Comprehensive Health Services, Inc. Attn: WLFF Client Service Administrator 10701 Parkridge Blvd., Suite 200 Reston, VA 20191

Phone: (866) 416-5941 Fax: (703) 288-5482

Federal Interagency Annual Medical History and Rating Form Wildland Firefighters (Arduous Duty)

<u>Servicing Human Resources Officer (SHRO) or Fire Management Officer (FMO)</u>: On a computer generated label or typewriter, enter the SHRO's and FMO's name, street address, city, state, zip code, telephone number and e-mail address in the space provided below:

Servicing Human Resources Officer (SHRO):	Fire Management Officer (FMO):
Name:	Name:
Street Address:	Street Address:
City, State, Zip:	City, State, Zip:
Telephone Number:	Telephone Number:
E-mail:	E-mail:

Firefighter:

- Complete ALL medical history questions on pages 2 through 6 of this form and attend the medical exam appointment.
- All "Yes" answers in the medical history sections must be explained, including dates, treatments and current status.
- Your signature is required on page 2. Failure to sign will result in a delay of rating determination.
- Return the "Arduous Duty Wildland Firefighter Rating Form" (page 9) to your FMO. (If the FMO does not receive the "Arduous Duty Wildland Firefighter Rating Form" you will not be allowed to perform arduous firefighter duties. In addition, you will be unable to take the Pack Test until you are cleared for arduous firefighter duties.)

Local Health Care Professional:

- Review the requirements for an arduous duty wildland firefighter (pages 7 and 10).
- Review the firefighter's medical history responses on pages 2 through 6 and provide comments regarding all "yes" answers. These comments should include dates and current status.
- Complete the "Medical Screening" exam and the "Exam Summary" on page 8 and the "Arduous Duty Wildland Firefighter Rating Form" on page 9.
- Fax pages 1 through 9 of this form to CHS (Fax 703-288-5482) and retain the original exam form for your records.
- Give the completed "Arduous Duty Wildland Firefighter Rating Form" (page 9) to the firefighter.
- All significant abnormal findings are to be discussed with the firefighter.
- Additional testing will NOT be covered under this program and must be paid for by the firefighter.

PRIVACY ACT INFORMATION

The information contained in this form will be used to determine whether an individual considered for arduous level wildland firefighting can safely and efficiently perform those duties in a manner that will not unduly risk aggravation, acceleration, exaggeration, or permanent worsening of a pre-existing medical condition. Its collection and use are consistent with the provisions of the 5 CFR 339 (Medical Qualification Determinations), 5 USC 552a (Privacy Act of 1974), 5 USC 3301 (Examination, Certification, and Appointment), and Executive Orders 12107 (Merit Systems Protection Board) and 12564 (Drug Free Federal Workplace). The information will be placed in your official Employee Medical File, and is to be used only for official purposes as explained and published annually in the Federal Register under OPM/GOVT-10, the OPM system of records notice.

Federal Interagency Annual Medical History and Rating Form Wildland Firefighters (Arduous Duty)

Firefighter's Name:		SSN:	
Name of Employing Agency:		Date of Birth:	
Position/Job Title:		Gender: Male Female	
Home Address:		Date of Last Physical Exam:	
City, State, Zip:			
Home Phone:	Work Phone:	Cell Phone:	
Incomplete forms or missing information will resumisleading or untruthful may result in termination,			
I understand that this history form and review do n physician and that it is being conducted for occupa complete and accurate to the best of my knowledge Program Manager or their representatives for the p	tional purposes only. I certify that all one. I authorize release of information wi	of the information I have provided on this form is thin this form to the Interagency Medical Standards	
Firefighter's Signature:		Date signed:	
Your signature is REQUIRED. Failure to sign will result in a delay of rating determination.			
Answer all questions below. If you answer asked for in the "yes" box. Note: Missin firefighter duties.		ease provide <u>all</u> the requested information delay clearing you for arduous wildland	
MEDICAL HISTORY	IN VINA		
Do you currently take any medications (prescribed and/or over-the-counter, including herbal)?	No Yes (list all medication Name	ns, prescribed and over-the-counter, including herbal) <u>Reason For Taking</u>	
2. Are you allergic to bee/wasp/hornet/ fire ant/yellow jacket stings?	large amount swelling or in arm, swelling hives anaphylactic blood pressu difficulty bre Explain in detail an	re problems eathing ny positive response marked above: n advised by a physician to carry an EpiPen for yourself?	
	Check any of the re large amount swelling or it arm, swelling hives anaphylactic blood pressu difficulty bre Explain in detail	tof swelling at sting site only tching at site(s) other than site of sting, i.e. if stung on or itching has occurred somewhere other than on arm shock re problems eathing my positive response marked above:	

May 12, 2008

4.	Have you undergone <u>treatment</u> by doctors, healers, or other practitioners for any problem or illness within the past year?	□ No	Yes Reason Date Current Status 1. 2. 3. 3.
5.	Have you had <u>surgery</u> or been advised to have surgery within the past year?	☐ No	☐ Yes Reason Date Current Status 1. 2.
6.	Treatment for a mental or emotional condition?	□ No	☐ Yes Diagnosis: Date(s): Is this a current problem?
7.	Diagnosed with or treated for alcoholism or alcohol dependence?	☐ No	Yes Have you ever been in rehabilitation? No Yes If yes, when? Details:
8.	Diagnosed or treated for drug dependence or abuse?	☐ No	Yes Have you ever been in rehabilitation? No Yes If yes, when? Details:
9.	Have you ever had any type of eye disease (cataracts, glaucoma, retinopathy, macular degeneration, detached retina, eye muscle surgery, etc)?	□ No	☐ Yes Diagnosis: Date(s): Is this a current problem? Details:
10.	Do you wear corrective lenses?	No	Type used during firefighting: Glasses For seeing far Soft Contacts Hard Contacts Both Other
	Have you had surgery to correct your vision (LASIK, PRK, RK, etc.)?	□No	☐ Yes ————————————————————————————————————
12.	Do you have any type of ear disease or hearing loss?	No	Diagnosis: Do you have difficulty hearing?
13.	Do you have any type of skin disease (other than acne)?	□ No	Yes Diagnosis: Details:
14.	Have you ever had a blood clot in a vein or in your lungs?	☐ No	Page Diagnosis and location of clot: Date:
	Do you currently have anemia?	□ No	☐ Yes What type of anemia? Any treatment? ☐ No ☐ Yes Type of treatment:
	Do you have high blood pressure?	☐ No	Yes
17.	Have you ever had a stroke or TIA?	□ No	Yes Date:

18.	Have you ever seen a doctor for poor circulation in your hands or feet?	☐ No	☐ Yes	Explain and give date(s):
19.	Have you ever had a heart attack, angioplasty or heart bypass surgery?	☐ No		Which of the three have you had? Date(s):
20.	Have you had chest pain or angina during the past year?	□ No	П V П	Date(s): Did you see a doctor about the pain? No Yes What tests were done? (Give results) Diagnosis: Freatment:
21.	Have you ever had an irregular heart beat, skipped beats, or palpitations?	□ No	H H	Date(s):
22.	Do you have a heart murmur?	☐ No		Date diagnosed:
23.	Have you ever passed out, fainted, or lost consciousness?	☐ No	Yes Detail	Date(s):
24.	Do you now, or have you ever had, any type of heart problem not mentioned above (heart valve problem, heart block, pacemaker, implanted defibrillator, Wolf-Parkinson-White syndrome, heart surgery, etc.)?		Г	Diagnosis: Date(s): s this a current problem?
25.	Have you ever had asthma?	No	E E d	Date diagnosed:
26.	Do you have any type of lung disease other than asthma (reactive airway disease, emphysema, COPD, sleep apnea, etc.)?	□ No	C	Diagnosis: Current status: Have you ever used an inhaler within the past 2 years? No Yes (give dates, name(s) of inhalers and frequency of use)

27.	Have you ever had a positive PPD (TB) skin test or tuberculosis?	□ No	Specify Positive PPD only Diagnosed with tuberculosis Date: Did you receive any treatment? No Yes (explain with dates) Was a chest x-ray done? No Yes (explain with dates)
28.	Do you have any problems with dizziness or balance?	☐ No	Yes Explain and give date(s):
29.	Do you have a tremor or shakiness?	∐ No	Yes Explain and give date(s):
30.	Do you have any numbness in your hands or feet?	☐ No	Yes Explain and give date(s):
31.	Do you have migraines or severe headaches?	□ No	☐ Yes Diagnosis: Number of headaches/migraines per month: When you have a headache, does it limit your work activities? ☐ No ☐ Yes (explain)
32.	Have you ever had a seizure?	□ No	Type of seizure: Date of last seizure:
33.	Do you have diabetes?	No	Do you take insulin? No Yes Do you take pills for diabetes? No Yes Average blood sugar reading: Most recent Hgb A1c result and test date: Any episodes of low blood sugar in the last 2 years? No Yes (explain with dates) Any heart disease, kidney disease, eye disease, or neuropathy due to diabetes? No Yes (explain with dates)
34.	Do you have any thyroid disease?	□ No	Yes Type of thyroid disease: Current status:
35.	Have you ever had any type of stomach or intestinal disease?	□ No	Tyes Diagnosis: Date(s): Current status:
36.	Do you <u>currently</u> have a hernia?	□ No	Type of hernia: Inguinal (groin) Umbilical Other Is surgery planned or recommended? No Yes

37.	Have you ever had hepatitis?	□ No	Type of hepatitis: Type A Type B Type C Other (explain) Date: Current status:
38.	Have you ever had any other type of liver disease?	□ No	☐ Yes Diagnosis: Date(s): Current status:
39.	Have you ever had any blood in the stool or vomited blood?	☐ No	Yes Explain and give date(s):
40.	Do you have any type of kidney or bladder disease?	□ No	☐ Yes Diagnosis: Date(s): Current status:
41.	Do you get back or neck pain?	□ No	Yes Location: □ lower back □ upper back □ neck Number of episodes over the last year: □ Date of last episode: □ Current status: □ Any numbness or weakness in legs or arms? □ □ No □ Yes (explain) □ No □ No □ Yes (explain) □ Yes (explain) □
42.	Do you get joint pain?	No	Yes Which joint(s)? Diagnosis: Frequency of pain: Current status: Does the pain limit your work activities? No Yes (explain)
43.	Do you have any amputations or are you unable to use any arm, leg, finger or toe?	□ No	□ Yes Explain and give date: Does this loss limit your work activities? □ No □ Yes (explain)
44.	Do you have any medical condition not listed elsewhere on this questionnaire?	☐ No	Yes Explain with date(s) and current status:
	Tobacco History: This information is needed so disease. Please mark the appropriate box: Currently use tobacco: # cigarettes/day # other tobacco products/day Total years of tobacco use	since tobacc	Formerly used tobacco: # cigarettes/day # other tobacco products/day Total years of tobacco use
	Physical Activity Intensity: Low (walking, etc) M Duration in Minutes per Session:		gging, cycling, etc)
Date (NO	_	ithin 10 Ye ears. Shou	ears

EXAMINER CO	
	T PROVIDE COMMENTS REGARDING ALL "YES" ANSWERS FOR MEDICAL HISTORY QUESTIONS 1-44.
Please be sure that	at date(s) and current status are documented.
	(If additional space is needed, please insert another page.)
Question #	Comments

RECENTIAL FUNCTIONS AN			
ESSENTIAL FUNCTIONS AN	D WORK CONDITIONS OF A	AN ARDUOUS DUTY WILDLA	ND FIREFIGHTER
Time/Work Volume	Physical Requirements	Environment	Physical Exposures
	May l	include	•
 Time zone changes Multiple and consecutive assignments Pace of work typically set by emergency situations Ability to meet "arduous" level performance testing (the Pack Test), which includes carrying a 45 lb pack 3 miles in 45 minutes, approximating an oxygen consumption (VO2 max) of 45 mL/kg-minute Typically 14-day assignments but may extend up to 21-day essignments 	hand tools to construct fire lines Lift and carry more than 50 pounds Lifting or loading boxes and equipment Drive or ride for many hours Fly in helicopters and fixed wing airplanes Work independently, and on small and large teams Use PPE (includes hard hat, boots, eyewear, and other equipment) Arduous exertion Extensive walking, climbing, kneeling, stooping, pulling hoses,	dry/ humid/ snow/ rain) Varied light conditions,	Light (bright sunshine/UV) Burning materials Extreme heat Airborne particulates Fumes, gases Falling rocks and trees Allergens Loud noises Snakes Insects/ticks Poisonous plants Trucks and other large equipment Close quarters, large number of other workers Limited/disrupted sleep Hunger/irregular meals Dehydration

MEDICAL SCREENING (To Be Completed By The Exam F	Facility)
VITAL SIGNS	VISION
1. Height: inches Weight: pounds	5. Uncorrected Distance Vision (This must be done on
2. Blood Pressure:/	all examinees except those who wear <u>soft</u> contacts.)
Repeat after 5-10 minutes if first blood pressure is greater than 140/90:/	Right: 20/ Left: 20/
3. Pulse: beats/minute	6. Corrected Distance Vision (This must be done on all examinees who wear glasses or contacts for distance
Repeat after 5-10 minutes if first pulse is greater than 100 or less than 50:beats/minute	vision.)
HEARING	Right: 20/ Left: 20/
4. Heard? Yes No	A
Right whisper	7. Color Vision: Yes No Can see: Red Green Green
If the examinee wears hearing aids, please check here to verify that hearing test was done without hearing aid(s)	Yellow
Note: Hearing tests are done at 1 foot from ear (opposite ear should be covered)	
EXAM SUMMARY (This Must Be Completed By Examiner)	
1. Was blood pressure greater than 140/90? (If two blood pressures were taken, v	
2. Did the examinee fail the whisper test in either ear?	_
3. Did the examinee fail to distinguish red/green/yellow?	
 Was distance visual acuity (uncorrected distance vision for those who do not vision for those who wear corrective lenses) worse than 20/40 in either eye? 	wear corrective lenses and corrected distance
	YES N
6. Are there any medical history questions 1-44 which were answered "yes", that date(s) and current status?	t do not have an explanation, including a
7. Is the firefighter's signature missing from page 2 or the examiner's signature in	missing from pages 8 or 9?
Does the examinee have any of the following? 8. Coronary artery disease or other cardiac disease	
 9. Diabetes 10. Asthma requiring the use of 2 medications <u>OR</u> requiring the use of rescue inh 	
for which he/she has ever been hospitalized as an adult <u>OR</u> which is triggered	l by smoke, dust or exercise YES N
11. Stinging insect allergy which requires carrying EpiPen $\[\underline{OR}\]$ with any systemic	
13. Any limitations or restrictions due to a musculoskeletal condition	
14. Has the examinee had LASIK eye surgery within the last 3 months <u>OR</u> PRK of	
15. Does the examinee have any condition that might prevent him/her from safely	
arduous duty wildland firefighter (see functional requirements on page 7)? 16. Does the examinee have any medical condition for which further information regarding whether or not be she can safely perform the essential functions of a	is needed before a decision can be made an arduous duty wildland firefighter?
17. Does the examinee wear glasses or hard contacts AND have uncorrected dista	
EXAMINER CONCLUSIONS:	
Based on the Exam Summary above, the rating for this examinee is:	
☐ A. Answers to all 17 questions above are "NO" (Cleared)	
B. Answers to 1-16 are "NO" AND answer to 17 is "YES" (Cleared)	eared but needs to carry a second pair of classes)
FE Answer is "YES" to any of questions 1-16 (Further Evaluat	
Examiner Printed Name Signature	Date
Street Address (print) City, State, ZIP (print) Telephone Number

Wildland Firefighters

May 12, 2008

ARDUOUS DUTY WILDLAND FIREFIGHTER RATING FORM

Rating may be changed after review by Interagency CMC. SHRO/FMO will be notified if any change occurs.

Local Health Care Professional: Complete the information required below, then detach and provide this page to the firefighter at the end of the medical screening. The rating on this page must be the same as the rating you have listed on page 8.

Firefighter: You must return this page to the Fire Management Officer.

Firefighter Name:		
Agency, Unit and Location:		4
EXAMINER CONCLUSIONS (The ra	ating on this page must be the same as t	he rating on the previous page):
Based on the Exam Summary, the rating		
☐ A. Cleared (Employee is cleared for arc	duous duty wildland firefighting and the P	ack Test.)
☐ B. Cleared, but needs to carry a second	d pair of glasses	
☐ Further Evaluation Needed (Comp	prehensive Health Services, Inc. will conta	act the firefighter for further
information before a determination for	r arduous duty wildland firefighting is pro	ovided.)
Examiner Printed Name	Signature	Date
Address (Print Only)	License/Certification Number	License/Certification State
Address (Time Only)	License/Certification Number	License/Ceruncation State
	7	
City, State, and Zip (Print Only)	Telephone Nu	mber

Medical Standards for Wildland Firefighter Arduous Duty

System	Standard
Psychiatric	Must have judgement, mental functioning and social interaction that will provide for the safe and efficient conduct of the job requirements.
Vision	Uncorrected far visual acuity at least 20/100 in each eye for those who wear hard contacts or glasses; far visual acuity of at least 20/40 each eye corrected (if necessary) with contact lenses or glasses; color vision sufficient to distinguish red, green and amber (yellow); no ophthalmologic condition that would increase ophthalmic sensitivity to bright light, fumes, airborne particles, or susceptibility to sudden incapacitation. Note: Successful users of soft contact lenses are not required to meet the "uncorrected" vision guideline.
Hearing	Whisper at about 30 dB must be heard in each ear.
HEENT	Normal conversational speech. No evidence by medical history of head, nose, mouth, throat, or neck conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Dermatology	No evidence by medical history of dermatologic conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Vascular	No current evidence of phlebitis, thrombosis, venous stasis or arterial insufficiency. No evidence by medical history of peripheral vasculature conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Cardiac	No evidence by medical history that the cardiovascular system is outside the range of normal. Blood pressure must be less than or equal to 140 mmHg systolic and 90 mmHg diastolic.
Gastrointestinal	No evidence by medical history of gastrointestinal conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Genitourinary	No evidence by medical history of genitourinary conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Endocrine	No evidence by medical history of endocrine conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Nervous and Vestibular	Normal mental status. No evidence by medical history of nervous, cerebellar, or vestibular system conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Chest/Respiratory	No evidence by medical history of respiratory conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job. Note: The requirement to use an inhaler (such as for asthma) requires agency review.
Immune/Allergic	No evidence by medical history of infectious disease, immune system disorder, or allergic conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Hematopoietic	No evidence by medical history of hematopoietic conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job.
Musculoskeletal	No medical history or obvious evidence of decreased strength, flexibility or range of motion, or joint instability. No musculoskeletal conditions likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job
Prosthetics; Transplants; Implants	No evidence by medical history that the transplant, prosthesis, implant, or conditions that led to the need for these treatments are likely to present a safety risk or to worsen as a result of carrying out the essential functions of the job. Note: For individuals with transplants, prosthetics or implanted pumps or electrical devices, the firefighter will need to provide documentation that the individual (and, if applicable, his/her prosthetic or implanted device) is considered fully cleared for the specified functional requirements of wildland firefighting.
Medication	The need for and use of prescribed or over-the-counter medications are not of themselves disqualifying. However, there must be no medical history of any impairment of body function, mental function or attention due to medications that are likely to present a safety risk or worsen as a result of carrying out the specified functional requirements.

Further information regarding the Medical Standards for Wildland Firefighter Arduous Duty can be found at:

 $\underline{http://www.nifc.gov/medical\ standards/resources/medstand\ review-criteria.pdf}$