

2012 MO-TF1 Medical and Fitness Evaluations Guide

1. What Do I Need To Have Done Prior To My Arrival?

1a. You need to have completed your online health assessment at the ROEP website. If you have not done this or have not received a set of emails (one provides the website URL and the other provides you with your own private user name and password) from Jessica Thompson of Runde Occupational and Environmental Physicians, PC (ROEP), please contact her so that you can complete your online health assessment. If you have not completed your online health assessment, you will be directed to the Northeast Classroom to do so. You won't be allowed to start your medical and fitness assessments until this is completed. Jessica's contact information is below:

Jessica Thompson, LPN, COHC
Office Manager
ROEP, PC
3700 I-70 Drive SE Ste 106
Columbia, MO 6501
Phone: 573-256-7637
Fax: 573-817-3103
Cell: 573- 864-6044

1b. For those of you that have not completed all of your online training (if you haven't, you will have received an email from Chuck Leake regarding this), you will also be directed to the Northeast Classroom. You must complete all online training before being allowed to start your medical and fitness evaluations.

1c. You must complete a MO-2012 Equipment Issue Form and bring it with you (see attached).

2. What Should I Do Prior To My Arrival The Day of the Evaluations?

2a. Get a good night's sleep.

2b. Eat a good breakfast or lunch, but not too much, remember we will be assessing your fitness level using a sub-maximal aerobic capacity test. You do not need to fast prior to the medical evaluation. We will not be drawing a fasting blood glucose (just a regular glucose level). We have added a glycated or glycosylated hemoglobin (hemoglobin A1c, HbA1c, A1c) lab test this year. This blood test gives you a picture of your average blood glucose control for the past 2 to 3 months. Specifically, the A1C test measures what percentage of your hemoglobin - a protein in red blood cells that carries oxygen - is coated with sugar (glycated). The higher your A1C level, the poorer your blood sugar control.

3. What Do I Need To Wear?

3a. Wear comfortable clothes, e.g., sweat pants, gym shorts, athletic socks, tennis shoes. See the "What Is The Fitness Evaluation" section to get an idea of what kind of physical activity you'll engage in. You do not need to wear your MO-TF1 uniform/BDU's.

4. What Do I Need To Bring?

4a. Bring your current driver's license and your current automobile insurance card.

4b. Please bring a record of your current immunizations, unless you have already sent them to Jessica Thompson at ROEP.

4c. Bring your full SCBA face mask, your half face respirator mask and any adapters and canisters that you have. In the respiratory fit testing station, we will trade out your old full face mask and give you a new AV3000-Sure Seal model. In order for us to issue you the newly purchased AV3000-Sure Seal full face mask, we need to swap it with your old mask.

4d. Bring your helmet. We will physically check your yellow helmet to ensure you have a helmet that meets current ANSI helmet standards. So we must document that you have a current ANSI certified helmet and that the helmet does not have any crack, chips etc.. For those of you that have blue inserts in your yellow helmets, your helmet will be replaced.

4e. Bring your completed MO-2012 Equipment Issue Form (see attached). If you are missing any standard issue items including your Extreme Cold Weather Gear (Gortex Rain Suits), there will be someone in the logistics cage to issue you the items you need or to exchange items that are out of date, torn, broken (including) old torn/faded, such as T-Shirts, BDU Shirts, BDU Pants, etc. Please bring in items that you are exchanging.

4f. Please do not bring any third party medical examination results. The deadline for pre-submission has past. We will not accept them.

5. When Do I Need To Arrive?

5a. On the day of your medical and fitness evaluation, arrive at Fire District Headquarters no more than 30 minutes prior to your scheduled time slot and check in with the receptionist. See the attached list to verify your time slot. If you show up and you are not on our schedule you will be sent away.

6. What Happens When I Arrive?

6a. Check-In. You will sign in on a check-in form located at the receptionist desk. You will wait in the lobby until your name is called. Once your name is called you will register with the ROEP check-in assistant and be given a map of the facility and an "exam station checklist" that must be "signed off" at each station. You will then be sent to one of these three stations: administrative matters, vital signs and blood draw or urinalysis. They'll be several staff members to direct you and assist you along the way...they will be wearing orange traffic vests. You'll drag your helmet, SCBA full face mask, half face mask and other miscellaneous stuff around with you as you go from station to station. The medical and fitness evaluations take about 2 hours to complete.

6b. What's Next? Admin Station / Vital Signs and Blood Draw / Urinalysis. You'll get a new ID...this includes the search canines (dog crates will be set up in the US&R bay). We'll check your personal data, Remember you must complete these 3 stations first before you can complete any other medical exam. They'll be several staff members that will assist you along the way...they will be wearing orange traffic vests.

6e. What's Next? Spirometry / X-ray / Vision Test/ Hearing Test / EKG / Immunization Check / Respiratory Fit Testing.

6f. What's Next? Physical exam. You'll be cleared to complete the Fitness Evaluation at this point.

6g. What's Next? Fitness Evaluation. Proceed to the fitness evaluation station. Details below...

6h. What's Next? Check out with Jessica Thompson. You'll receive several items to take home with you.

7. What Is The Medical Evaluation?

The Medical Evaluation consists of the following medical tests and exams:

7a. Laboratory Tests (blood and urine): Blood tests shall be performed annually and shall include the following: CBC with differential, RBC indices and morphology, and platelet count, electrolytes (Na, K, Cl, HCO₃, or CO₂, Renal function (BUN, creatinine), non-fasting glucose, liver function tests (ALT, AST, direct and indirect bilirubin, alkaline phosphatase), total cholesterol, HDL, LDL, clinically useful lipid ratios (e.g., percent LDL), and triglycerides, prostate specific antigen (PSA) after age 40 for positive family history, if African American, or if otherwise clinically indicated; after age 50 for all other male members. Baseline testing for heavy metals. Baseline testing to determine immunity after Hepatitis B vaccination series. Baseline testing for Hepatitis C. Annual HIV testing. The

urine laboratory tests required shall include the following: dipstick analysis for glucose, ketones, leukocyte esterase, protein, blood, and bilirubin, microscopic analysis for RBC, WBC, casts, and crystals if indicated by results of the dipstick analysis. This year we have also added a hemoglobin A1c blood test.

7b. Vision Test: Standard Snellen Eye Chart vision test.

7c. Hearing Test (audiology): Hearing thresholds shall be assessed annually in each ear at each of the following frequencies: 500 Hz, 1000 Hz, 2000 Hz, 3000 Hz, 4000 Hz, 6000 Hz and 8000 Hz

7d. Breathing Test (spirometry): Pulmonary function testing shall be conducted annually to measure the member's forced vital capacity (FVC), forced expiratory volume in 1 second (FEV1), and the FEV1/FVC ratio.

7e. Electrocardiogram (EKG): A resting EKG shall be performed as part of the baseline medical evaluation and shall be obtained annually thereafter.

7f. Chest X-ray: Chest x-rays shall include an initial baseline and shall be repeated every 5 years or annually in lieu of a PPD test.

7g. Colon Cancer Screening: Fecal occult blood testing shall be provided to all members above the age of 40 or earlier if clinically indicated. This test has to be mailed back to ROEP, PC. We will issue it to you when you check out.

7h. Immunizations and Infectious Disease Screening: Please bring a record of your immunizations with you. This year we want to work on ensuring our immunization records are complete and our personnel are protected. The following infectious disease immunizations or infectious disease screenings will ultimately be provided to those that need them: (1) Tuberculosis screen (Chest x-ray or PPD) - annually - PPD must be read within 48 to 72 hours by a qualified health care professional; (2) Hepatitis C virus screen - baseline only; (3) Hepatitis B virus screen - offer Hepatitis B vaccination series to those that don't have it and baseline titers only after Hepatitis B vaccination series; (4) Tetanus/diphtheria vaccine - booster every 10 years; (5) Measles, mumps, rubella vaccine (MMR) - one dose of MMR vaccine to members born after 1957 without prior immunization and/or evidence of immunity; (6) Hepatitis A vaccine - offered to high-risk (USAR) and other personnel with frequent or expected exposures to contaminated water; (7) Varicella (chickenpox) vaccine - offered to all non-immune personnel. (8) Influenza (flu) vaccine - offered to all personnel annually. (10) HIV screening - annually.

7i. Physical Exam by a Physician. At this time, no third party medical examination results are being accepted by ROEP or the Task Force. Do not bring third party medical

examination results to the MO-TF1 medical and fitness evaluation on January 20th or 21st. We will not accept them.

8. What Is The Fitness Evaluation?

Once you've completed the Medical Evaluation and are cleared by a physician, you may then complete the Fitness Evaluation. For this evaluation, the Task Force will utilize the "Annual Occupational Fitness Evaluation" outlined in Chapter 8 of National Fire Protection Association - NFPA 1582, the Standard on Comprehensive Occupational Medical Program for Fire Departments, 2007 Edition. The physical ability test (stairs, crawl, hose pull, etc.) will not be utilized this year (except for new members that will take the 2012-1 SCT class). The Fitness Evaluation will be used in concert with your medical evaluation to create a Health and Fitness Profile for you. The Fitness Evaluation will consist of the following:

8a. Pre-evaluation questionnaire that seeks to identify contraindications for participation in the fitness assessment and department exercise training program as outlined in NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Departments.

8b. Weight, height and body composition.

8c. Evaluation of muscular strength (grip strength, leg strength and arm strength evaluations) utilizing procedures outlined in NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Departments.

8d. Evaluation of muscular endurance (push-up and curl-up (sit-up) evaluations) utilizing procedures outlined in NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Departments.

8e. Evaluation of flexibility (modified sit-and-reach protocol).

8f. Evaluation of aerobic capacity (treadmill or stepmill protocol) utilizing procedures outlined in NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Departments.

9. Checkout with Jessica Thompson from ROEP.

Once you've completed all of the required stations, you will check out with Jessica Thompson and receive your position specific hang tag and key tag. You will receive a fecal occult blood screening card. You will receive several guides to assist you with forwarding email to your personal email account, how to use the google training calendar, etc. Remember...do not leave until you've checked out.

Finally...

If you have any questions, scheduling issues, if anything is confusing you, please call me at 573-268-5942 or email me at solsen@bcfdmo.com. Thank you and see you either Friday, January 20th or Saturday, January 21st.