

For the safety of yourself and others, it is necessary for you to consider your current state of health **before** undertaking a UCL safety training course.

You will be asked to declare your fitness to undertake the practical session on the following courses:

- Manual Handling & Lifting Practical training
- Mobile Access Towers (PASMA Approved) training
- Safe People Moving and Handling training
- Evac+Chair Operator training
- Safe Use of Slings, Hoists and Mechanical Aids training

Please use this form to help you identify if you have any health problems before attending one of our practical courses.

Health and Ability Questions		Yes	No
1.	Do you have any health problems at the present time?		
2.	Are you taking any prescribed medication?		
3.	Are you pregnant?		

Have you ever had or continue to have any of the following problems:

4.	Back, neck or knee problems?		
5.	Rupture or hernia?		
6.	High blood pressure or heart disease?		
7.	Asthma, bronchitis, chest problems?		
8.	Blackouts, epilepsy, seizures?		

If you have answered 'yes' to any of the above questions or have any doubt about your general fitness, you are strongly advised to consult your doctor **before** you undertake this training.

If you have any questions, please email safety.training@ucl.ac.uk.

This form is for you to keep