

Category 3 Rail Medicals – Information Sheet

What is a Category 3 Rail Medical?

The Category 3 rail medical is the minimum requirement for Around the Track Personnel Workers, which are often referred to as non-safety critical workers. At a basic level, the medical tests your ability to be hear instructions, move to a safe place, and maintain an awareness of your surroundings.

This medical assessment includes:

- A drug and alcohol screen (Urine)
- Basic mobility
- Hearing
- Vision

Who needs to complete a Category 3 Rail Medical and why?

To apply for a Rail Industry Workers Card, it is a minimum requirement to have a current Category 3 Rail Medical.

Are standard pre-employment medicals accepted?

No. For your medical to be accepted, it must be a Category 3 Rail Medical, performed by an 'Authorised Health Professional' (AHP). The AHPs Training Ahead engage are accredited Authorised Health Professionals under the national accreditation scheme.

What is the cost?

The cost for the Category 3 Rail Medical is \$275

If further testing is required for the Drug and Alcohol sample, a further \$99 fee is required.

When can I book in?

We conduct Category 3 Medicals Monday to Friday between 12:00pm and 4:00pm.

How do I book in?

Phone the Training Ahead office on 1300 355 900 or email bookings@trainingahead.com.au

When do the Medicals get released

Once a Category 3 Rail Medical is completed and does not require any further information, it is emailed the same business day.

Can we organise other Pre-Employment Medicals?

Through our partnership with [Workforce Health Assessors \(WHA\)](#) we can arrange all pre-employment medicals your business may require.

Read more information about Category 3 Rail Medicals

[Click here](#) to find out more about Category 3 Rail Medicals.

Get Ready for your Assessment

How long does an assessment go for?

On average, a category 3 rail medical can take up to 30 minutes. Please allow up to 45 minutes in your schedule.

Hearing Assessment

A hearing assessment will be performed. If you have a hearing aid, ensure it is fully operational for your assessment.

Glasses, Contact lenses, Corrective Lenses

Vision Tests are part of almost every health assessment. If you have visual aids, ensure you bring them with you to your assessment.

Prescription Medical

If you are on medication, please bring along the prescription and any other documentation, to assist with the Drug and Alcohol screening.

Appropriate Clothing

Remember to wear appropriate clothing to be able to perform a full range of movement. Bending, squatting, kneeling, and stretching will often be part of a health assessment. You will not be required to undress for this assessment.

Pre-Existing Conditions

If you have questions around any pre-existing conditions, please give our team a quick call before the day as we may require you to bring some additional documentation.