

HEALTH PROTOCOL

The health protocol is foreseen for two different conditions:

- 1) (minimum) Health assessment protocol for anyone who has planned participation in an expedition to the Arctic Station "Dirigibile Italia".
- 2) (minimum) Health surveillance protocol to find the eligibility/fitness of the workers based on D.Lgs 81/08, to work under the conditions found after a risk assessment of their activities in the Arctic Station "Dirigibile Italia". This is in case a risk emerges for which the law expects the activation of the health surveillance.

For both the conditions, the health controls are entrusted to the Competent Doctor assigned by the single CNR Institutes to which the interested workers belong, assisted by the UPP-CNR for the organization and carrying out of any measurements that need to be taken.

In the case of researchers belonging to other Italian or foreign institutions and universities, the ISP asks these institutions provide similar health assessments, carried out by a Competent Doctor (or by another doctor in charge) appointed by the same institution, who can verify and provide an effective documental expression of consent to departure and, if foreseen, the suitability of the worker according to D.Lgs 81/08.

1) Protocol for participation in activities at the Arctic Station

The purpose of this protocol is to study the overall health status of the participant in the expedition to the Arctic Station. An exact knowledge of pathologies, current or previous, serves not only to ascertain the fitness level required to participate in the expedition, but also avoids possible health risks during the period of stay inside the station. Finally, knowledge of the actual health state is of considerable help in case the need arises for health support (therapies, etc.) for the worker during the stay period.

Examination protocol for all (before departure)

Hematochemical tests:

CBC with formula, serum iron levels blood glucose, GOT, GPT, GGT, INR, PT, PTT, Col. Tot and HDL, Triglycerides, creatinine, uricemia, CRP, total protein and protein electrophoresis, TSH, Na, K, Cl, CDT, urinalysis;

Instrumental/specialist examinations:

- Orthoptic/ocular examination (minimum: visual acuity and stereopsis)
- Spirometry
- Resting ECG < 45 yrs
- Exercise ECG ("Stress test") > 45 yrs old
- Ultrasound of the complete abdomen

Medical examination:

a) In-depth anamnestic evaluation, in particular: cardiac, neurological, osteoarticular, dental, ophthalmological. The anamnestic questionnaire attached (annex 1) may be of help.

b) Objective examination with semiotic evaluation:

- Cardiovascular
- Respiratory
- Balance and coordination
- Motricity
- Dental

If, on the basis of the medical examination and the investigations performed, the doctor finds it necessary, he may order the performance of further diagnostic tests (e.g. EcoCG, Neurological Examination, EEG, Vestibular Examination, Chest X-ray).

At the end of the clinical and instrumental evaluation, the doctor will express in writing his conclusive evaluations and will give his opinion (assent / denial) for participation in the expedition.

2) Protocol for suitability according to D.Lgs 81/08

In order to activate this protocol, the indicated activities must be included among the working activities for which a risk assessment has been carried out, and a consequent expression of suitability to carry out the same has been foreseen by the Competent Doctor.

As a first reconnaissance, there are some working activities, for example in the laboratory (use of dangerous chemical substances) or the one on the meteorological tower (work at height), that identify risks for which the activation of the health surveillance is compulsory by law.

Protocol visit (according to D.Lgs 81/08)

Hematochemical examinations:

The previously listed examinations appear sufficient for evaluation even in the case of risk from hazardous chemical agents.

Instrumental/specialist examinations

In addition to what is already foreseen, the Competent Doctor, on the basis of the specific activity foreseen for the individual worker, and of the consequent risk assessment, will indicate any further instrumental examinations or specialist visits necessary for the expression of suitability for the specific task, according to the protocols already in use at the CNR.

If, on the basis of the medical examination and the checks carried out, the doctor deems it necessary, he/she may order further diagnostic tests.

At the end of the clinical-instrumental assessment, the doctor will express in writing his conclusive evaluations and will express his judgement of suitability according to the Legislative Decree 81/08.