

## MEDICAL EXAM REQUIREMENTS FOR ACT STUDENTS AND STAFF

- ❖ Every employee required to work on the site must consult with their physician to verify that there is no medical conditions that make it inadvisable to work at high altitude
- ❖ ACT or the designated sponsoring institution shall pay for the medical exam
- ❖ It is each individual responsibility to have all the medical exams required performed before his/her arrival to Chile. You should consult your doctor annually. You should consult your doctor annually

## MEDICAL PROTOCOLS FOR WORKING IN ALTITUDE

- ❖ ACT follows the ACHS(Asociacion Chilena de Seguridad) norm for the medical examination
- ❖ Physical Exam Battery
  - Medical checkup (Including Body Mass Index)
  - Electrocardiogram at rest (reviewed by medical cardiologist or internist)
  - Lipid profile
  - Hemoglobin
  - Creatinin
  - Glicemia (Glucose)
  - PA chest X-ray (Posterior/Anterior)
  - Basal Spirometry
  - Additional examination components may be performed at the discretion of the examining physician

ABSOLUTE CONTRAINDICATIONS – According to ACHS, the following conditions are qualified as absolute contraindications for altitude exposure:

- ❖ Pregnancy
- ❖ Kidney transplants or kidney failure (moderate or severe)
- ❖ Record of heart failure
- ❖ Record of vascular encephalic failure
- ❖ Epilepsy with convulsions
- ❖ Insulin dependent diabetes (when locations of the work is an isolated place)

RELATIVE CONTRAINDICATIONS – Relative contraindications are temporary conditions which are modifiable on a short or medium term (6 months) through control of the pathology or risk factor. Once the following are modified, ascent will be authorized:

- ❖ Any chronic unbalanced pathology
- ❖ Body mass index of greater than or equal to 35 (weight in kilograms/height squared in meters)
- ❖ Moderate or severe cholesterol levels LDL/HDL>3.5 or triglycerides > 500 mg/dl
- ❖ Hemoglobin over 18.7 gr/dl in men, and over 18 gr/dl in women
- ❖ Severe anemia with hemoglobin less than 8 grams
- ❖ Hypertension with diastolic pressure <90 mm hg