

Competence Medical Requirements

Any person, employee or contractor, working on Network Rail managed infrastructure must meet competence specific medical requirements.

Full guidance on the medical requirements an individual must meet can be found in **NR/L2/OHS/00124**.

The table below sets out the medical level each competence has assigned to it:

Level 1	Normal Colour Vision	Can have Red Triangle?	Competencies
Level 1	Yes	No	AOD (HS), AOD (LXA), OTP Operator
Level 2	Yes	Yes	ES, PICOP, SPICOP, MC/CC/TL NR operational competencies
Level 3	No	No	LKT, IWA, AOD (Points)
Level 4	No	Yes	PTS, COSS, PC, RIO, Track induction, Loader, LA DIST, LB DIST, LC DIST, NP/AP, third rail and welding competencies
Level 5	Yes	Yes	Telecoms/Signals
Level 6	Yes	Yes	Rail Incident Commander




It is advisable to request a Level 1 medical for all track safety competence holders.

Competence Medical Requirements

If you have a Sentinel track safety card, you can only go on or near the line if you have your card with you and it is valid.



The following symbols may appear on a Sentinel card:

-  Green square means you are newly qualified in PTS.
-  Blue circle means you have a colour vision defect; this prevents you from holding some competencies.
-  Red triangle means you must be accompanied when on the infrastructure.
- (P)** The letter (P) before a qualification indicates that it is probationary.

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Therefore any individual who works alone must meet the requirements of Level 1 or 3.

An individual's age will determine the length of time a medical is valid for:

Age	Length of Medical
Under 40	10 years
40 - 65	5 years
65 and beyond	Annually

The medical provider may however, issue a certificate for a shorter period if there are any underlying medical conditions.

Competence Medical Requirements

The following section provides details of how to book medicals for the candidates that require it.



OH Portal Account
Self Set Up Guide for
Network Rail

November 2015

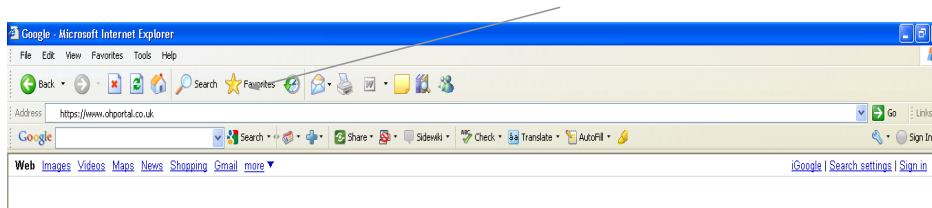
Competence Medical Requirements

Vista Self Set Up Guide

OH Assist™
making business better

Your computer will need to be connected to the internet.

Either use the following link or type in to the address bar at the top of the internet screen (not the search engine) <https://www.ohportal.co.uk>.



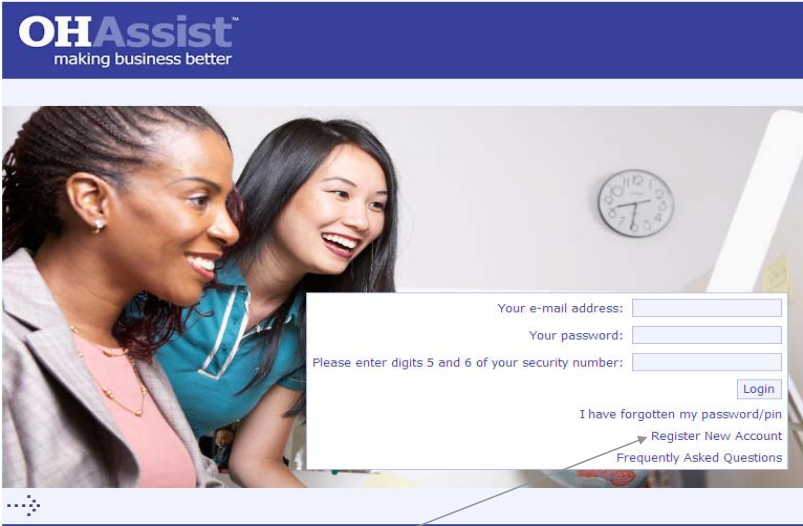
You are now ready to begin the self set up process – this only has to be done the first time you go to use Vista and will take approx 3-5 minutes to complete.

If you encounter any issues whilst setting up your account please call the Help Desk on 0845 608 0656.

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Screen One



Click on 'Register New Account'

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Screen Two



Register New Account

Only certain contracts have the ability for new users to create their own accounts. Please enter your e-mail address to check if you are eligible for this service.

Email Address

Options
Frequently Asked Questions
User Guide

Exit, returning to Login page

Enter your Network Rail email address



Now click Validate

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Screen Three

Once you have filled in all your details and you have checked correct click 'create'



If you need to amend your email address click on change and this will take you back to previous page



Fill in all your details including your Pay Number



If you do not wish to create your account at this time click cancel and all details will be cleared and the process will need to be started again

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Screen Four



You will now have successfully created your account and once a password and security ID have been sent to your email address you will be able to start using Vista for referrals.

OHAssist™ making business better	
Confirm Account Created	Options
Your account has now been created. A password and security number have been generated and will be emailed to sample.test@royalmail.com.	Frequently Asked Questions
You will be required to change these the next time you log in to Cosmas Vista.	User Guide
For security reasons, you must log in to the Cosmas Vista and change your password and security number within 72 hours, or your account will be locked out.	
Exit, returning to Login page	