



County of Caroline

Department of Fire-Rescue & Emergency Management

Caroline County Department of Fire and Rescue Physician Physical Examination Guidelines

Dear Physician:

Thank you for your assistance with the medical evaluation of our Fire and EMS Provider. You have been provided with a copy of the *Department Certification by Physician* form that highlights the essential functions of the employee's classification as well as a copy of their position's job description.

Caroline Fire and Rescue physicals are based on criteria as defined in the National Fire Protection Association (NFPA) Standard 1582 (2013 edition). The Department asks for your judgement to determine if the employee is capable of performing the essential functions of the job.

Caroline's Medical Exam should include the following areas:

- Basic Physical Examination
 - Vital Signs Head, Neck, Eyes, Ears, Nose, and Throat
 - Cardiovascular Inspection, Auscultation, Percussion, & Palpation
 - Pulmonary Inspection, Auscultation, Percussion, & Palpation
 - Gastrointestinal Inspection, Auscultation, Percussion, & Palpation
 - Genitourinary Hernia exam as applicable
 - Lymph Nodes Cervical, Auxiliary, and Inguinal Regions
 - Neurological General mental status evaluation and general assessment of the major cranial/peripheral nerves (motor, sensory, reflexes)
 - Musculoskeletal Overall assessment of range of motion (ROM) of all joints
- Audiometric Examination
- Visual Acuity / Titmus
- Pulmonary Function Test (PFT)
- OSHA Respirator Questionnaire Review
- PSA (if male > 40)
- Complete Blood Count with Differential
- Blood Chemistry (Metabolic Panel)
- Lipid Profile
- Urinalysis
- Five Panel Drug Screening (initial hire physical only – then only as a special request – not routine annual)
- Cardiogram, resting
- Chest X-Ray (initial hire physical – then every five years thereafter)
- PPD (initial hire physical only)

Candidates should also be offered the following vaccinations as needed:

- Hepatitis B Vaccine
- Measles, Mumps, Rubella Vaccination
- Tetanus / Diphtheria Vaccination
- Influenza Vaccination
- Varicella Vaccination