



Access
HEALTH SYSTEMS

FIREFIGHTER MEDICAL TESTING PROGRAM

Recommendations For Firefighter Testing

EKGs (Electrocardiograms): A baseline EKG may be essential in evaluating a cardiac or chest pain condition at any age. AHS keeps these on file for many years should future reference be needed. A screening EKG can occasionally pick up a threatening heart attack before it occurs, which can be treated and, perhaps, prevented.

We recommend a baseline EKG on all members joining the fire department. An EKG on a yearly exam under age 40 should be mandatory for any member with unevaluated chest pain, lightheadedness, or a passing out episode within the last year. EKG mandatory over age 40 for any of the previous symptoms and routinely every 1 to 3 years at the discretion of the fire department.

Blood Chemistry with Urinalysis: A screening blood chemistry with a urinalysis may find undiagnosed anemia, side effects from drugs, high cholesterol, (actual levels of “good” and “bad”), overuse of alcohol, kidney disease and diabetes, ALL of which may have no symptoms. Treating unsuspected high cholesterol, diabetes and lipid problems may prevent heart attacks, stroke, diabetic coma and renal failure.

We strongly recommended this as a screening on all new members, especially if there is no other health care. A baseline screening on current members is also highly recommended. Many departments follow up with yearly screenings as a “thank you” benefit . Sometimes a PSA test (Prostate Cancer) is added for members over age 40.

Hepatitis B Immunizations/Titers: Recommended for any firefighter that is likely to come into contact with human blood, stool or any bodily secretions during the course of their firefighter duties.

PPD: Recommended yearly if a firefighter has significant contacts with HIV or even a nursing home population of patients.

Tetanus Immunization: Any firefighter who has not had a least three tetanus shots in their lifetime (these are normally done with childhood immunizations), or a shot within the last 10 years, probably should be updated.

Drug Testing: Left to the discretion of the individual fire department

DOT Certification: Considered desirable, but left to the discretion of each fire department.