

POLICIES AND PROCEDURES

STANDARD OPERATING GUIDELINES

Annual Health Fitness Evaluations

SECTION II 8.0 – 8.3

February 17, 2011

Approved by R. Dale Horne – Fire Chief

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8.0 PURPOSE:

1. The purpose of the Annual Health Fitness Evaluations is to assist AFD employees in attaining the physical and mental fitness to be healthy, reduce injuries and optimize their job performance throughout their career.

8.1 SCOPE: This policy shall follow the most current standard and guidelines set forth in:

1. O.S.H.A. 1910.156
2. O.S.H.A. 1910.134
3. O.S.H.A. 1910.120
4. N.F.P.A. 1582

8.2 PROCEDURE:

1. The Health Fitness Evaluations will be conducted annually.
2. Components of the Fitness Evaluation consist of:
 - A. Blood Draw
 - i. This is a 12-hour fasting blood work panel. A copy of the results is provided for each participant. It includes a chemistries profile, a complete blood count, a lipids profile including cholesterol, and a thyroid profile.
 - B. Physiological Tests Include:
 - i. Comprehensive health history questionnaire and cardiovascular risk factor assessment
 - ii. Resting blood pressure
 - iii. Body composition evaluation including height, weight, and skinfold measurements for body fat estimation
 - iv. Cardio function assessment (per above mentioned standards)
 - v. A pulmonary function assessment
 - vi. A hearing and vision screening
 - C. A supervising physician will briefly review test results with the participant



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- D. A Department Summary with averages and ranges and an annual comparison report will be provided to the department head
- E. A clearance form will be provided for each individual passing the Health Fitness Evaluation.
 - i. Individuals not passing will be relieved from duty
 - ii. A clearance form will be required from a physician before the individual is permitted to return to work
 - a) If there is reasonable doubt concerning the validity of our testing, we will pay for expenses for additional testing not covered by the insurance company.
 - b) The payment will be made directly by the AFD.
 - c) We will not, however, be responsible for any expenses occurred following our testing if it is found that our test results are accurate

8.3 CONFIDENTIALITY

- 1. It shall be the responsibility of all parties involved, to maintain the highest level of confidentiality regarding the information gathered during these evaluations.

<u>Implemented</u>	<u>July 1, 2010</u>	<u>R. Dale Horne</u>
<u>Revised</u>	<u>February 1, 2011</u>	<u>R. Dale Horne</u>
<u>Revised</u>	<u>January 29, 2016</u>	<u>R. Dale Horne</u>

FIRE DEPARTMENT



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