Below is a list of each exam that is required by NFPA to complete a FFD exam. Please keep in mind we do extensive testing beyond NFPA but these are the only things someone might “fail” or be deemed not fit for. Any additional tests are purely for the employees preventive health. This list can be found in NFPA 1582 Chapter 11. I have noted any thing quantifiable next to the test. You can also look through chapter 12 & 13 of NFPA 1582 for special criteria for restrictions. Please see attached NFPA guidelines for your reference.

Nurse Practitioner/Blood Work

* Vitals
* Physical Exam (i.e. examination of head, mouth, eyes, ears, nose, throat, neck, hernia, lymph nodes, musculoskeletal, gastrointestinal, pulmonary, cardiovascular, breast, skin, vision, neurological, testicular, thyroid
* Blood Work – CBC w/ differential, RBC indices and platelet count, electrolytes, BUN, Creatinine, Glucose, Liver function tests, Cholesterol Panel, PSA – A1C less than 8;
* Urinalysis
* Audiology (hearing test) – Loss greater than 40 Decibels
* Chest X-rays according to 7.7.5.1 shall be done initially and then repeated as medically indicated
* Immunizations and Infectious disease screening – PPD, Hep C, Hep B, MMR, Heavy Metals when exposure is indicated
* Fecal occult blood testing
* Cancer screenings are included in the following exams/blood work skin evaluation, thyroid exam/TSA, oral exam, testicular exam, prostate exam/PSA

Ultrasound – These three tests are mentioned in NFPA, all other tests we do are for the benefit of the FF and would not be reported in any manner.

* Echocardiogram
* Aorta  - 4.0-4.5 could be a reason to fail them if there are other risk factors. Any aortic root 4.5 or larger would be a fail
* Carotid

Exercise Physiologist

* Resting Blood Pressure – Must be less than 160 systolic and 100 diastolic
* Pulmonary Function Test – FEV1 or FVC <70%
* Resting ECG – Any abnormal rhythm that is a new finding to Life Scan or the patient  (i.e. WPW, Excessive Ventricular ectopy, 3rd degree block)
* Exercise Stress Test – only rhythm or BP issues or orthopedic issues that make the patient/employee unable to perform the test. They can not fail for their fitness level although we will give them advise on how to improve and what the goals are and the department would be notified of their MET achievement/percentile.

NFPA also recommends a yearly fitness evaluation (NFPA- 1583) and body composition however these are not mandatory for an NFPA exam. We do both of these tests during the Exercise Physiology portion via, GXT, Muscular Endurance testing, and Body fat %