



SOUTH LYON FIRE DEPARTMENT

Manual of Procedures 125

HEALTH AND WELLNESS SCREENING

Issued: January 7, 2017

Revised:

Approved: Fire Chief Mike Kennedy

I. PURPOSE

The purpose of this procedure is to establish health and wellness screenings for all employees engaging in emergency response.

II. OBJECTIVE

Sudden cardiac events remain the leading cause of line of duty deaths in the fire service. For every line of duty death, there are an estimated 17 non-fatal cardiac events. The goal of this program is to providing annual or bi-annual health screenings related directly to age to aid in early diagnosis of a potential unknown medical condition. It is not the intent to force a medical resignation, but rather improve the chances of early recognition and survival of a potentially life threatening condition. The details of the health screening will be comprised of recommendations from St. John Providence Occupational Health Partners, NPFA 1582, and Firefighter Safety Through Advanced Research (FSTAR)

III. BI-ANNUAL HEALTH SCREENING

Health screenings will be conducted through Saint John Providence Occupational Health Partners located on the campus of Providence Park Hospital, Novi, MI. Employees between the ages of 16 to 40 will complete a bi-annual (every two years) health and wellness screening consisting of:

- A. Physical Examination
 - a. Vital signs (temperature, pulse, and respiratory rate, and blood pressure)
 - b. Head, eyes, ears, nose, and throat (HEENT)
 - c. Neck
 - d. Cardiovascular
 - e. Pulmonary
 - f. Breast
- B. Blood Tests
 - a. CBC with differential, RBC indices and morphology, and platelet count
 - b. Electrolytes (Na, K, Cl, HCO₃, or CO₂)
 - c. Renal function (BUN, creatinine)
 - d. Glucose
 - e. Liver function tests (ALT, AST, direct and indirect bilirubin, alkaline phosphatase)
 - f. Total cholesterol, HDL, LDL, clinically useful lipid ratios, e.g., percent LDL, and triglycerides
- C. Urine Laboratory Tests
 - a. Dipstick analysis for glucose, ketones, leukocyte esterase, protein, blood, and bilirubin
 - b. Microscopic analysis for RBC, WBC, casts, and crystals if indicated by results of dipstick analysis
- D. Spirometry
- E. Respirator questionnaire review (completed during annual fit testing)
- F. Electrocardiogram (ECG) resting medical evaluation



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IV. ANNUAL HEALTH SCREENING

Employees older than 40-years old will complete on an annual basis everything indicated in the bi-annual screening with the additional below listed items.

- A. Chest x-ray (initial baseline and shall be repeated every 5-years or as medically indicated)
- B. Stress test ECGs shall be performed when clinically indicated by history or symptoms.
- C. Fecal occult blood testing

V. OPTING OUT

Employees have the option to opt-out of the health screening with a signed letter from their primary care physician. The letter from the primary care physician must indicate that the employee is medically fit perform the duties listed in "SLFD MOP 209 Firefighter" job description. This letter should state that the employee knows and understands the medical risks associated with firefighting.

Approved by:

/s/ Chief Mike Kennedy