



FIREFIGHTER MEDICAL TESTING PROGRAM

Recommendations For Firefighter Testing

EKGs (Electrocardiograms): A baseline EKG can be essential in evaluating a cardiac or chest pain condition at any age. A screening EKG may 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 with a yearly exam for any member with unevaluated chest pain, lightheadedness, or a passing out episode within the last year and a routine yearly EKG for members age 40 and above. Access Compliance keeps these records on file for many years should future reference be needed.

Blood Chemistry with Urinalysis: A screening blood chemistry with a urinalysis can find undiagnosed anemia, side effects from prescription drugs, high cholesterol, (actual levels of “good” and “bad”), infection, 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 and as a yearly screening for members age 40 and above. This test is a requirement for those members seeking a Hazmat clearance.

Hemoglobin A1C Test (also known as glycated hemoglobin): Also recommended, the A1C test is a common blood test used to diagnose Type 1 and Type 2 diabetes. It is also used to evaluate how well diabetic members are managing their disease as well as identifying those members at risk for becoming diabetic. The A1C test result reflects an individual’s average blood sugar level over a 3 month period. Specifically, the A1C test measures what percentage of an individual’s hemoglobin is coated with sugar, (glycated). The higher the A1C level, the poorer the body’s ability to control sugar.

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 potential contact with someone who has the Tuberculosis disease, HIV or any other disease that weakens the immune system 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.