



FIREFIGHTER MEDICAL TESTING PROGRAM

Our Recommendations

Our current recommendations for a Firefighter Medical Program in terms of a program's need and frequency are listed below. We have found each department to be unique in regard to a chosen planned program. The guidelines listed below have taken into consideration OSHA/PESH regulations and guidelines listed in the draft NFPA 1582.

FREQUENCY OF PHYSICAL EXAMINATION

ANNUAL (once a year)

Over 40 years of age seeking Class A or B Clearance.

BIENNIAL (every two years)

Over 40 years of age seeking Class C Clearance
Between 30 and 40 years of age seeking Class A or B Clearance
Under 30 years of age with Medical Problems

TRIENNIAL (every three years)

Under 30 years of age seeking Class A, B or C Clearance
Support Personnel without Firefighter Exams

We recommend a physical evaluation annually for all personnel not receiving a full physical examination to include:

- Interim History and brief interview with a Health Care Provider
- Medical Questionnaire
- Physical Examination limited to Blood Pressure, Weight, and Review of any potential risk factors