

HEALTH PROTOCOL FOR OUTDOOR ACTIVITIES

Review: December 2nd, 2024

Appointed Doctor: Dr. Fiammetta Alessandri

Developed in cooperation with the Institute of Mountain Emergency Medicine, it applies to all Eurac Research collaborators working outdoor.

Risk profile **ENVIRONMENT 0-3.500m**

Health protocol:

Medical examination with Appointed Doctor	EVERY 2 YEARS
Spirometry	EVERY 2 YEARS
Vaccination against tetanus	EVERY 10 YEARS
Vaccination against tick borne-encephalitis	RECOMMENDED

Risk profile **ENVIRONMENT 3.501-8.848m**

Health protocol:

Medical examination with Appointed Doctor <i>Anamnesis of cardiovascular conditions, pulmonary conditions, medications/hormonal status/drug usage, history of surgery, history of possible mountain sicknesses at altitudes / Auscultation of heart and lung / Arterial BP measurement</i>	EVERY YEAR
Spirometry	EVERY YEAR
Stress ECG	EVERY YEAR
Blood test: ALT, AST, G-GT, HbA1c, blood count, creatinine level	EVERY YEAR
Urine test	EVERY YEAR
Audiometry	EVERY 2 YEARS
O2 saturation level in rest	EVERY 2 YEARS
Echocardiography	< 40 years: NO > 40 years: EVERY 4 YEARS
Visiotest	< 50 years: EVERY 5 YEARS > 50 years: EVERY 2 YEARS
Vaccination against tetanus	EVERY 10 YEARS

Mandatory countermeasures:

- Acclimatization for longer stays

Risk profile **DRONES**

Health protocol: see **ENVIRONMENT 0-3.500m** + possible prescriptions by Italian Civil Aviation Authority (ENAC) depending on UAV specifications