



UNITED RESOURCE MANAGEMENT

URM Six Monthly Health Check

Name: Matt Brain		Employee Role: Depot Maintenance		
Location: Brookvale		Assessor: Brad Pamp		
Date	12.6.2020			
Weight	106kgs			
Blood Pressure	135/85			
Blood Glucose	6.1 mmol/L			
Squats	10			
Step Ups	5/5			
Shoulder Press	10			
Flexibility	-2cm			
Practice of the Pre-Shift Warm-Up	✓			
Employee Signature	<i>M Brain</i>			
Assessor Signature	<i>B Pamp</i>			
Results photographed & Saved	✓			

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Blood Pressure				
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Squats				
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