



International  
LONGSHORE & WAREHOUSE  
UNION

LOCAL 500 BULLETIN

March 18, 2022

## Attention: All Members/Casuals

### **OCCUPATIONAL FITNESS ASSESSMENTS MEDICAL EXEMPTIONS / RESTRICTIONS**

**STARTING WEDNESDAY, MARCH 30, 2022  
MEDICAL EXEMPTION MEETINGS WILL  
RETURN TO IN PERSON**

Members/Casuals requesting medical exemptions are required to attend a joint (ILWU/BCMEA) meeting in order to have your restriction reviewed.

These meetings will take place:

- **EVERY WEDNESDAY**
- ILWU Local 500 Office
- #100 – 111 Victoria Drive, Vancouver, BC
- **9 to 11 AM**

**OFA Medical must be received on the Tuesday before the meeting.** Medical must be filled out by your doctor. They are available on the website at [www.ilwu500.org](http://www.ilwu500.org) under Member/Casual Services – Benefit & Medical Forms.

Thank you.

John Urrico  
Secretary Treasurer