



HCFR Physical Protocol

Prior to your physical you will need to:

- Complete all attached forms.
- If you are under 18, have your parent or guardian sign the parental consent form.
- If you have immunization records, please bring them with you.
- Physicals average 2-2 1/2 hours so please allow time to complete all components

For **the day of** your physical you will need to:

- Fast at least 8 hours for your blood work. Water is allowed. Take any scheduled medications.
- Wear comfortable clothes and shoes for Stress Test

All pending information must be provided to Frederick Health Employer Solutions - Howard within 2 weeks of the date of your physical.

Please do not hesitate to contact us with any questions. We look forward to your visit and appreciate your dedication to your community.

Frederick Health Employer Solutions - Howard – 667-200-5500



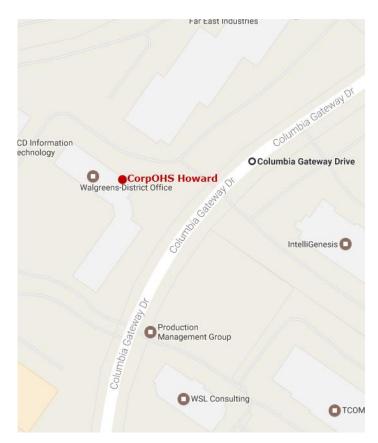
Frederick Health Employer Solutions - Howard

7165 Columbia Gateway Drive, Ste G Columbia, MD 21046 667-200-5500

From Baltimore: Take I95 S to Exit 41A-41B from I95 S. Merge onto MD-175 W. Use 2 right lanes to merge onto Columbia Gateway Drive exit. Turn Right onto Columbia Gateway Drive. Turn Right into bldg. 7165. Building is on the right.

From Frederick and points West: Take I70 E to Columbia. Take exit 87A to merge onto US-29S. Take exit 20 A for MD-175 toward Jessup. Take the Snowden River Parkway exit toward Columbia Gateway Drive. Us the 2 lanes to keep left to the fork and follow signs for Snowden River Parkway N/Columbia Gateway Drive North. Keep Right to continue onto Columbia Gateway Drive. Turn Right to stay on Columbia Gateway Drive. Turn Right into bldg. 7165. Building is on the right.

From Westminster and points North: Take 97
South. Take I70 E to Columbia. Take exit 87A to merge onto US-29S. Take exit 20 A for MD-175 toward Jessup. Take the Snowden River Parkway exit toward Columbia Gateway Drive. Us the 2 lanes to keep left to the fork and follow signs for Snowden River Parkway N/Columbia Gateway Drive North. Keep Right to continue onto Columbia Gateway Drive. Turn Right to stay on Columbia Gateway Drive. Turn Right into bldg. 7165. Building is on the right.







Procedures for HCFR Physical Program

- Audio
- BMI/Body Fat
- Chest X-ray (every 5 years)
- DOT Physicals (as requested)
- Drug Screen
- Enhanced Health Profile (Comprehensive Metabolic Panel, CBC w/diff, Urinalysis and Coronary Risk Profile)
- Glycohemglobin, HBA1C
- Hemoccult
- Total Iron
- Hepatitis B Titer and/or Hepatitis B Series (Initial and Post Exposure)
- Hepatitis C Antibody (Initial and Post Exposure)
- MMR Titer (Initial)
- Varicella Titer and/or Varicella Vaccination
- Prostate Specific Antigen (males only)
- Pulmonary Function Test
- Physical
- Stress Test
- Tdap (every 10 years)
- Titmus (Vision)

*Personnel who have had a recent positive stress test will bring results to appointment and may not be required to complete the stress testing portion of the physical

*Please provide any immunization records available.





Parental Permission Form

I/We	, paren	t/guardian of	······································
a minor child, understand that i	n accordance with tl	ne Health and We	llness Physical standards of the Volunteer
Fireman's Association, certain	medical testing is re	quired. I/We as pa	arent/guardian of
	grant permissi	on for the followi	ng testing and treatment concerning the minor
child:			
Fire Department Physical	Yes	No	
Blood Draw Analysis	Yes	No	
Urine Analysis	Yes	No	
Immunizations as needed	Yes	No	
fitness and testing results conce	erning the testing and	d treatment conse	sociation of any doctor's opinions concerning nted to above. This authorization for the from the date of execution of this document.
Parent/GuardianPrint			
Sign			
Mailing Address			
Telephone Number			
Emergency Contact Number			

Patient Name:	Company:	Date:	
Company Contact:			
Birthdate:// Age	-		
	Medical History - Co		
Allergies: Latex: Medication Allergies: Other Allergies:			_ _
Last Tetanus booster: Current Medications:			
Current Physician:			
	Heart Kidney Anemia Cancer rders:	7 Disease	- - -
Pij			
Alcohol use Drin	ks per week		
Place an X in the box if (Caregivers: please comment Vision (Vision)	=' = ' = ' = ' = ' = ' = ' = ' = ' = '		n the past:
1. Do you use glasses For reading	Do you 16. 17. 18. 19.	C/Vascular have: Chest pain on effort High blood pressure Shortness of breath Swelling of ankles Heart murmur	
3. Do you have: Retinal disease Cataracts Glaucoma 4. Do you use eye med: 5. Have you had eye so 6. Have you had laser	21. 22. 23. icine?24. urgery?25.	you had: Heart attack Stroke Rheumatic fever Heart failure Heart surgery/Stent/Pac	emaker

Hearin	g	Respiratory
Do you	have	Do you have:
7.	Difficulty hearing	26. Chronic cough
	Ear disease	27. Asthma
9.	Ringing in the ears	
	Abnormal hearing test	29. Hay fever
	Do you use a hearing aid?	30. Emphysema/COPD
	Have you had ear surgery?	Have you had:
	Ruptured ear drum?	31. Tuberculosis
	Exposure to gunfire?	32. Lung cancer
15.	Wear hearing protection?	33. Lung surgery
		34. Silicosis
		35. Asbestos
	or Gastrointestinal	36. Black lung
Do you	have or have you had:	
		Blood, Endocrine
37.	Hepatitis	Have you had:
38.	Cirrhosis	-
39.	Jaundice	63. Anemia
	Frequent indigestion	64. Bleeding problems
	Ulcer disease	65. Hormone problems
	Colitis	66. Diabetes
		
	Other intestinal problems	67. Thyroid problem
	Do you have a hernia?	
45.	Have you had hernia surgery?	
0		Maranal and alast at all
	urinary:	Musculoskeletal:
DO YOU	or have you had:	Do you or have you had:
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46.	Kidney trouble	68. Back trouble
46. 47.	Kidney trouble Bladder trouble	68. Back trouble 69. Disc problems/surgery
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Please list as Company Name:	ll prior jobs:	Dates Employed	d: Job D	Description:	
Circle any of	the following p	rocesses and/or	jobs done	in the past:	
Processes:	abrasive blastic degreasing foundry painting grinding or meta	ele fo: we:	id/alkali t ectroplatin rging lding		
Industries:	flour, feed or g rubber quarry work farming shipyards	:	cotton proc insulation constructio petroleum		
Circle any of workplace:	the following s	ubstances to wh	ich you hav	e had regular	exposure in the
Fumes or dusts silica fiberglass other:	coal	asbes n dust sawdu:		.c	
Solvents: benzene naptha	carbon xylene	tetrachloride other :		roethylene	
Chemicals or of ammonia cyanide mercury nickel	formaldeh sulfur di lead	yde hydooxide cha		ide	
Miscellaneous radiation cutting or noise	inse	cticides/herbic r exhaust	ides		
Have you ever	needed medical No	care for exposu	re to any o	of the above?	
Type of proble	em: Skin:	Lungs:		_ Other: _	
	injuries and illand treatment:	nesses:	_	dime off work:	
Yes No Ex	xplain if yes ave you ever app isability paymented	lied for worker ts for any inju:	's compensa		

	Are you currently being treate related injury or illness? Ex		
Employee Si	ignature	Date	
Reviewed By		 Date	
f-hxcomp			

RETEST TERMINATION OTHER Have you been exposed to noise within the last 14 hours? [] Yes [] No Explain: How do you rate your hearing? [] Unknown [] Very poor [] Average [] Good [] Very good Hearing protection, Do you wear while at work? [] Not used [] Seldom used [] Sometime used [] \[\] time [] Usually used [] Always used If yes, what type of hearing protection do you wear? [] Earplugs [] Earmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] I. Draining Ear [] Yes [] No 26. Measles [] Yes [] I. Draining Ear [] Yes [] No 27. Meningitis [] Yes [] I. Search reading to the search reading in the	atient Name:	Company:	Date:	
Department: Shift: Job Title: Sex: Male Female Type of Test: (Circle One) PREPLACEMENT EXTENSITION OTHER Have you been exposed to noise within the last 14 hours? [] Yes [] No Explain: How do you rate your hearing? [] Unknown [] Very poor [] Average [] Good [] Very good Hearing protection, Do you wear while at work? [] Not used [] Seldom used [] Sometime used [] Yes [] No Usually used [] Always used IT yes, what type of hearing protection do you wear? [] Earplugs [] Farmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] Yes [] No 12. Dizziness/imbalance [] Yes [] No 26. Measles [] Yes [] Yes [] No 18. Suden hearing loss [] Yes [] No 28. Diabetes [] Yes [] Yes [] No 19. Severe ringing [] Yes [] No 29. Kidney disease [] Yes [] Yes [] No 19. Severe ringing [] Yes [] No 19. Severe	ompany Contact:			
Department: Shift: Job Title: Sex: Male Female Type of Test: (Circle One) PREPLACEMENT RETEST TERMINATION OTHER Have you been exposed to noise within the last 14 hours? [] Yes [] No Explain: How do you rate your hearing? [] Unknown [] Yery poor [] Average [] Good [] Very good Hearing protection, Do you wear while at work? [] Not used [] Seldom used [] Sometime used] Yes [] No Yes Yes	irthdate:/ Age			
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Type of Test: (Circle One) PREPLACEMENT RETEST TERMINATION OTHER Have you been exposed to noise within the last 14 hours? [] Yes [] No Explain: How do you rate your hearing? [] Unknown [] Very poor [] Average [] Good [] Very good Hearing protection, Do you wear while at work? [] Not used [] Seldom used [] Sometime used [] Yetime [] Usually used [] Always used If yes, what type of hearing protection do you wear? [] Earplugs [] Earmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] No 26. Measles [] Yes [] No 27. Meninqitis [] Yes [] No 28. Diabetes [] Yes [] No 29. Kidney disease [] Yes [] No 31. Allergies [] Yes [] No 32. Pamily hearing loss [] Yes [] No 31. Allergies [] Yes [] No 32. Pamily hearing loss [] Yes [] No 33. High noise exposure Disease/ear problem [] Yes [] No 35. Head cold today [] Yes [] No 36. Head cold today [] Yes [] No 37. Noisy hobbies [] Yes [] No 38. Loud music/ 39. Hear barring aid [] Yes [] No 38. Loud music/ 30. See MD for ears [] Yes [] No 38. Loud music/ 30. Wear hearing aid [] Yes [] No 39. Firearms/guns [] Yes [] N	epartment:	Shift: Job	Title:	
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Explain: How do you rate your hearing? [] Unknown [] Very poor [] Average [] Good [] Very good Hearing protection, Do you wear while at work? [] Not used [] Seldom used [] Sometime used [] & time [] Usually used [] Always used If yes, what type of hearing protection do you wear? [] Earplugs [] Earmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] 11. Draining Bar [] Yes [] No 26. Measles [] Yes [] 12. Dizziness/imbalance [] Yes [] No 27. Meningitis [] Yes [] 13. Severe ringing [] Yes [] No 28. Dlabetes [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 16. Fullcusting hearing [] Yes [] No 29. Kidney disease [] Yes [] No 29. Kidney disease [] Yes [] No 30. Visible wax/objects [] Yes [] No 31. Allegies [] Yes [] No 32. Family hearing loss [] Yes [] No 32. Family hearing loss [] Yes [] No 33. High noise exposure Disease/ear problem [] Yes [] No 34. History of prior ear Disease/ear problem [] Yes [] No 35. Head cold today [] Yes [] No 36. Military service [] Yes [] No 37. High noise seposure [] Yes [] No 38. Head cold today [] Yes [] No 39. Head cold today [] Yes [] No 39. Shead cold today [] Yes [] No 39. Was rearried aid [] Yes [] No 39. Firearms/guns [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military service [] Yes [] No 40. Military	ype of Test: (Circle One)			ANNUAL
[] Unknown [] Very poor [] Average [] Good [] Very good Hearing protection, Do you wear while at work? [] Not used [] Seldom used [] Sometime used [] % time [] Usually used [] Always used If yes, what type of hearing protection do you wear? [] Earplugs [] Earmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] 1. Draining Ear [] Yes [] No 25. Measles [] Yes [] 12. Dizziness/imbalance [] Yes [] No 27. Meningitis [] Yes [] 12. Dizziness/imbalance [] Yes [] No 28. Diabetes [] Yes [] 13. Severe ringing [] Yes [] No 29. Kidney disease [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 15. Fluctuating hearing [] Yes [] No 31. Allergies [] Yes [] 16. Fullness/discomfort [] Yes [] No 32. Family hearing loss [] Yes [] 17. History of prior Disease/ear problem [] Yes [] No 32. Family hearing loss [] Yes [] 17. History of prior ear Drugs [] Yes [] No 33. Hieldown [] Yes [] 18. Recent prescription [] Yes [] No 36. Military service [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 19. Lear surgery [] Yes [] No 37. Noisy hobbies [] Yes [] 19. Lear surgery [] Yes [] No 38. Loud music/ 21. Ear surgery [] Yes [] No 38. Loud music/ 22. Unconsclousness [] Yes [] No 39. Firearms/guns [] Yes [] 19. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 19. Military Service [] Yes [] 19. Mi				
[] Not used [] Seldom used [] Sometime used [] % time [] Usually used [] Always used If yes, what type of hearing protection do you wear? [] Earplugs [] Earmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] 11. Draining Ear [] Yes [] No 26. Measles [] Yes [] 12. Dizziness/imbalance [] Yes [] No 27. Meningitis [] Yes [] 12. Dizziness/imbalance [] Yes [] No 28. Diabetes [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 15. Fluctuating hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 16. Fullness/discomfort [] Yes [] No 31. Allergies [] Yes [] 17. History of prior 32. Family hearing loss [] Yes [] 17. History of prior 33. High noise exposure 17. History of prior 34. History of prior 27. Drugs [] Yes [] No 35. Head cold doday [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 20. See MD for ears [] Yes [] No 36. Military service [] Yes [] 22. Unconsciousness [] Yes [] No 37. Noisy hobbies [] Yes [] 22. Unconsciousness [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No 39. Firearms/guns [] Yes [] 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 24. Mumps [] Yes Explain any "yes" answers:		[] Average [] Good [] Very good	
[] % time [] Usually used [] Always used If yes, what type of hearing protection do you wear? [] Earplugs [] Earmuffs [] Both Brand: MEDICAL HISTORY: (Check the correct answer) 10. Ear pain [] Yes [] No 25. Scarlet Fever [] Yes [] 11. Draining Ear [] Yes [] No 26. Measles [] Yes [] 12. Dizziness/imbalance [] Yes [] No 28. Diabetes [] Yes [] 13. Severe ringing [] Yes [] No 28. Diabetes [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 16. Fultuating hearing 30. Visible wax/objects [] Yes [] 16. Fultuating hearing 30. Visible wax/objects [] Yes [] 16. Fullness/discomfort [] Yes [] No 31. Allergies [] Yes [] 17. History of prior 33. High noise exposure Disease/ear problem [] Yes [] No 32. Family hearing loss [] Yes [] 17. High plood pressure [] Yes [] No disease before test [] Yes [] 18. Recent prescription 34. History of prior ear Drugs [] Yes [] No disease before test [] Yes [] 19. High blood pressure [] Yes [] No 35. Head cold today [] Yes [] 19. See MD for ears [] Yes [] No 36. Military service [] Yes [] 19. See MD for ears [] Yes [] No 37. Noisy hobbies [] Yes [] 19. See MD for ears [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No 38. Loud music/ 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 19. Seplain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Quinine Explain any checked answers:	earing protection, Do you wear v	while at work?		
MEDICAL HISTORY: (Check the correct answer) 10. Ear pain] ½ time [] Usually use	ed [] Always used		
10. Ear pain [] Yes [] No] Earplugs [] Earmuffs	[] Both	Brand:	
11. Draining Ear [] Yes [] No 26. Measles [] Yes [] 12. Dizziness/imbalance [] Yes [] No 27. Meningitis [] Yes [] 13. Severe ringing [] Yes [] No 28. Diabetes [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 15. Fluctuating hearing 30. Visible wax/objects [] Yes [] 16. Fullness/discomfort [] Yes [] No 31. Allergies [] Yes [] 17. History of prior 32. Family hearing loss [] Yes [] No 32. Family hearing loss [] Yes [] 17. History of prior 33. High noise exposure Disease/ear problem [] Yes [] No disease before test [] Yes [] No 34. History of prior ear Drugs [] Yes [] No disease before test [] Yes [] 18. Recent pressure [] Yes [] No 35. Head cold today [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 19. Ear surgery [] Yes [] No 36. Military service [] Yes [] 19. Ear surgery [] Yes [] No 37. Noisy hobbies [] Yes [] 19. Ear surgery [] Yes [] No 38. Loud music/ headphones [] Yes [] 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 19. Explain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:	EDICAL HISTORY: (Check the corre	ect answer)		
12. Dizziness/imbalance [] Yes [] No 27. Meningitis [] Yes [] 13. Severe ringing [] Yes [] No 28. Diabetes [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 15. Fluctuating hearing 30. Visible wax/objects [] Yes [] 16. Fullness/discomfort [] Yes [] No 31. Allergies [] Yes [] 17. History of prior 33. High noise exposure 17. History of prior 33. High noise exposure 18. Recent prescription 34. History of prior ear 29. Drugs [] Yes [] No 35. Head cold today [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 19. Ear surgery [] Yes [] No 36. Military service [] Yes [] 19. Ear surgery [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No 39. Firearms/guns [] Yes [] 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 19. Explain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Quinine Explain any checked answers:		[] Yes [] No	25. Scarlet Fever [] Y	
13. Severe ringing [] Yes [] No 28. Diabetes [] Yes [] 14. Sudden hearing loss [] Yes [] No 29. Kidney disease [] Yes [] 15. Fluctuating hearing 30. Visible wax/objects [] Yes [] 16. Fullness/discomfort [] Yes [] No 31. Allergies [] Yes [] 17. History of prior 33. High noise exposure Disease/ear problem [] Yes [] No 32. Family hearing loss [] Yes [] 17. History of prior 33. High noise exposure Disease/ear problem [] Yes [] No disease before test [] Yes [] 18. Recent prescription 34. History of prior ear Drugs [] Yes [] No disease before test [] Yes [] 19. High blood pressure [] Yes [] No 35. Head cold today [] Yes [] 20. See MD for ears [] Yes [] No 36. Military service [] Yes [] 19. Lear surgery [] Yes [] No 37. Noisy hobbies [] Yes [] 19. Lear surgery [] Yes [] No 38. Loud music/ 22. Unconsciousness [] Yes [] No 38. Loud music/ 22. Wear hearing aid [] Yes [] No headphones [] Yes [] 19. Lear hearing aid [] Yes [] No 39. Firearms/guns [] Yes [] 19. Lear may "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:		[] Yes [] No	26. Measles [] Y	es [] No
14. Sudden hearing loss [] Yes [] No				
15. Fluctuating hearing loss [] Yes [] No 31. Allergies [] Yes [] 16. Fullness/discomfort [] Yes [] No 32. Family hearing loss [] Yes [] 17. History of prior 33. High noise exposure Disease/ear problem [] Yes [] No 34. History of prior and Drugs [] Yes [] No 35. Head cold today [] Yes [] 18. Recent prescription 34. History of prior ear Drugs [] Yes [] No 35. Head cold today [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 19. See MD for ears [] Yes [] No 36. Military service [] Yes [] 19. See MD for ears [] Yes [] No 37. Noisy hobbies [] Yes [] 19. Search hearing aid [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No 39. Firearms/guns [] Yes [] 19. Sexplain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:			20. DidDetes [] I	es [] No
loss [] Yes [] No 31. Allergies [] Yes [] 16. Fullness/discomfort [] Yes [] No 32. Family hearing loss [] Yes [] 17. History of prior 33. High noise exposure today [] Yes [] 18. Recent prescription 34. History of prior ear Drugs [] Yes [] No disease before test [] Yes [] 19. High blood pressure [] Yes [] No 35. Head cold today [] Yes [] 19. High blood pressure [] Yes [] No 36. Military service [] Yes [] 19. See MD for ears [] Yes [] No 37. Noisy hobbies [] Yes [] 19. Lar surgery [] Yes [] No 37. Noisy hobbies [] Yes [] 19. Wear hearing aid [] Yes [] No 38. Loud music/ headphones [] Yes [] 19. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 19. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 19. Military service [] Yes [] 19. Military se	=	[] ICS [] NO		
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Disease/ear problem [] Yes [] No today [] Yes [] 18. Recent prescription	6. Fullness/discomfort			
18. Recent prescription Drugs [] Yes [] No disease before test [] Yes [] 19. High blood pressure [] Yes [] No 35. Head cold today [] Yes [] 19. See MD for ears [] Yes [] No 36. Military service [] Yes [] 19. No 36. Military service [] Yes [] 19. No 37. Noisy hobbies [] Yes [] 19. No 38. Loud music/ 20. See MD for ears [] Yes [] No 37. Noisy hobbies [] Yes [] 19. No 38. Loud music/ 21. Ear surgery [] Yes [] No 38. Loud music/ 22. Unconsciousness [] Yes [] No headphones [] Yes [] 19. No headphones [] Yes [] 19. No 39. Firearms/guns [] Ye	7. History of prior			
Drugs [] Yes [] No disease before test [] Yes [] 19. High blood pressure [] Yes [] No 35. Head cold today [] Yes [] 20. See MD for ears [] Yes [] No 36. Military service [] Yes [] 21. Ear surgery [] Yes [] No 37. Noisy hobbies [] Yes [] 22. Unconsciousness [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No headphones [] Yes [] 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 26. Mumps [] Yes [] 27. MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:	Disease/ear problem	[] Yes [] No	today [] Y	es [] No
19. High blood pressure [] Yes [] No 35. Head cold today [] Yes [] Yes [] No 36. Military service [] Yes [] Yes [] No 37. Noisy hobbies [] Yes [] Yes [] No 37. Noisy hobbies [] Yes [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No headphones [] Yes [] Yes [] No Yes [] Yes [] No Yes [] Yes [] Yes [] Yes [] Yes [] No Yes [] Y	8. Recent prescription			
20. See MD for ears [] Yes [] No 36. Military service [] Yes [] 12. Ear surgery [] Yes [] No 37. Noisy hobbies [] Yes [] 12. Unconsciousness [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No headphones [] Yes [] 12. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 12. Explain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:	Drugs	[] Yes [] No		
21. Ear surgery [] Yes [] No 37. Noisy hobbies [] Yes [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No headphones [] Yes [] Yes [] No headphones [] Yes [] Yes [] No 39. Firearms/guns [] Yes []	9. High blood pressure			
22. Unconsciousness [] Yes [] No 38. Loud music/ 23. Wear hearing aid [] Yes [] No headphones [] Yes [] 1 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] 1 Explain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:				
23. Wear hearing aid [] Yes [] No headphones [] Yes [] ? 24. Mumps [] Yes [] No 39. Firearms/guns [] Yes [] ? Explain any "yes" answers:				es [] NO
Explain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:				es [] No
Explain any "yes" answers: MEDICATIONS (Past and Present) (Please check appropriate boxes) [] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:	4. Mumps			
[] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:				
[] Aspirin, Buffered, Exedrin (more than 6/day) [] Neomycin [] Streptomnycin [] Gentamycin [] Quinine Explain any checked answers:		(Please sheek appropri	riate hoves)	
Signature] Aspirin, Buffered, Exedrin (m] Neomycin [] Streptomnycin	nore than 6/day) [] Gentamycin []		
Signature				
	ignature		Date	
OTOSCOPIC EXAM:	TOSCODIC EYAM.			
Right [] Normal [] Abnormal Examiners Initials Left [] Normal [] Abnormal Examiners Initials	ight [] Normal [] Abnormal		Examiners Initials	

Company Contact:	
Birthdate:/ Age	
EPWORTE	I SLEEPINESS SCALE
	llowing situations, in contrast to feeling just tired? This if you have not done some of these things recently, try to work
Use the following scale to choose the most appropriate :	number for each situation:
<pre>0 = no chance of dozing 1 = slight chance of dozing 2 = moderate chance of dozing 3 = high chance of dozing</pre>	
Situation	Chance of Dozing
Sitting and reading	
Watching TV	
Sitting inactive in a public place (e.g. a theater or a meeting)	
As a passenger in a car for an hour without a break	
Lying down to rest in the afternoon when circumstances permit	
Sitting and talking to someone	
Sitting quietly after a lunch without alcohol	
In a car, while stopped for a few minutes in traffic	
Total Score:	
Patient Signature:	
Caregiver Signature:	
f-epwort	

Patient Name: _____ Date: _____

OSHA Mandatory Respirator Medical Evaluation Questionnaire 29 CFR 1910.134

To the employer: Answers to questio examination.	ns in Section 1, and to	question 9 in Section 2	of Part A do not require a medical		
To the employee: Can you read:		yes □ no			
To maintain your confidentiality, you tell you how to deliver or send this que Part A Section 1 (Mandatory). The	or employer or supervious tionnaire to the heat	isor must not look at or alth care professional wh	s hours, or at a time that is convenient to you. review your answers, and your employer mus to will review it. very employee who has been selected to use		
any type of respirator.Please Print					
	2. Your Name		3.Your Age		
/					
4. Leave Blank	5. Your Job Title		6. Your Date of Birth		
7. Sex (circle one)	8. Your Height		9. Your Weight		
Male Female	Ft	in.	Lbs.		
10. Phone # where you can be reached	ed to discuss your	11. The best time to cal	l you at this number:		
answers:	,				
(a.m	ı. p.m.		
12. Has your employer told you will review this questionnair		alth care professional wh	no □ yes □ no		
-	sable respirator (filter xample, half- or full-f	-mask, non-cartridge typ			
14. Have you worn a respirator? If "yes", what type(s)	,		□ yes □ no		
Part A Section 2. (Mandatory) Que use any type of respirator.	stions 1 through 9 bel	ow must be answered by	every employee who has been selected to		
Do you <i>currently</i> smoke tobacco	, or have you smoked	tobacco in the last mon	th? □ yes □ no		
2. Have you ever had any of the following	llowing conditions?				
a. Seizures (fits)		sugar disease):	c. Trouble smelling odors:		
□ yes □ no	□ yes	□ no	□ yes □ no		
d. Claustrophobia (fear of closed-in \square yes \square no	places)	e. Allergic reaction that interfere with your breathing?			
		□ ves □ n	n		

3.	Have you ev	er had any of the following	gulmo	onary or lung	problems?		
a.	Asbestosis	·	_	sthma	•	c. C	Chronic bronchitis
	□ yes	□ no		yes \square	no		□ yes □ no
d.	Emphysema		e. Pn	neumonia		f. T	Tuberculosis
	□ yes	□ no			no		□ yes □ no
g.	Silicosis		h. Pn	neumothorax	(collapsed lung)	i. L	Lung cancer
				yes \square	no		
	□ yes	□ no					□ yes □ no
j.	Broken ribs		k. Aı	ny chest injur	ies or surgeries	1. A	Any other lung problem you've
				yes \square	no	be	een told about
	□ yes	□ no] yes □ no
4.	Do you curr	ently have any of the follow	ving sy	mptoms of pu	ılmonary or lung illne	ess?	
	a.	Shortness of breath:				□ v	yes □ no
	b.	Shortness of breath when	walkin	g fast on leve	l ground or	,	
		walking up a slight hill or		-	C		yes □ no
	c.	Shortness of breath when			people at an	,	
		ordinary pace on level gro		6		□ 7	yes □ no
		ordinary page on 10 ver gro				_ ,	, es = 116
	d.	Have to stop for breath wh	nen wal	lking at your	own pace on		
		level ground:			•		yes □ no
		C				,	
	e.	Shortness of breath when	washin	ng or dressing	vourself:	□ v	yes □ no
				-88	J = ======	_ ,	,
	f.	Shortness of breath that in	terfere	s with your ic	ob:		yes □ no
	1.	Shormess of oreast that in		s with your jo		_ ,	
	g.	Coughing that produces pl	hleom ((thick snutum).		yes □ no
	5.	coughing that produces pr	inegiii ((tinek spatan	.,	_ ,	yes 🗆 no
	h.	Coughing that wakes you	early in	n the morning		□ 7	yes □ no
	11.	Coughing that wakes you	carry ii	ii tiic morning	•	□)	yes 🗆 no
	i.	Coughing that occurs mos	tly whe	en vou are lvi	ng down:	□ 7	yes □ no
	1.	Coughing that occurs mos	tiy wiit	cii you are iyi	ing down.	□)	yes 🗆 no
	;	Coughing up blood in the	last mo	onth:		П.	yes □ no
	j.	Coughing up blood in the	iast inc	JIIIII.		⊔)	yes □ no
	1-	W/hi					
	k.	Wheezing:				□ }	yes □ no
		XXII	*.1				
	1.	Wheezing that interferes v	vith yo	ur job:		□ 2	yes □ no
			.1 1	1			
	m.	Chest pain when you brea	the dee	eply:		□ 7	yes □ no
		A .11 .	.1 *		. 1.		
	n.	Any other symptoms that y	ou thir	nk may be rel	ated to	_	_
		lung problems:				\sqcap 2	yes □ no
_	Hor	on had one -f 41 C-11 -	1		oomt mmol-10		
5.		er had any of the following			eart problems?		
a.	Heart attack		b.				
-	□ yes	□ no	-	□ yes	no		11 11:
c.	Angina		d.	_	your legs and feet (r	not cause	sea by walking)
	□ yes	□ no		□ yes	□ no		
e.	Heart Failure		f.	-	thmia (irregular hear	t beat)	
	□ yes	□ no		□ yes	□ no		
g.	High blood p	pressure	h.	•	heart problem that yo	u've be	en told about:
	□ yes	□ no		\square yes	\square no		

6.	6. Have you <i>ever had</i> any of the following cardiovascular or heart sympton a. Frequent pain or tightness in the chest:					□ no
					□ yes	
	b. Pain or tightness in your chest during physical activity:				□ yes	□ no
	c. Pain or tightness in your chest that interferes with your job:			b:	\square yes	□ no
	d. In the past two years, have you noticed your heart skipping					
	or missing a beat:				\square yes	\square no
	e. Heartburn or indigest	ion that is not related to eating:			□ yes	\Box no
	f. Any symptoms that circulation problems	you think may be related to hear ::	rt or		□ yes	□ no
7	Do you <i>currently</i> take m	nedication for any of the following	ng nr	ohlems?		
Bre	athing problems	Heart trouble		ood Pressure		Seizures (fits)
	• •		\Box y			
	the following box and go		ı			a've never used a respirator, check
a.	Eye Irritation:		b.	Skin allergie		es:
	□ yes □ no			ges	□ no	
c.	Anxiety		d.	General weal		ratigue:
	□ yes □ no			□ yes	no	
e. <i>I</i>	Any other problem that in	terferes with your use of a respi	rator	:	□ yes	□ no
9.	Would you like to talk to	o the health care professional wh	no wi	ill review this	anestionn	paire about your answers to this
	questionnaire:	o die nediti edie professional wi	10 111	in review time	□ yes	no
	1				<i>y</i>	
		w must be answered by every en				
			4). F	For employees	who have	e been selected to use other types of
	respirators, answering th	nese questions is voluntary.				
10	Have you man last visio	on in either eye (temporarily or p			□ .	
10.	Have you ever-tost visio	on in either eye (temporarity or p	erma	mentry):	□ yes	□ no
11.	Do you <i>currently</i> have a	ny of the following vision probl	ems:			
a.	Wear contact lenses:		b.	Wear glasses	:	
	\square yes \square no			□ yes	\square no	
c.	Color blind:		d.	Any other ey	e or visio	on problem:
	\square yes \square no			□ yes	□ no	
		jury to you ears, including a broany of the following hearing pro			□ yes	□ no
	a. Difficulty hearing:				\square yes	\square no
	b. Wear a hearing aid:				\square yes	\square no
	c. Any other hearing or	ear problem:			\square yes	□ no
14.	Have you ever had a bac	ck injury:			□ yes	\Box no

15.	Do you <i>currently</i> have any of the following	musculoskeleta	ıl problems?	
a.	Weakness in any of your arms, hands, legs of □ yes □ no			
	□ yes □ no		\square yes \square no	
c.	Difficulty fully moving you arms & legs:	d.	-	en you lean forward or backward at the
	□ yes □ no		waist:	3 · · · · · · · · · · · · · · · · · · ·
	·		\square yes \square no	
e.	Difficulty fully moving your head up or dov	vn: f.	Difficulty fully mov	ing your head side to side:
	□ yes □ no		□ yes □ no	
g.	Difficulty bending at your knees:	h.	Difficulty squatting	to the ground:
	□ yes □ no		□ yes □ no	
i.	Climbing a flight of stairs or a ladder carrying	ng more j.		skeletal problem that interferes with
	than 25 lbs.:		using a respirator:	
	□ yes □ no		□ yes □ no	
	rt B y of the following questions, and other questions	ons not listed. n	nay he added to the que	estionnaire at the discretion of the health
	e professional who will review the questionna		ing so under is me que	3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3. 3
1.	In your present job, are you working at high		_	hat has lower than normal amounts of
	oxygen:		yes □ no	
	If "yes" do you have feelings of dizziness, s working under these conditions:		th, pounding in your clyes □ no	nest, or other symptoms when you're
	working under these conditions.		yes 🗆 no	
2.	At work or at home, have you ever been exp	osed to hazardo	ous solvents, hazardous	airborne chemicals (e.g., gases, fumes,
	or dust), or have you come into skin contact			
			yes □ no	
	If "yes" name the chemicals if you know the	em:		
3.	Have you ever worked with any of the mate		ny of the conditions lis	
a.	Asbestos: b.	Silica:		c. Tungsten/Cobalt:
	□ yes □ no		no	□ yes □ no
d.	Beryllium: e.	Aluminum		f. Coal:
	□ yes □ no		no	□ yes □ no
g.	Iron: h.	Tin:	1	i. Dusty environments:
	□ yes □ no	□ yes	no	□ yes □ no
	Any other hogandous over a series			
	Any other hazardous exposures:	υ		
11	yes describe the exposure.			
4.	List any second jobs or side businesses you	have:		
5.	List your previous occupations:			
٧.		1		

6. List your current & previous nobbles:						
	<u> </u>					
7. Have you been in the military service?		\square yes	\square no			
If "yes" describe these exposures:						
8. Have you ever worked on a HAZMAT team	n?	□ yes	□ no			
9. Other than the medications for breathing an in this questionnaire, are you taking any other.						
		□ yes	\square no			
If "yes" name the medications if you know then	n:					
	T					
10. Will you be using any of the following item	ns with vour respir	ator(s)?				
a. HEPA Filters		e.g. gas mask	(S)	c.	Cartridges	
□ yes □ no	□ yes	□ no			□ yes	\square no
					•	
11. How often are you expected to use the response	irator:					
a. Escape only; no rescue		_	ency rescue o	nly		
□ yes □ no		□ yes	□ no			
c. Less than 5 hours per week		d. Less th	an 2 hours pe	er day		
□ yes □ no		□ yes	no			
e. 2 to 4 hours per day			hours per da	y		
□ yes □ no		□ yes	□ no			
12. During the period you are using the respirat a. <i>Light</i> (less than 200 kcal period last if "yes", how long does this period last	er hour): t during the averag	e shift		yes	\square no	
	hours	minute				
Examples of a light work effort are <i>sitting</i> while writing while operating a drill press (1-3 lbs.) or controlling to		or performing	light assembly	y work:	; or standing	
b. <i>Moderate</i> (200 to 350 kcal If "yes", how long does this period last				yes	□ no	
Examples of moderate work effort are sitting while n	ailing or filing, drivi	ng a truck or b	us in urban tra	ffic; sta	anding while	drilling,

Examples of moderate work effort are sitting while nailing or filing, driving a truck or bus in urban traffic; standing while drilling, nailing, performing assembly work, or transferring a moderate load (about 35 lbs.) at trunk level; walking on a level surface about 2 mph or down a 5-degree grade about 3 mph; or pushing a wheelbarrow with a heavy load (about 100 lbs.) on a level surface.

c. Heavy (above 350 kcal per hour): If "yes", how long does this period last during the average shift hours minutes			
Examples of heavy work are lifting a heavy load (about 50 lbs.) from the floor to your waist or shoulder; working on a loading dock; shoveling; standing while bricklaying or chipping castings; walking up an 8-degree grade about 2 mph; climbing stairs with a heavy load (about 50 lbs.) 13. Will you be wearing protective clothing and/or equipment (other than the respirator) when you're using the respirator:			
14 Will you be working under hot conditions (temperature exceeding 77 degrees F) □ yes □ no			
15. Will you be working under humid conditions: □ yes □ no			
16. Describe the work you'll be doing while you're using your respirator(s):			
17. Describe any special or hazardous conditions you might encounter when you're using your respirator(s) (e.g., confined spaces, life-threatening gases):			
18. Provide the following information, if you know it, for each toxic substance that you'll be exposed to when you're using your respirator(s)			
Name of toxic substance - #1			
Estimated maximum exposure level per shift			
Duration of exposure per shift:			
Name of toxic substance - #2			
Estimated maximum exposure level per shift			
Duration of exposure per shift			
Name of toxic substance - #3			
Estimated maximum exposure level per shift			

Duration of exposure per shift		
Name of toxic substance - #4		
Estimated maximum exposure level per shift		
Duration of exposure per shift		
19. Describe any special responsibilities you'll have while using others (e.g. rescue, security)	your respirator(s) that may affect the safety and well being of	
Employee Signature	Date	
OSHA Mandatory Respirator Medical Evaluation Questionnaire Reviewed by:		
Healthcare Provider Signature	Date	