSc (Agric) Hons Microbiology (Pret); MSc (Agric) Microbiology (Pret);

PhD Microbiology (Pret); Post Doctoral Fellow (Pret)

Dr R Leech (female) B.Art et Scien; BA Cur; BA (Hons); M (ECI); PhD Nursing Science

Dr S A S Olorunju BSc (Hons). Stats ( Ahmadu Bello University - Nigeria); MSc (Applied Statistics (UKC United Kingdom); PhD

(Ahmadu Bello University - Nigeria)

Dr L Schoeman CHAIRPERSON: (female) BPharm (North West); BAHons (Psychology)(Pretoria); PhD (KwaZulu-Natal);

International Diploma in Research Ethics (UCT) Vice-Chair (Female) MBChB; M.Med (Int); MPhar.Med

(female) BSc, BDS, MDent (Pros)

Prof L Sykes

Dr R Sommers

DR L SCHOEMAN; BPharm, BA Hons (Psy), PhD; Dip. International Research Ethics

CHAIRPERSON of the Faculty of Health Sciences

Student Research Ethics Committee, University of Pretoria

DR R SOMMERS; MBChB; M.Med (Int); MPhar.Med. VICE-CHAIR of the Faculty of Health Sciences Research Ethics Committee, University of Pretoria

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Private Bag X323, Arcadia, 0007 - 31 Bophelo Road, HW Snyman South Building, Level 2, Room 2.33, Gezina, Pretoria





Faculty of Health Sciences Research Ethics Committee

28/03/2013

#### Approval Notice Amendment

Ethics Reference No.: S157/2011

**Title:** The impact of a change in work posture on work-related musculoskeletal disorders among sewing-mar hine operators, managed within a physiotherapy and ergonomics programme

Dear Susanna Helena Grobler

The Amendment as described in the documents dated 1 March 2013 and that we received on 1 March 2013 was approved by the Faculty of Health Sciences Research Ethics Committee on the 27/03/2013.

Please note the following about your ethics amendment:

- Please remember to use your protocol number (S157/2011) on any documents or correspondence with the Research Ethics Committee regarding your research.
- Please note that the Research Ethics Committe may ask further questions, seek additional information, require further modification, or monitor the conduct of your research.

#### Ethics amendment is subject to the following:

#### Standard Conditions:

The ethics approval is conditional on the research being conducted as stipulated by the details of all documents submitted to the Committee. In the event that a further need arises to change who the investigators are the methods or any other aspect, such changes must be submitted as an Amendment for approval by the Committee.

The Faculty of Health Sciences, Research Ethics Committee complies with the SA National Act 61 of 2003 is it pertains to health research and the United States Code of Federal Regulations Title 45 and 46. This committee abides by the ethical norms and principles for research, established by the Declaration of Helsinki, the South African Medical Research Council Guidelines as well as the Guidelines for Ethical Research: Principles Structures and Processes 2004 (Department of Health).

We wish you the best with your research.

Yours sincerely

DR L SCHOEMAN; BPharm, BA Hons (Psy), PhD;

Dip. International Research Ethics

VICE-CHAIR of the Faculty of Health Sciences Research Ethics Committee, University of Pretoria The Research Ethics Committee, Faculty Health Sciences, University of Pretoria complies with ICH GCP guidelines and has US Federal wide Assura ce.

- FWA 00002567, Approved dd 22 May 2002 and Expires 20 Oct 2016.
- IRB 0000 2235 IORG0001762 Approved dd 13/04/2011 and Expires 13/04/2014.

**2** 012 354 1677

**8** 0866516047

deepeka.behari@up.ac.za

http://www.healthethics-up.co.za

Private Bag X323, Arcadia, 0007 - 31 Bophelo Road, HW Snyman South Building, Level 2, Room 2.33, Gezina, Pretoria





# Appendix 10

### Medical surveillance forms





# **EMPLOYEE INFORMATION**

COMPANY Express		DIVIS	SION		S0
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### Occupational Health

HEALTH CARE

#### PRIVATE & CONFIDENTIAL

Name	Ev		2
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No	V .		

### **Consent for taking of Specimens**

This is to acknowledge that I,	Co. No
Agree to undergo medical examinations / for medical surveillance)	consent to the collection of biological specimens (as required
This document is confidential and relevant to the appropriate authorities.	finding's about occupational exposure may need to be divulged
	~~a
Signature	23/08/06 Date



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2. Epilesy or convolations 3. 14. Epilesy or fits of any kind 3. Backers and thinkings 4. 15. Any other narrodycisal disorder (2. 20. Bleeding from the rectum IR. 4. Blackers Melitus (sugar sektores) 5. Cancer/Blood disorder/probia 7. Blackers Melitus (sugar sektores) 6. Cancer/Blood disorder/probia 7. Blackers Melitus (sugar sektores) 7. Blackers (Cancer) (Sugar sektores) 7. Blackers (Cancer) (Sugar sektores) 8. Per vision frouble (secent plasses) 9. Per vision frouble (secent pla			ure	-					of .					Y	
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5. General Blood diseases 6. Hereditary diseases (Congenital abnormalities 1. 18. Eye or vision trouble (except glasses) 7. Hereditary diseases (Congenital abnormalities 1. 18. Eye or vision trouble (except glasses) 7. Refused work on medical grounds 1. 20. Nature (Except glasses) 7. Refused work on medical grounds 1. 20. Nature (Except glasses) 8. 33. Nature (Expression) 8. 34. Any blood or trilyroid disorder 1. 34. Any blood or thyroid disorder 1. 34. Nature (Except glasses) 8. 34. Any blood or thyroid disorder 1. 35. Nature (Expression) 8. 34. Any blood or thyroid disorder 1. 35. Nature (Expression) 8. 34. Any blood or thyroid disorder 1. 35. Nature (Expression) 8. 36. Six disorders (sporias), exzerna, acree) 1. 37. Six disorders (sporias), exzerna, acree) 1. 37. Nature (Expression) 8. 39. Anisotic (Expression) 8. 39. Aniso								hohia		282000		- 25 June 2001			
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Refused Loaded for insurance   2   2.4. Ashtma/fung disease/choic cough   35. Malginant tumours or cancer   7.			normalities	1			glasses	)		_					
8. Refused/Loaded for insurance 9				- N					7	-					
9. Treated for alcohol or drug addiction 1. A amoker (expanded in section 45) 2. A support (expanded in section 45) 3. Signature of Applicant 3. Signature of Agplicant 3. Signature of Agplicant 3. Signature of Agplicant 3. Signature of Agplicant 3. Sig				1	-					100000					
10. A smoker (expanded in section 45)			n				c cougn		1						
Page				-	1		pressure		×	_					
12. Dizziness or unsteadiness  26. Heartburn, frequent indigestion  43. Alcohol consumption, Type/Quantity  44. Name and Address of usual medical practitioner  45. Smoking No. of packs per day  16. Medical Treatment within the last three (3) years which required sick leave > 7 days or hospitalisation  Date  Name of Medical Practitioner, Specialists, etc.  Diagnosis/Treatment  47. Medications:  18. REMARKS (To be completed by Medical Examiner. Comment in full on all items marked YES.)	Have you ever ha	ad, or do you now h	ave	N.			S								
42. horts and Hobries 4. Alcohol consumption, Type Quantity 43. Alcohol consumption, Type Quantity 44. Name and Address of usual medical practitioner 45. Smoking No. of packs per day 46. Medical Treatment within the last three (3) years which required sick leave > 7 days or hospitalisation  Date Name of Medical Practitioner, Specialists, etc.  Diaggosis/Treatment  Diaggosis/Treatment  Diaggosis/Treatment  Diaggosis/Treatment  Diaggosis/Treatment  Diaggosis/Treatment  Signature of Applicant  Signature of Applicant	11. Frequent or severe headaches/migraine					X	_								
42. Name and Address of usual medical practitioner  43. Smoking No. of packs per day If stopped, what date?  When smoking started  46. Medical Treatment within the last three (3) years which required sick leave > 7 days or hospitalisation  Date Date Date Name of Medical Practitioner, Specialists, etc. Diagnosis/Treatment  The diagnosis of usual medical practitioner and the start of the start	12. Dizziness or u	insteadiness		1	2	b. Heartburn, frequent indigesti	ion		1				n to be so	_	
44. Name and Address of usual medical practitioner  45. Smoking No. of packs per day If stopped, what date?  When smoking started  46. Medical Treatment within the last three (3) years which required sick leave > 7 days or hospitalisation  Date Date Name of Modical Practitioner, Specialists, etc.  Diagonsis/Treatment  47. Medications:  No Need coff.  Signature of Applicant  Signature of Applicant  Signature of Applicant	42. ports and He	obbies /		(	7	4.51	43. Ald	cohol consump	tion: Type			in or prairies	9 10 00 00		
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Date Name of Medical Practitioner, Specialists, etc.  Disagosis/Treatment  A7. Medications:  No Need card.  15. REMARKS (To be completed by Medical Examiner. Comment in full on all Items marked YES.)  Signature of Applicant				0103801	7-0-0		1	11	late?	M	Va_	When smokin	g started		
47. Medications:  No Medicature  15. REMARKS (To be completed by Medical Examiner. Comment in full on all items marked YES.)  Signature of Applicant							alisation		Serie DI.		Diagnasi	/Trooten out			
47. Medications:  1860   Medications:  15. REMARKS (To be completed by Medical Examiner. Comment in full on all items marked YES.)  Signature of Applicant			IVAI	ne or w	71			Mea	lo	ad	Diagnosi	s/ freatifient	Λ.		
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#### Occupational Health

### **B. PHYSICAL EXAMINATION**

	Height (m)	3. Puls	se rate	4. Blood pressure	Lyir	ng Sit	5. Urina	lysis				a			
m	11.7 11.7	2	6 . /min	100	60	mm	На	Normal bnormal		Appearance	рН	Protein	Gluco		Bloo
Mark each item in t	ne appropriate				NAD	ABN	The state of the s			propriate colum	7	NIL	1.1		Mu
6. Head, face, scalp and neck							The state of the s	100 May	STATE OF STATE OF	NAD	AE				
7. Ears, nose and throat							12. Genito-u			99					
							13. Neurolog	jical syster	I system (cranial nerves, motor, sensory, reflexes)						
U. Lungs, chest and breast							14. Upper an	d lower lin	mbs (str	rength, range o	f motion)			4"	
9. Heart (size and sounds)							15. Spine and	d musculo	skeletal	(cervical, tho	racic and lumba	ar)			
10. Vascular system and lymphatics (pulses/glands)							16. Skin and	appendag	es					4	+
11. Abdomen (viscera and hernia)							17. Psycholo	gical evalu	ration re	port/impression	nns			R	-
				. SPI	CIAL ME	DICAL	Selection of the selection							4	
18. Vision examination				19. Initial Scre	ening Aug	liomotry	(Attached Aug	IUNS I	o be con		scribed by the	The second secon			
Corrective lenses used		-	Yes N							T		s (Attach reports	)		0.00
Ophthalmoscopy			NAD AB	+ 7 ( 3/		F	1	L			ion test (spiron	netry)		NAD	ABI
Cornea/Lens/Fundi				1 000						FVC	% FEV <sub>1</sub>	7º FVC	%		
Visual acuity (corrected)	R	L	В	2 000							(attach report	)			
Far (6 m)	6/	6/	6/	3 000						Peak Flow					
Near (50 cm)	6/	6/	6/	4 000			-			The same of the sa	attach ECGs)				
Night vision	6/	6/	- 6/	6 000							is (Attach repo	rts)		Υ	N
Visual fields	R	L	В	8 000							cal (FBC, Hb)				
Stereopsis		* 2	%	PBI			PLH [			Liver functions (GGT, ALT, AST)  Lipogram (cholesterol, HDL, LDL, TG)					
Colour vision (State metho	d)			21. BASELINE											
Orthorator			. 11	Frequency (H <sub>3</sub> )		R		L		Toxicology (lead, PCB, cholinesterase, etc.)					
shihara				500	7					3300			_		
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	I hereby	certify that	I personally	DECLAI			ICAL EXAMI		/ my find	dings complet	ely and correct	y.			
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