



Medical requirements for BAS Antarctic / Arctic employment or deployment

- 1) Read BASMU 2 form so ***you understand the medical issues*** surrounding Polar deployments with BAS and conditions which may preclude service.
- 2) If applying for employment with BAS, complete BASMU 1.
- 3) When a full pre deployment medical is required, complete BASMU 3 form in as much detail as you can. This questionnaire/declaration will provide the examining Doctor with your medical history to guide the examination process. You should also provide the examining Doctor with the following forms to complete the documentation required:
 - BASMU 4 medical examination form.
 - BASMU 5 notes for examining Doctor.
- 4) Ensure before deployment you have the vaccinations required as shown in the Immunisations List document and if necessary consult the Immunisation Policy document. Send the updated immunisation list to BASMU to complete your medical records.
- 5) Ensure before deployment you have consulted your Dentist and have undertaken any dental treatment required. Overwintering staff will also be seen by the BAS Dentist **after** they have consulted their own Dentist with regard to their dental status.
- 6) If in recent years you have had a full BASMU medical, consult BAS HR to see whether you require another full medical or just a detailed completion of the BASMU 3 form.
- 7) During deployment to Polar regions take with you as necessary a small personal supply of sunscreen (skin and lip), sea sickness tablets, pain and flu relief medication, "dry eye" drops if you have had laser eye surgery. This will cover you en route to your working destinations especially if a transportation delay occurs.
- 8) Take the well publicised and practical steps to avoid dehydration and DVT while undertaking long haul flights.
- 9) We ***strongly encourage*** all staff who are heading to remote communities or ships to have *their covid vaccinations when possible* and any seasonal or other nationally recommended influenza vaccinations that may be available prior to departure. This will help reduce the impact of such ailments on the population you are about to join. This is important not only for your own health, but to protect the staff who have overwintered.