



## PHYSICIANS' MEDICAL CLEARANCE FOR VOLUNTEER EMERGENCY RESPONDERS

**Candidate Name** \_\_\_\_\_

**Fire Department** \_\_\_\_\_

Firefighting and emergency medical response remain one of the most dangerous occupations in the United States. Research has repeatedly shown the need for high levels of fitness to perform safely in the fire rescue service. The individual's long hours, shift work, sporadic high intensity work, strong emotional involvement, and exposure to human suffering places the job among the most stressful occupations in the world. High levels of stress, intense physical demands, and long term exposure to chemicals and infectious disease contribute to heart disease, lung disease, and cancer – the three leading causes of death and occupational disease disability.

Each Physician will be asked to attest to the candidate passing a physical for a potential Volunteer Emergency Responder position. This information is based on the National Fire Protection Association (NFPA) Standard 1582: Standard on Comprehensive Occupational Medical Program for Fire Departments.

### Medical Evaluation

1. A medical evaluation of a candidate shall be conducted prior to the candidate being placed in training programs or fire department emergency response activities.
2. The medical evaluation of a candidate shall include a medical history, examination, and any laboratory tests required at the discretion of the fire department's physician to detect physical or medical condition(s) that could adversely affect his/her ability to safely perform the essential job tasks outlined in 5.1.1.
3. If a candidate presents with a condition that temporarily interferes with his/her ability to safely perform essential job tasks, the pre-placement medical evaluation shall be postponed until the candidate has recovered from that condition.

### Medical Exam Components Provided by the Department's Occupational Healthcare Provider for Pre-Employment Physicals

1. Health Questionnaire and OSHA Respiratory Questionnaire
2. Drug Screening (pre-employment only)
3. Immunizations
  - Screening for protection against Hepatitis-A, Hepatitis-B, Hepatitis-C, polio, HIV, measles, mumps, rubella, tuberculosis, tetanus/diphtheria, and chicken pox (Varicella) will be performed for all pre-employment exams. These screenings and needed boosters/titers will be conducted and administered as needed.
  - Influenza vaccinations are provided annually.
4. Hands-On Physical
  - Vital Signs
    - Blood Pressure
    - Pulse
    - Respiratory Rate
    - Temperature
    - Height/Weight
  - Head, Eyes, Ears, Nose, & Throat
    - Vision Screening
      - Color Assessment
      - Distance Assessment
      - Near-Vision Assessment
    - Audiology Screening
      - Hearing Test (500-1000-2000-3000-4000-6000-8000Hz)
  - Neck
    - General Evaluation
  - Musculoskeletal
    - General Range-of-Motion Evaluation
  - Skin Exam
    - Cancer Screening
  - Body Composition
  - Additional Components for Hazardous Materials Team Members and/or Technicians:
    - Acetylcholinesterase Screening

The scope of the remaining tests shall be determined by the fire department physician after reviewing the Hands-On Physical, and type and severity of any condition.

- Cardiovascular
  - Chest X-Ray
  - EKG

- Pulmonary
  - Pulmonary Function Test (Spirometry)
- Gastrointestinal
  - General Evaluation
- Genitourinary
  - Men: Testicular & Hernia Evaluation
    - Evaluation & Prostate-Specific Antigen (PSA) tests required for all males
  - Women: Pap-Smear, Clinical Breast Exam, Mammography
    - Required for all females
- Rectal
  - Digital Rectal Exam
  - Fecal Occult Blood Testing
- Lymph Nodes
- Neurological
  - Mental Status Exam
  - Cranial & Peripheral Nerves
  - Motor
  - Sensory
  - Reflexes

5. Laboratory Testing: Urinalysis, Complete Blood Count, Chemistry Metabolic, Lipid Profile (all). The blood analysis or urinalysis is not intended and will not be used for drug use screening at any time.

- White Blood Cell Count with differential
- Red Blood Cell Count (hematocrit)
- Platelet Count
- Liver Function Test
- Triglycerides
- Glucose
- Creatinine
- Sodium
- Potassium
- Carbon Dioxide
- Total Protein
- Albumin
- Calcium
- Cholesterol

- Aerobic/Cardiopulmonary Testing (Stress Test)
  - Required for at-risk individuals and individuals over age 40.
- Follow-Up/Referral
  - Annual physical exam results will be forwarded to you and/or your primary care provider (PCP).
  - You will complete a HIPAA Release in order to release the results to you and/or your PCP.
- Data Collection
  - The HIPAA Release will also authorize the release of some medical component data points for data collection and reporting. The data will not have any identifiers (name, date of birth, Social Security Number, etc.); the data will only be raw data used for research and data reporting.

**PHYSICIANS' NAME** \_\_\_\_\_

**DATE** \_\_\_\_\_

**PHYSICIANS' SIGNATURE** \_\_\_\_\_

**VOLUNTEER RESULTS**

**PASS**

**FAIL**

**TOTAL COST TO DEPARTMENT OF PHYSICAL**

**\$** \_\_\_\_\_

**FIRE CHIEF NAME** \_\_\_\_\_

**FIRE DEPARTMENT** \_\_\_\_\_