
Please read the following guidance prior to completing the medical check sheet. This is to ensure that you are prepared for your day's training

Your training day will involve light movements while carrying out scenario training.

There is nothing involved that can harm you and it will be no more strenuous than your normal duties when carrying out your usual work duties.

Comfortable clothing should be worn (no high heels if possible).

Some of the discussions may involve scenarios that you find uncomfortable. You do not have to take part in any activity that you feel is affecting your wellbeing either physically or mentally.

In order for P&I to support you with any additional needs you may have, it would be beneficial for us to have an understanding of these needs prior to training. In line with your organisations policies we will make reasonable adjustments to support any individual.

Please feel free to contact P&I training LTD at any time prior to your training day with any queries you may have at [*admin@panditraining.co.uk*](mailto:admin@panditraining.co.uk)

You will require a pen and a piece of paper.

For 1 day programmes please bring your own lunch unless specified otherwise prior to your training day.

Please complete the medical check sheet and bring it with you on your training day. If reasonable adjustments are required please ensure we receive the medical check sheet prior to your training day.

Medical check sheet

Please answer Y (yes) or N (no) in the box at the end of each statement/question. We are not interested in any details of medical conditions that you have or may have previously had. We are only concerned for your welfare during the training sessions, which may involve some light physical elements.

Name:	Date:	Y = Yes or N = No
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1. Do you certify yourself as being physically fit and able to undertake light physical movements?

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2. I have been informed that I do not have to take part in any activity that I feel may put my physical and mental well being at risk? (Read guidance)

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3. Are you currently being phased back into work following illness or injury?

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4. I require additional support to carry out my normal work duties and would like support during the training?

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5. Do you have any health concerns that we should be informed of including any of the following: epilepsy, heart disease, lung disease, chronic pain, use of anti-coagulants?

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6. Are you registered disabled?

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7. I understand that I am able to contact P&I training at any time up until my training day. (Read guidance)

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8. I would like to speak to a P&I training tutor prior to the start of the training.

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To request additional support you can email any requests to admin@panditraining.co.uk