

Ebbetts Pass Fire District	POLICY: 6800
Subject: Personnel – Physical Medical Exam	Adoption Date: 11/22/2022 Revised Date: N/A Review Date: N/A

1. Purpose

To provide a standard of initial, annual, and bi-annual medical physicals for members as defined in this policy.

Provide criteria outlining the approved process for various agency members to adhere regarding minimum medical physicals.

Increase the likelihood of early detection of firefighter occupational medical risks.

2. Member(s) Minimum Physical Medical Exam Requirements

2.1. Auxiliary, Administrative only, and non-primary fire prevention workers must complete a “DOT physical” equivalent physical at time of joining the organization.

2.2. Volunteers, per diem hires, and interns must complete a “New Hire Firefighter Physical” at time of joining the organization.

2.3. Full-time firefighting members must complete a “New Hire Firefighter Physical” at time of joining the organization and complete an “Annual/Biannual Firefighter Physical” every year for those 41 or over and every other year for those 40 and under.

3. Physical Medical Exam Types and Definitions

3.1. DOT (Department of Transportation) physical (Auxiliary, Administrative only, and non-primary fire prevention workers) includes:

- NFPA 1582 Health Questionnaire (Included in the appendix section of this policy)
- Drug test
- Vision
- Hearing
- Blood pressure
- Physical flexibility

*Commercial license DOT certification for DMV is available (additional cost)

3.2. **New Hire Firefighter Physical Medical Exam** (All operational members (volunteer, interns, and new hire full-time firefighters)) includes:

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- NFPA 1582 Health Questionnaire (Included in the appendix section of this policy)
- Blood Pressure
- Physical Exam including hernia
- Pulmonary Function test
- Electrocardiogram test
- Audiometry test
- Vision screen
- Cardiopulmonary Exercise Test (MET-Test)
- Chest X-Ray
- Drug Test (10-Pannel)

3.3. Annual/Biannual Firefighter Physical Medical Exam (full-time firefighters only, ages 40 and younger every odd birthday year, 41 and older every year) includes:

- NFPA 1582 Health Questionnaire (Included in the appendix section of this policy)
- Blood Pressure
- Physical Exam including hernia
- Labs: Complete Blood Count, Comprehensive Metabolic Panel, Urine Analysis, Lipid Panel, Hemoglobin A1C
- Pulmonary Function test
- Electrocardiogram test
- Audiometry test
- Vision screen
- Cardiopulmonary Exercise Test (MET-Test)

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4. Process to conduct physical

4.1. DOT (Department of Transportation) physical equivalent

Groups this applies - Auxiliary, administrative only, and non-primary fire prevention workers)

- Complete the NFPA 1582 Health Questionnaire (Appendix “B” attached to this policy) and submit to the District physical medical examiner prior to appointment.
- Blood Pressure
- Schedule physical appointment by following steps within Appendix “C” attached to this policy.
- Await results from agency (Medical information is private and will remain confidential between patient and medical provider. Ebbetts Pass Fire District (agency) will only receive the outcome of the physical.)

4.2. New hire firefighters:

Groups this applies - All operational members: volunteer, interns, and new hire full-time firefighters

- Complete the NFPA 1582 Health Questionnaire (Appendix “B” attached to this policy) and submit to the District physical examiner prior to appointment.
- Blood Pressure
- Schedule physical appointment by following steps within Appendix “C” attached to this policy.
- Print Appendix “A” titled “EBBETTS PASS FIRE DISTRICT MEDICAL RELEASE FORM” and bring to physical appointment. Bring the completed form to Ebbetts Pass Fire District administration office to filed. (Medical information is private and will remain confidential between patient and medical provider. Ebbetts Pass Fire District (agency) will only receive the outcome of the physical.)

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4.3. Annual/Biannual firefighter physical (full-time firefighters)

Groups this applies – All full-time firefighters (not new hire)

- Complete the NFPA 1582 Health Questionnaire (Appendix “B” attached to this policy) and submit to the District physical examiner prior to appointment.
- Schedule physical appointment by following steps within Appendix “C” attached to this policy between 30 days prior and 30 days after your birthday (Odd birthday years (the age you are turning) for 40 and younger / 41 and over every year.)
- Submit the completed questionnaire 2 weeks before the appointment.
- Print Appendix A titled “EBBETTS PASS FIRE DISTRICT MEDICAL RELEASE FORM” and bring to physical appointment. Bring completed form to Ebbetts Pass Fire District administration office to be filed. (Medical information is private and will remain confidential between patient and medical provider. Ebbetts Pass Fire District (agency) will only receive the outcome of the physical)

5. Optional Medical Offerings:

5.1. Depending on the medical examination provider contracted with the District some, all, or unlisted medical offerings maybe offered to the eligible members at an individual additional cost to the receiving member. These are options for our members if they elect to self-pay for additional services and are not required by our agency

- Galleri test by Grail
- Calcium cardio score
- HIV (District covers cost)
- Chest X Ray (District covers cost)
- Colonoscopy
- Mammogram
- Pap smear / GYN exam

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**Appendix A
EBBETTS PASS FIRE DISTRICT MEDICAL RELEASE FORM**

Employee: _____ Position/Rank: _____

Type of Physical (Circle one): DOT FF New Hire Annual / Biannual

Date of Medical Exam: _____

Medical Physical signature: _____

Below is a list of criteria that will require personnel to address before performing firefighter duties:
(All criteria based off DOT Medical passing standard)

- Blood Pressure of 180/110 or higher
- Vision 20/40 with both eyes tested together, and 20/40 in one eye and at least, 20/70 in the other eye
- Hernia (this is subjective to medical examiner)

The Ebbetts Pass Fire District Medical Physician shall work with effected member and medical general practitioner or workers compensation (whomever is the proper medical follow up provider) to ensure medical information is passed along in totality. Medical information is personal and sensitive and shall not be disseminated with employer besides workers compensation requirements to share with the Fire Chief of the organization.