

Company Medical Clearance

You can go offshore if:

- The Operator's Doctor/Nurse has given clearance
- The examining doctor has obtained clearance from the Operator's Medical Advisor
- The examining doctor gives you a "To Whom It May Concern (TWIMC)" letter. This gives details of the medication and confirms clearance was obtained. The medic will clear you with the Topside Medical Service when you arrive offshore
- Your medication has no significant side effects and you are not in a safety critical role



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MEDICATION AND WORK OFFSHORE





Certain prescription and over-the-counter medications are incompatible with work offshore and require company doctor approval

There are 2 years between OEUK or ENG medicals and a lot can happen during that time.

GPs and Hospital Specialists are generally not familiar with OEUK requirements for working offshore. Understandably, their focus is treating you, their patient.



Restrictions on medication offshore

Many medications are unsuitable for use offshore without an occupational health assessment or communication with the Company Medical Advisor.

Medications not permitted without clearance offshore are:

- Opioid Analgesics: these are painkillers containing codeine
- Other strong or long term pain killers
- Anti-depressants or tablets designed to stabilize mood, to treat anxiety, stress or depression
- Anti-convulsants: tablets used to prevent seizures
- Insulin
- Anti-coagulants, e.g. Warfarin or other blood thinning medication
- Epipen: injection for allergies such as nut or shell fish
- Sleeping pills (prescribed or over the counter)

Work offshore is potentially hazardous. Those working in safety critical roles, e.g. Drillers, Roughnecks, Crane Operators, Banks Man, Mechanics, Derrick Man, Emergency Response Team members, must be assessed for any medication which may have side effects which could potentially impact on their own or others' safety.

Communicate with the Company Medical Advisor

Are you taking any medication?

- You must declare the medication at the OEUK or ENG medical examination
- If prescribed between medicals you must inform your HR Department that you have medication which may require agreement before going offshore
- Your GP or treating specialist cannot give you clearance to take medication offshore or to sea
- Take adequate supplies—the medic will not dispense prescription medication
- If you fail to get clearance or forget your medication you will be returned onshore
- Concealment or failure to declare medications of concern may result in disciplinary action
- Medications must be in blister packs in transparent packaging

