Medical exams for firefighters shall be scheduled bi-annually for those under age 40, and annually for those over age 40. Members assigned to the Hazardous Materials Team shall be scheduled annually regardless of age. The Department will appoint a physician or physicians to conduct Fire Department medical exams. The Fire Department (or Fire Department insurance company) shall process the billing directly. The individual firefighter (or firefighter insurance company) will not be billed.

The physical exam should include: height, weight, blood pressure, heart rate, percentage body fat, near and far vision, skin, HEENT, neck, lymph glands, thyroid, lungs, heart, genitalia, rectum, extremities, distal pulses, spine, neurological exam, emotional status. Specific laboratory and diagnostic/screening tests are listed below.

The exam should also focus on occupational risk factors: heart disease, cancers secondary to toxic exposures, muscular/skeletal injuries, infectious diseases and current medical problems. Any recent exposure to smoke, toxic chemicals, infectious diseases, etc. should be documented and followed up with appropriate tests. Preventative health care should be stressed with emphasis on physical fitness, weight control, etc.

Review immunization status as part of the examination (this record should be part of the employee’s medical file). Baseline immunization and/or boosters will be arranged as necessary. Refer to addendum for information on recommended immunizations. Emphasize to the employee it is their responsibility to update their vaccination record with the Department physician should they receive vaccinations somewhere other than the Department's physician office.
LABORATORY TESTS:

Glucose
BUN
Creatine
Calcium
Phosphorus
Uric acid
SGOT/AST
SGPT/ALT
GGT
Total protein albumin
Alkaline phosphatase
Bilirubin
LDH
HDL/LDL cholesterols and calculated ratios
CBC with differential

T4
TSH
Hepatitis B surface anti-body every four years if immunized.
Hepatitis C anti-body one time to establish baseline; then every other year
Urinalysis
Stool for blood x 3
Pap smear
TB test (IPPD)

Chest X-ray if a person is symptomatic or if there is a new positive PPD.

GENERAL TESTS:

Audio screening: At each physical or after noise exposure. Full audiogram (soundproof booth) if symptomatic.

Spirometry: At each physical or after inhalation exposure. Full pulmonary function test if new or unexplained abnormality.

CXR: Baseline, symptomatic or positive PPD. Otherwise every two to four years.

Endometrial BX: Symptomatic.

AFTER AGE 35 ADDITIONAL TESTS ARE REQUIRED:

Bone density: Baseline for menopausal women fire fighters.

Mammogram - females: (At age 35, annually at age 39.)

ETT (Exercise Treadmill Testing) (at age 40): (repeat every 5 years) Repeated annually if symptomatic or unsatisfactory performance per Bruce Protocol.

Rectal exam (at age 40) - male and female: (repeat annually)

PSA: (at age 50 and then annually.) Total/free PSA if the total PSA is between four and 10.

Flex Sig: (at age 50, sooner if family history is present) Colonoscopy may be substituted for the Flex Sig.
MINIMUM FOR PHYSICIAN MEDICAL REPORT SUMMARY:

Name
Age
Date of examination
Name of Health Care Professional doing the exam
Physical examination
Past history
Family history
Current condition
Current medications
High-risk behaviors -- cigarettes/alcohol/weight/caffeine/OTC drugs/recreational drugs/etc.
Interval history -- smoke inhalation/work related injuries/exposures
Review of systems
Problems identified and plan of action for each problem.
Allergies
Immunization status
Health maintenance summary (dates of last treadmill, EKG, CXR, Hepatitis B, etc.)
Results of tests (laboratory, x-ray, etc.)