



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 CorpOHS 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.

CorpOHS Howard – 667-200-5500

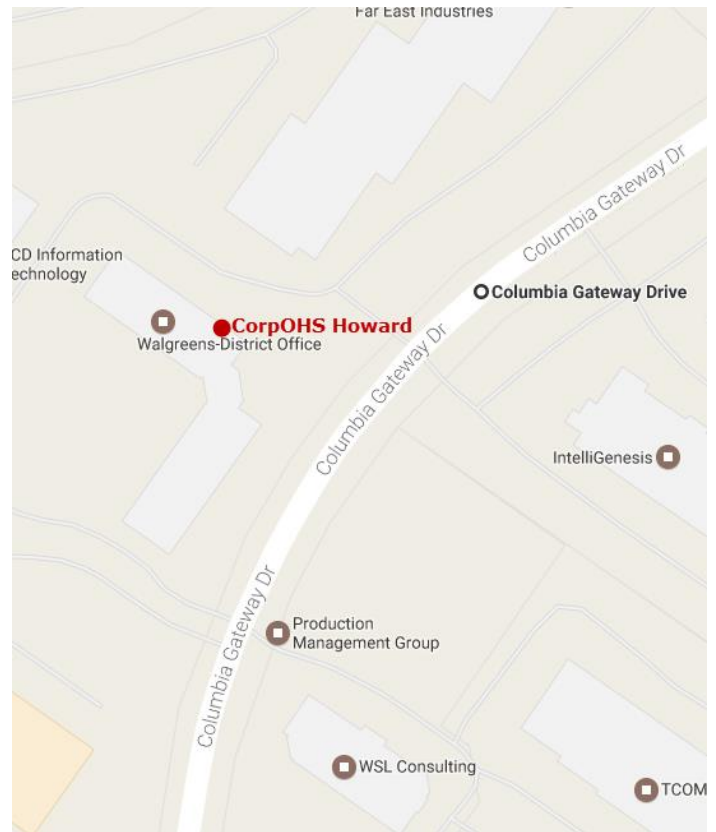
CorpOHS Howard

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. Use 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. Use 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)
- Glycohemoglobin, HBA1C
- Hemocult
- 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 _____, parent/guardian of _____, a minor child, understand that in accordance with the Health and Wellness Physical standards of the Volunteer Fireman’s Association, certain medical testing is required. I/We as parent/guardian of _____ grant permission for the following 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

I/We further consent to the disclosure to the Volunteer Fireman’s Association of any doctor’s opinions concerning fitness and testing results concerning the testing and treatment consented to above. This authorization for the disclosure of medical information is valid for a period of six months from the date of execution of this document.

Parent/Guardian _____
Print

Sign

Mailing Address _____

Telephone Number _____

Emergency Contact Number _____

Patient Name: _____ Company: _____ Date: _____

Patient ID: _____ Contact: _____

Birthdate: ___/___/___ Age ___

MEDICAL HISTORY COMPREHENSIVE

Allergies: Latex: _____ Yes _____ No
Medication Allergies: _____
Other Allergies: _____
Last Tetanus booster: _____
Current Medications: _____
Current Physician: _____

Medical Illnesses (check all that apply):
___ High Blood Pressure ___ Heart Disease ___ Lung Disease ___ Diabetes
___ Anemia ___ Kidney Disease ___ Seizures ___ Cancer
___ Stomach or Bowel Disorders: _____
___ Fractures & Joint Injuries: _____
___ Other: _____

Surgeries: _____

Social History (Check all that apply):
___ Tobacco use ___ Cigarettes: ___ packs/day ___ years
 ___ Cigars: ___ per day ___ years
 ___ Pipe: ___ years
 ___ Chew/Snuff: ___ years
___ Alcohol use ___ Drinks per week

Place an X in the box if you have any of the conditions below now or in the past:
(caregivers: please comment on positive responses)

Vision	Heart/Vascular
___ 1. Do you use glasses?	Do you have:
___ For reading	___16. Chest pain on effort
___ For distant vision	___17. High blood pressure
___ Contacts	___18. Shortness of breath
___ 2. Are you color blind?	___19. Swelling of ankles
___ 3. Do you have:	___20. Heart murmur
___ Retinal disease	Have you had:
___ Cataracts	___21. Heart attack
___ Glaucoma	___22. Stroke
___ 4. Do you use eye medicine?	___23. Rheumatic fever
___ 5. Have you had eye surgery?	___24. Heart failure
___ 6. Have you had laser exposure?	___25. Heart surgery

Hearing	Respiratory
Do you have:	Do you have:
___ 7. Difficulty hearing	___26. Chronic cough
___ 8. Ear disease	___27. Asthma
___ 9. Ringing in the ears	___28. Bronchitis
___10. Abnormal hearing test	___29. Hay fever
___11. Do you use a hearing aid?	___30. Emphysema
___12. Have you had ear surgery?	Have you had:
___13. Ruptured ear drum?	___31. Tuberculosis
___14. Exposure to gunfire?	___32. Lung cancer
___15. Wear hearing protection?	___33. Lung surgery
	___34. Silicosis
	___35. Asbestos
	___36. Black lung

- Liver or Gastrointestinal
 Do you have or have you had:
 ___ 37. Hepatitis
 ___ 38. Cirrhosis
 ___ 39. Jaundice
 ___ 40. Frequent indigestion
 ___ 41. Ulcer disease
 ___ 42. Colitis
 ___ 43. Other intestinal problems
 ___ 44. Do you have a hernia?
 ___ 45. Have you had hernia surgery?

- Genitourinary
 Do you or have you had:
 ___ 46. Kidney trouble
 ___ 47. Bladder trouble
 ___ 48. Kidney stones

- Skin
 ___ 49. Do you have eczema?
 ___ 50. Do you have psoriasis?
 ___ 51. Any other skin conditions

- Neurologic
 ___ 52. Tremors
 ___ 53. Dizzy spells
 ___ 54. Convulsions
 ___ 55. Paralysis
 ___ 56. Nerve damage
 ___ 57. Serious head injury
 ___ 58. Brain surgery
 ___ 59. Nervous breakdown
 Are you taking medication for:
 ___ 60. Anxiety or depression
 ___ 61. Epilepsy
 ___ 62. Parkinson's disease

- Blood, Endocrine
 Have you had:
 ___ 63. Anemia
 ___ 64. Bleeding problems
 ___ 65. Hormone problems
 ___ 66. Diabetes
 ___ 67. Thyroid problem

- Musculoskeletal
 Have you had or do you have:
 ___ 68. Back trouble
 ___ 69. Disc problems/surgery
 ___ 70. Shoulder problems/surgery
 ___ 71. Arm problems/surgery
 ___ 72. Wrist problems/surgery
 ___ 73. Hand problems/surgery
 ___ 74. Hip problems/surgery
 ___ 75. Leg problems/surgery
 ___ 76. Knee problems/surgery
 ___ 77. Ankle problems/surgery
 ___ 78. Foot problems/surgery
 ___ 79. Broken bones
 ___ 80. Numbness, tingling, and/or pain in hands or arms

- Communicable Diseases:
 Have you had:
 ___ 81. Chicken pox
 ___ 82. Measles
 ___ 83. German Measles
 ___ 84. Mumps
 ___ 85. Hepatitis A
 ___ 86. Hepatitis B
 ___ 87. Hepatitis C

Please list all prior jobs:
 Company Name:

Dates Employed: Job Description:

Company Name:	Dates Employed:	Job Description:
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

- Circle any of the following processes and/or jobs done in the past:
 Processes: abrasive blasting acid/alkali treatment degreasing
 electroplating foundry forging
 painting welding
 grinding or metal machining
 Industries: flour, feed or grain cotton processing rubber
 insulation quarry work construction
 farming petroleum shipyards

- Circle any of the following substances to which you have had regular exposure in the workplace:
 Fumes or dusts: silica coal asbestos talc fiberglass
 cotton dust sawdust other: _____

- Solvents: benzene carbon tetrachloride trichloroethylene
 naptha xylene other: _____

- Chemicals or gases:
 ammonia formaldehyde hydrogen sulfide
 cyanide sulfur dioxide chromium
 mercury lead cadmium
 nickel other: _____

- Miscellaneous: radiation insecticides/herbicides
 cutting oils motor exhaust noise

Have you ever needed medical care for exposure to any of the above? ___ Yes ___ No

Type of problem: Skin: _____ Lungs: _____ Other: _____

Work related injuries and illnesses:

Year: Injury and treatment:

Time off work:

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Yes No (Explain if yes)

___ ___ Have you ever applied for worker's compensation or disability payments for any injury or illness which developed on the job? Explain:

___ ___ Are you currently being treated by a doctor for a work related injury or illness? Explain: _____

Employee Signature

Date

Reviewed By

Date

f-hxcomp

Patient Name: _____ Company: _____ Date: _____

Patient ID: _____ Contact: _____

Birthdate: ___/___/___ Age ___

EPWORTH SLEEPINESS SCALE

How likely are you to doze off or fall asleep in the following situations, in contrast to feeling just tired? This refers to your usual way of life in recent times. Even if you have not done some of these things recently, try to work out how they would have affected you.

Use the following scale to choose the most appropriate number for each situation:

- 0 = no chance of dozing
- 1 = slight chance of dozing
- 2 = moderate chance of dozing
- 3 = high chance of dozing

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

OSHA Mandatory Respirator Medical Evaluation Questionnaire
29 CFR 1910.134

To the employer: Answers to questions in Section 1, and to question 9 in Section 2 of Part A do not require a medical examination.

To the employee: Can you read: yes no

Your employer must allow you to answer the questionnaire during normal working hours, or at a time that is convenient to you. To maintain your confidentiality, your employer or supervisor must not look at or review your answers, and your employer must tell you how to deliver or send this questionnaire to the health care professional who will review it.

Part A Section 1 (**Mandatory**). The following information must be provided by every employee who has been selected to use **any** type of respirator.

Please Print

1. Today's Date ____/____/____	2. Your Name	3. Your Age
4. Your Social Security #	5. Your Job Title	6. Your Date of Birth
7. Sex (circle one) Male Female	8. Your Height _____ Ft. _____ in.	9. Your Weight _____ Lbs.
10. Phone # where you can be reached to discuss your answers: (____) _____ - _____	11. The best time to call you at this number: _____ a.m. p.m.	

12. Has your employer told you how to contact the health care professional who will review this questionnaire? yes no

13. Check the type of respirator you will use. (You can check more than one category)

a. N,R, or P disposable respirator (filter-mask, non-cartridge type only).

b. Other type (for example, half- or full-facepiece type, powered-air purifying supplied air, self-contained breathing apparatus).

14. Have you worn a respirator? yes no
If "yes", what type(s)

Part A Section 2. (**Mandatory**) Questions 1 through 9 below must be answered by every employee who has been selected to use any type of respirator.

1. Do you *currently* smoke tobacco, or have you smoked tobacco in the last month? yes no

2. Have you *ever had* any of the following conditions?

a. Seizures (fits) <input type="checkbox"/> yes <input type="checkbox"/> no	b. Diabetes (sugar disease): <input type="checkbox"/> yes <input type="checkbox"/> no	c. Trouble smelling odors: <input type="checkbox"/> yes <input type="checkbox"/> no
d. Claustrophobia (fear of closed-in places) <input type="checkbox"/> yes <input type="checkbox"/> no	e. Allergic reaction that interfere with your breathing? <input type="checkbox"/> yes <input type="checkbox"/> no	

3. Have you *ever had* any of the following pulmonary or lung problems?

a. Asbestosis <input type="checkbox"/> yes <input type="checkbox"/> no	b. Asthma <input type="checkbox"/> yes <input type="checkbox"/> no	c. Chronic bronchitis <input type="checkbox"/> yes <input type="checkbox"/> no
d. Emphysema <input type="checkbox"/> yes <input type="checkbox"/> no	e. Pneumonia <input type="checkbox"/> yes <input type="checkbox"/> no	f. Tuberculosis <input type="checkbox"/> yes <input type="checkbox"/> no
g. Silicosis <input type="checkbox"/> yes <input type="checkbox"/> no	h. Pneumothorax (collapsed lung) <input type="checkbox"/> yes <input type="checkbox"/> no	i. Lung cancer <input type="checkbox"/> yes <input type="checkbox"/> no
j. Broken ribs <input type="checkbox"/> yes <input type="checkbox"/> no	k. Any chest injuries or surgeries <input type="checkbox"/> yes <input type="checkbox"/> no	l. Any other lung problem you've been told about <input type="checkbox"/> yes <input type="checkbox"/> no

4. Do you *currently* have any of the following symptoms of pulmonary or lung illness?

- a. Shortness of breath: yes no
- b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline: yes no
- c. Shortness of breath when walking with other people at an ordinary pace on level ground: yes no
- d. Have to stop for breath when walking at your own pace on level ground: yes no
- e. Shortness of breath when washing or dressing yourself: yes no
- f. Shortness of breath that interferes with your job: yes no
- g. Coughing that produces phlegm (thick sputum): yes no
- h. Coughing that wakes you early in the morning: yes no
- i. Coughing that occurs mostly when you are lying down: yes no
- j. Coughing up blood in the last month: yes no
- k. Wheezing: yes no
- l. Wheezing that interferes with your job: yes no
- m. Chest pain when you breathe deeply: yes no
- n. Any other symptoms that you think may be related to lung problems: yes no

5. Have you *ever had* any of the following cardiovascular or heart problems?

a. Heart attack <input type="checkbox"/> yes <input type="checkbox"/> no	b. Stroke: <input type="checkbox"/> yes <input type="checkbox"/> no
c. Angina <input type="checkbox"/> yes <input type="checkbox"/> no	d. Swelling in your legs and feet (not caused by walking) <input type="checkbox"/> yes <input type="checkbox"/> no
e. Heart Failure <input type="checkbox"/> yes <input type="checkbox"/> no	f. Heart arrhythmia (irregular heart beat) <input type="checkbox"/> yes <input type="checkbox"/> no
g. High blood pressure <input type="checkbox"/> yes <input type="checkbox"/> no	h. Any other heart problem that you've been told about: <input type="checkbox"/> yes <input type="checkbox"/> no

6. Have you *ever had* any of the following cardiovascular or heart symptoms?
- a. Frequent pain or tightness in the chest: yes no
 - b. Pain or tightness in your chest during physical activity: yes no
 - c. Pain or tightness in your chest that interferes with your job: yes no
 - d. In the past two years, have you noticed your heart skipping or missing a beat: yes no
 - e. Heartburn or indigestion that is not related to eating: yes no
 - f. Any symptoms that you think may be related to heart or circulation problems: yes no

7. Do you *currently* take medication for any of the following problems?

Breathing problems <input type="checkbox"/> yes <input type="checkbox"/> no	Heart trouble <input type="checkbox"/> yes <input type="checkbox"/> no	Blood Pressure <input type="checkbox"/> yes <input type="checkbox"/> no	Seizures (fits) <input type="checkbox"/> yes <input type="checkbox"/> no
--	---	--	---

8. If you've used a respirator, have you *ever had* any of the following problems? (if you've never used a respirator, check the following box and go to question 9.

a. Eye Irritation: <input type="checkbox"/> yes <input type="checkbox"/> no	b. Skin allergies or rashes: <input type="checkbox"/> yes <input type="checkbox"/> no
c. Anxiety <input type="checkbox"/> yes <input type="checkbox"/> no	d. General weakness or fatigue: <input type="checkbox"/> yes <input type="checkbox"/> no

e. Any other problem that interferes with your use of a respirator: yes no

9. Would you like to talk to the health care professional who will review this questionnaire about your answers to this questionnaire: yes no

Questions 10 to 15 below must be answered by every employee who has been selected to use either a full-facepiece respirator or a self-contained breathing apparatus (SCBA). For employees who have been selected to use other types of respirators, answering these questions is voluntary.

10. Have you *ever-lost* vision in either eye (temporarily or permanently): yes no

11. Do you *currently* have any of the following vision problems:

a. Wear contact lenses: <input type="checkbox"/> yes <input type="checkbox"/> no	b. Wear glasses: <input type="checkbox"/> yes <input type="checkbox"/> no
c. Color blind: <input type="checkbox"/> yes <input type="checkbox"/> no	d. Any other eye or vision problem: <input type="checkbox"/> yes <input type="checkbox"/> no

12. Have you *ever had* an injury to you ears, including a broken eardrum: yes no

13. Do you *currently* have any of the following hearing problems?

- a. Difficulty hearing: yes no
- b. Wear a hearing aid: yes no
- c. Any other hearing or ear problem: yes no

14. Have you *ever had* a back injury: yes no

15. Do you *currently* have any of the following musculoskeletal problems?

a. Weakness in any of your arms, hands, legs or feet: <input type="checkbox"/> yes <input type="checkbox"/> no	b. Back pain <input type="checkbox"/> yes <input type="checkbox"/> no
c. Difficulty fully moving you arms & legs: <input type="checkbox"/> yes <input type="checkbox"/> no	d. Pain or stiffness when you lean forward or backward at the waist: <input type="checkbox"/> yes <input type="checkbox"/> no
e. Difficulty fully moving your head up or down: <input type="checkbox"/> yes <input type="checkbox"/> no	f. Difficulty fully moving your head side to side: <input type="checkbox"/> yes <input type="checkbox"/> no
g. Difficulty bending at your knees: <input type="checkbox"/> yes <input type="checkbox"/> no	h. Difficulty squatting to the ground: <input type="checkbox"/> yes <input type="checkbox"/> no
i. Climbing a flight of stairs or a ladder carrying more than 25 lbs.: <input type="checkbox"/> yes <input type="checkbox"/> no	j. Any other muscle or skeletal problem that interferes with using a respirator: <input type="checkbox"/> yes <input type="checkbox"/> no

Part B

Any of the following questions, and other questions not listed, may be added to the questionnaire at the discretion of the health care professional who will review the questionnaire.

1. In your present job, are you working at high altitudes (over 5,000 ft) or in a place that has lower than normal amounts of oxygen: yes no

If “yes” do you have feelings of dizziness, shortness of breath, pounding in your chest, or other symptoms when you’re working under these conditions: yes no

2. At work or at home, have you ever been exposed to hazardous solvents, hazardous airborne chemicals (e.g., gases, fumes, or dust), or have you come into skin contact with hazardous chemicals: yes no

If “yes” name the chemicals if you know them:

3. Have you ever worked with any of the materials, or under any of the conditions listed below:

a. Asbestos: <input type="checkbox"/> yes <input type="checkbox"/> no	b. Silica: <input type="checkbox"/> yes <input type="checkbox"/> no	c. Tungsten/Cobalt: <input type="checkbox"/> yes <input type="checkbox"/> no
d. Beryllium: <input type="checkbox"/> yes <input type="checkbox"/> no	e. Aluminum: <input type="checkbox"/> yes <input type="checkbox"/> no	f. Coal: <input type="checkbox"/> yes <input type="checkbox"/> no
g. Iron: <input type="checkbox"/> yes <input type="checkbox"/> no	h. Tin: <input type="checkbox"/> yes <input type="checkbox"/> no	i. Dusty environments: <input type="checkbox"/> yes <input type="checkbox"/> no

j. Any other hazardous exposures: <input type="checkbox"/> yes <input type="checkbox"/> no
If “yes” describe the exposure:

4. List any second jobs or side businesses you have:

5. List your previous occupations:

--	--

6. List your current & previous hobbies:

7. Have you been in the military service? yes no

If "yes" describe these exposures:

8. Have you ever worked on a HAZMAT team? yes no

9. Other than the medications for breathing and lung problems, heart trouble, blood pressure, and seizures mentioned earlier in this questionnaire, are you taking any other medications for any reason (including over-the-counter medications):

yes no

If "yes" name the medications if you know them:

10. Will you be using any of the following items with your respirator(s)?

a. HEPA Filters <input type="checkbox"/> yes <input type="checkbox"/> no	b. Canisters (e.g. gas masks) <input type="checkbox"/> yes <input type="checkbox"/> no	c. Cartridges <input type="checkbox"/> yes <input type="checkbox"/> no
---	---	---

11. How often are you expected to use the respirator:

a. Escape only; no rescue <input type="checkbox"/> yes <input type="checkbox"/> no	b. Emergency rescue only <input type="checkbox"/> yes <input type="checkbox"/> no
c. Less than 5 hours per week <input type="checkbox"/> yes <input type="checkbox"/> no	d. Less than 2 hours per day <input type="checkbox"/> yes <input type="checkbox"/> no
e. 2 to 4 hours per day <input type="checkbox"/> yes <input type="checkbox"/> no	f. Over 4 hours per day <input type="checkbox"/> yes <input type="checkbox"/> no

12. During the period you are using the respirator(s), is your work effort:

a. *Light* (less than 200 kcal per hour): yes no

If "yes", how long does this period last during the average shift
_____ hours _____ minutes

Examples of a light work effort are *sitting* while writing, typing, drafting, or performing light assembly work; or *standing* while operating a drill press (1-3 lbs.) or controlling machines.

b. *Moderate* (200 to 350 kcal per hour) yes no

If "yes", how long does this period last during the average shift
_____ hours _____ minutes

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): yes no

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:
 yes no

If "yes" describe this protective clothing and/or equipment:

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 your respirator(s) that may affect the safety and well being of others (e.g. rescue, security)

Employee Signature

Date

OSHA Mandatory Respirator Medical Evaluation Questionnaire Reviewed by:

Healthcare Provider Signature

Date