

Train Drivers – Suitability and Medical Fitness Requirements

Synopsis

This document mandates the medical fitness requirements for train drivers.

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Railway Group Standard**GO/RT3451****Issue** Four**Date** June 2014**Train Drivers - Medical
Fitness Requirements****Issue record**

Issue	Date	Comments
One	August 2008	Original document.
Two	December 2008	Replaces issue one (small scale change-amendments are limited to clause 2.3.4.2).
Three	December 2011	Replaces issue two (small scale change to clarify who is covered by 2.1 and 2.3, to change 'general medical examinations' to 'medical examinations' in 2.1, to change title of 2.1.2 from 'general medical examinations' to 'general health', to update definitions and references.
Four	June 2014	Replaces issue three. This document has been changed so that it only deals with train drivers. This has been done following the Train Driving Licences and Certificates Regulations coming into effect for new drivers from October 29 2013. Including additional requirements within the current document would make the document a lot more difficult to navigate whereas, by separating the requirements for train dispatch staff, shunters and persons travelling with a train driver as a competent person and transferring them to a new RGS will provide greater clarity.

Amended or additional parts and/or sections of revised pages have been marked by a vertical black line in the adjacent margin. Revisions have not been marked in the Appendix A, because the whole appendix is new.

Superseded documents

The following Railway Group documents are superseded, either in whole or in part as indicated:

Superseded documents	Sections superseded	Date when sections are superseded
GO/RT3451 issue three	All sections relating to train driving	06 September 2014

Other parts of GO/RT3451 issue 3 (sections related to shunters, dispatchers and those travelling as a competent person with a train driver) are superseded by GO/RT3452, issue 1, Train Movement – Medical Fitness Requirements.

Supply

The authoritative version of this document is available at www.rgsonline.co.uk. Uncontrolled copies of this document can be obtained from Communications, RSSB, Block 2, Angel Square, 1 Torrens Street, London EC1V 1NY, telephone 020 3142 5400 or e-mail enquirydesk@rssb.co.uk. Other Standards and associated documents can also be viewed at www.rgsonline.co.uk.

Train Drivers - Medical Fitness Requirements

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Railway Group Standard**GO/RT3451****Issue** Four**Date** June 2014**Train Drivers - Medical
Fitness Requirements****Part 1 Purpose and Introduction****1.1 Purpose**

- 1.1.1 This document mandates requirements for railway undertakings relating to the medical fitness of train drivers.

1.2 Introduction**1.2.1 Background**

- 1.2.1.1 The mandatory requirements specified within this document may be regarded as a sub-set of the broader medical fitness standards that a railway undertaking may identify for their train drivers.
- 1.2.1.2 The requirements within this document have been established to assist railway undertakings to control interface risks that have been identified and that require a degree of reciprocal action or co-operation. The risks relate to physical interfaces between equipment or systems and train drivers.
- 1.2.1.3 The Train Driving Licences and Certificates Regulations 2010 (TDLCR) come into effect in three phases:
- a) New cross border drivers – on 29 October 2011.
 - b) New domestic drivers – on 29 October 2013.
 - c) Existing drivers (cross border and domestic) – by 29 October 2018.
- 1.2.1.4 The requirements contained within this document differentiate between the medical fitness standards for existing train drivers and persons who require a driving licence after the 29 October 2013 and will need to comply with the medical fitness standards contained within the TDLCR.
- 1.2.1.5 Appendix A contains non-mandatory guidance to help interpret the requirements contained within this standard.

1.2.2 Supporting documents

- 1.2.2.1 The following Railway Group documents support this RGS:

RIS-3751-TOM	Rail Industry Standard for Train Driver Selection
GO/GN3655	Guidance on Medical Fitness for Railway Safety Critical Workers

1.3 Approval and authorisation of this document

- 1.3.1 The content of this document was approved by Traffic Operation and Management Standards Committee on 04 March 2014.
- 1.3.2 This document was authorised by RSSB on 02 May 2014.

Train Drivers - Medical Fitness Requirements

Part 2 Requirements Relating to Train Drivers Medical Fitness Standards

2.1 Responsibilities of railway undertakings

2.1.1 Medical examinations

- 2.1.1.1 Railway undertakings shall arrange for medical examinations to be carried out by, or under the supervision of, a registered medical practitioner.
- 2.1.1.2 Where there is a requirement to comply with the medical requirements in the TDLCR, the registered medical practitioner referred to in 2.1.1.1 shall be registered with the Office of Rail Regulation as a Recognised Doctor.
- 2.1.1.3 Railway undertakings shall include an examination of sensory functions within medical examinations.

2.1.2 General health

- 2.1.2.1 Railway undertakings shall not permit train drivers to continue driving duties where there is reason to believe they may be suffering from any medical condition or be taking any medication, drugs or substances, which are likely to cause:
 - a) Sudden loss of consciousness.
 - b) A reduction in attention or concentration.
 - c) Sudden incapacity.
 - d) A loss of balance or co-ordination.
 - e) Significant limitation of mobility.
- 2.1.2.2 Railway undertakings shall, as part of medical examinations of train drivers, include an electrocardiograph (ECG) examination at the first medical assessment, then at the first assessment after reaching the age of 40 and at each periodic reassessment thereafter.

2.1.3 New train drivers from 29 October 2013 - Minimum age

- 2.1.3.1 Railway undertakings shall not permit persons to drive trains unless they have reached the minimum age specified by the TDLCR unless they are undergoing training and accompanied by a competent train driver.

2.1.4 Existing train drivers - Frequency of medical examinations

- 2.1.4.1 Railway undertakings shall arrange for medical examinations to be conducted at the following frequencies:
 - a) Prior to employment.
 - b) Every five years up to the age of 55 years.
 - c) Every two years for staff aged between 56 and 62 years (inclusive).
 - d) Every year for staff aged 63 years and over.

2.1.5 New train drivers from 29 October 2013 or existing drivers applying for a driving licence - Frequency of medical examinations

- 2.1.5.1 Railway undertakings shall arrange for medical examinations to be conducted at the frequencies required by Schedule 1 of the Train Driving Licences and Certificates Regulations.

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Fitness Requirements****2.1.6 Existing train drivers - Visual acuity**

- 2.1.6.1 Railway undertakings shall not permit persons to drive trains where there is reason to believe that a person's vision, or the means used to correct it, could impair their performance.
- 2.1.6.2 Railway undertakings shall use the following criteria to test the visual acuity of train drivers:
- a) Distance vision shall be at least 6/9 in the better eye and 6/12 in the other eye; the use of spectacles or contact lenses is permitted to meet this requirement.
 - b) Where more than one type of correction will be used to meet the requirement, a separate test shall be performed to demonstrate that the driver can meet the requirement with each type of correction.
 - c) Where spectacles or contact lenses are used, uncorrected visual acuity shall be at least 3/60 in each eye.
 - d) No pathological condition likely to cause visual impairment shall be present.
 - e) No progressive eye diseases shall be present.
 - f) Binocular near vision shall be at least N8, with spectacles or contact lenses if worn.

2.1.7 New train drivers from 29 October 2013 or existing drivers applying for a driving licence - Visual acuity

- 2.1.7.1 Railway undertakings shall test driver's visual acuity using the requirements contained within Schedule 1 of the Train Driving Licences and Certificates Regulations.

2.1.8 Colour vision - General (for new and existing drivers applying for a driving licence)

- 2.1.8.1 Railway undertakings shall not permit train drivers with defective colour vision to drive trains on Network Rail managed infrastructure.

2.1.9 New train drivers from 29 October 2013 or existing drivers applying for a driving licence - Colour vision

- 2.1.9.1 Railway undertakings shall test driver's colour vision using the requirements contained within Schedule 1 of the Train Driving Licences and Certificates Regulations.

2.1.10 Hearing - General (for new and existing drivers applying for a driving licence)

- 2.1.10.1 Railway undertakings shall use an audiogram to test the hearing of train drivers.
- 2.1.10.2 Railway undertakings shall confirm that train drivers have sufficient hearing to enable them to hold a telephone conversation and to be able to hear warning sounds, alert tones and radio messages.

2.1.11 New train drivers from 29 October 2013 or existing drivers applying for a driving licence - hearing – testing requirements

- 2.1.11.1 Railway undertakings shall test driver's hearing using the requirements contained within Schedule 1 of the Train Driving Licences and Certificates Regulations.