

# Respirator Medical Clearance

Company:  
Employee:

Dept:  
Patient ID:

Job:  
Exam Date:

## Medical History

## Comment

1. Any previous problems wearing a respirator?
2. Have you had a heart attack or heart disease?
3. Do you have asthma or other lung disease?
4. Have you had seizures, a stroke or blackouts?
5. Have you had any back injuries or other musculoskeletal problems?
6. Do you have claustrophobia (fear of tight spaces)?
7. Have you had shortness of breath or dizziness when performing regular daily activities at home or at work?
8. Do you have persistent cough or wheezing?
9. Do you have unexplained weakness or fatigue?
10. Do you have any medical conditions that would interfere with your ability to work wearing a respirator?
11. Are you currently taking any medications that would interfere with your ability to work wearing a respirator?
12. Any surgeries?
13. Smoking history: Yes or No  
If yes, number cigarettes/day or pack/day  
Total number of years  
If former smoker, years/months since quitting  
Number cigarettes/day or packs/day for years

## Pulmonary Function Testing

Sex: M F DOB: Age:

Height: In. Weight: lbs. Race:

Calculation to Use:

FVC: FEV1: F25-75:

FEV1/FVC:

14. FVC < 80% of predicted?
15. FEV 1 < 70% of predicted?

## Physical Examination

16. BP: / Sitting: Standing: Within normal range?
17. Is the employee taking any medications for blood pressure?
18. Does the employee have a beard, mustache, or sideburns?
19. Does the employee wear corrective glasses or contact lenses?
20. Pulse: Is the pulse > 90 or irregular?
21. Are eardrums visualized and intact?
22. Are there wheezes or rales in the lungs?
23. Is there a heart murmur?
24. Is there evidence of any other medical condition that would interfere with the ability to work wearing a respirator?

**Additional Comments:**

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### Medical Clearance for Respirator Use

Unrestricted Respirator Use

Limited Respirator Use

No exposure to immediately dangerous to life and health (IDLH) atmospheres. Because eardrums could not be visualized or are not intact, no exposure to IDLH atmospheres. If not visualized, ears can be cleaned and rechecked.

No strenuous exertion while wearing a respirator.

Claustrophobia may limit respirator use in certain tight or enclosed areas. A case by case assessment is recommended.

Needs follow-up medical evaluation.

No Respirator Use

### Additional Requirements

Should remove beard, mustache, sideburns or other facial hair that will interfere with use of respirator

Should have blood pressure rechecked.

Wears eyeglasses, needs to be considered in respirator use

Use of contact lenses not allowed

Needs follow-up medical evaluation.

### Further Comments

The examinee/employee has been informed of the results and a copy of this written recommendation has been provided.

Please contact your occupational health program coordinator for further recommendations if: a change occurs in workplace conditions such as the physical work effort, protective clothing used or increased temperature placing greater physiological burden on the employee; or if the above-mentioned employee develops physical changes that may have an effect on the fit of the respirator such as significant weight gain or loss, change in dentures or facial surgery.

Examiner:

Signature:

Clearance Date:

# RESPIRATOR MEDICAL EVALUATION QUESTIONNAIRE

## Part A

### To the employer:

Answers to questions in Section 1, and to question 9 in Section 2 of Part A, do not require a medical examination.

### To the employee, Patient ID:

Your employer must allow you to answer this questionnaire during normal working hours, or at a time and place that is convenient to you. To maintain your confidentiality, your employer or supervisor must not look at or review your answers, and your employer must tell you how to deliver or send this questionnaire to the healthcare professional who will review it.

### Part A. Section 1. (Mandatory)

The following information must be provided by every employee who has been selected to use any type of respirator. (please print)

1. Today's Date:

2. Your Name:

3. Your age (to nearest year):

4. Sex:

Male

Female

5. Your height:

ft.

in.

6. Your weight:

lbs.

7. Your job title:

8. A phone number where you can be reached by the healthcare professional who reviews this questionnaire (include the Area Code):

9. The best time to phone you at this number:

10. Has your employer told you how to contact the health care professional who will review this questionnaire? Yes No

11. Check the type of respirator you will use (you can check more than one category):

a. N, R, or P disposable respirator (filter-mask, non-cartridge type only).

b. Other type (for example, half- or full-face piece type, powered-air purifying, supplied-air, self-contained breathing apparatus).

12. Have you worn a respirator?

Yes

No

If "yes" what type(s): \_\_\_\_\_

## Part A. Section 2. (Mandatory)

Questions 1 through 9 below must be answered by every employee who has been selected to use any type of respirator.

1. Do you *currently* smoke tobacco, or have you smoked tobacco in the last month?
2. Have you *ever had* any of the following conditions?
  - a. Seizures (fits):
  - b. Diabetes (sugar disease):
  - c. Allergic reactions that interfere with your breathing:
  - d. Claustrophobia (fear of closed-in places):
  - e. Trouble smelling odors:
3. Have you *ever had* any of the following pulmonary or lung problems?
  - a. Asbestosis:
  - b. Asthma:
  - c. Chronic bronchitis:
  - d. Emphysema:
  - e. Pneumonia:
  - f. Tuberculosis:
  - g. Silicosis:
  - h. Pneumothorax (collapsed lung):
  - i. Lung cancer:
  - j. Broken ribs:
  - k. Any chest injuries or surgeries:
  - l. Any other lung problem that you've been told about:
4. Do you *currently* have any of the following symptoms of pulmonary or lung illness?
  - a. Shortness of breath:
  - b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline:
  - c. Shortness of breath when walking with other people at an ordinary pace or level ground:
  - d. Have to stop for breath when walking at your own pace on level ground:
  - e. Shortness of breath when washing or dressing yourself:
  - f. Shortness of breath that interferes with your job:
  - g. Coughing that produces phlegm (thick sputum):
  - h. Coughing that wakes you early in the morning:
  - i. Coughing that occurs mostly when you are lying down:
  - j. Coughing up blood in the last month:
  - k. Wheezing:
  - l. Wheezing that interferes with your job:
  - m. Chest pain when you breathe deeply:
  - n. Any other symptoms that you think may be related to lung problems:

**Part A. Section 2. (Mandatory) (Continued)**

5. Have you *ever had* any of the following cardiovascular or heart problems?
- a. Heart attack:
  - b. Stroke:
  - c. Angina:
  - d. Heart failure:
  - e. Swelling in your legs or feet (not caused by walking):
  - f. Heart arrhythmia (heart beating irregularly):
  - g. High blood pressure:
  - h. Any other heart problem that you've been told about:
6. Have you *ever had* any of the following cardiovascular or heart problems?
- a. Frequent pain or tightness in your chest:
  - b. Pain or tightness in your chest during physical activity:
  - c. Pain or tightness in your chest that interferes with your job:
  - d. In the past two years, have you noticed your heart skipping or missing a beat:
  - e. Heartburn or indigestion that is not related to eating:
  - f. Any other symptoms that you think may be related to heart or circulation problems:
7. Do you *currently* take medication for any of the following problems?
- a. Breathing or lung problems:
  - b. Heart trouble:
  - c. Blood pressure:
  - d. Seizures (fits):
8. If you've used a respirator, have you *ever had* any of the following problems?
- a. Eye irritation:
  - b. Skin allergies or rashes:
  - c. Anxiety:
  - d. General weakness or fatigue:
  - e. Any other problem that interferes with your use of a respirator:
9. Would you like to talk to the healthcare professional who will review this questionnaire about your answers to this questionnaire?

Questions 10 to 15 below must be answered by every employee who has been selected to use either a full-face piece respirator or a self-contained breathing apparatus (SCBA). For employees who have been selected to use other types of respirators, answering these questions is voluntary.

10. Have you *ever lost* vision in either eye (temporarily or permanently)?

11. Do you *currently* have any of the following vision problems?

- a. Wear contact lenses:
- b. Wear glasses:
- c. Color blind:
- d. Any other eye or vision problem:

12. Have you *ever had* an injury to your ears, including a broken ear drum?

13. Do you *currently* have any of the following hearing problems?

- a. Difficulty hearing:
- b. Wear a hearing aid:
- c. Any other hearing or ear problem:

14. Have you *ever had* a back injury?

15. Do you *currently* have any of the following musculoskeletal problems?

- a. Weakness in any of your arms, hands, legs, or feet:
- b. Back pain:
- c. Difficulty fully moving your arms and legs:
- d. Pain or stiffness when you lean forward or backward at the waist:
- e. Difficulty fully moving your head up or down:
- f. Difficulty fully moving your head side to side:
- g. Difficulty bending at your knees:
- h. Difficulty squatting to the ground:
- i. Climbing a flight of stairs or a ladder carrying more than 25 lbs:
- j. Any other muscle or skeletal problem that interferes with using a respirator:

# Respirator Medical Evaluation Questionnaire

## Part B Discretionary Questions

Name:  
Job Title:

Patient ID:  
Job Title not in List:

Date:

1. In your present job, are you working at high altitudes (over 5,000 feet) or in a place that has lower than normal amounts of oxygen:

If "yes," do you have feelings of dizziness, shortness of breath, pounding in your chest, or other symptoms when you're working under these conditions:

2. At work or at home, have you ever been exposed to hazardous solvents, hazardous airborne chemicals (e.g., gases, fumes, or dust), or have you come into skin contact with hazardous chemicals:

If "yes," name the chemicals if you know them:

3. Have you ever worked with any of the materials, or under any of the conditions, listed below:

- a. Asbestos:
- b. Silica (*e.g.*, in sandblasting):
- c. Tungsten/cobalt (*e.g.*, grinding or welding this material):
- d. Beryllium:
- e. Aluminum:
- f. Coal (for example, mining):
- g. Iron:
- h. Tin:
- i. Dusty environments:
- j. Any other hazardous exposures:

If "yes," describe these exposures

4. List any second jobs or side businesses you have:

5. List your previous occupations:

6. List your current and previous hobbies:

7. Have you been in the military services?

If "yes," were you exposed to biological or chemical agents (either in training or combat):

8. Have you ever worked on a HAZMAT team?

9. Other than medications for breathing and lung problems, heart trouble, blood pressure, and seizures mentioned earlier in this questionnaire, are you taking any other medications for any reason (including over-the-counter medications):

If "yes," name the medications if you know them:

10. Will you be using any of the following items with your respirator(s)?

- a. HEPA Filters:
- b. Canisters (for example, gas masks):
- c. Cartridges: Yes/No

11. How often are you expected to use the respirator(s):

- a. Escape only (no rescue):
- b. Emergency rescue only:
- c. Less than 5 hours *per week*:
- d. Less than 2 hours *per day*:
- e. 2 to 4 hours per day:
- f. Over 4 hours per day:

12. During the period you are using the respirator(s), is your work effort:

a. **Light** (less than 200 kcal per hour):

If "yes," how long does this period last during the average shift:    hrs.    mins.

Examples of a light work effort are **sitting** while writing, typing, drafting, or performing light assembly work; or **standing** while operating a drill press (1-3 lbs.) or controlling machines.

b. **Moderate** (200 to 350 kcal per hour):

If "yes," how long does this period last during the average shift:    hrs.    mins.

Examples of moderate work effort are **sitting** while nailing or filing; **driving** a truck or bus in urban traffic; **standing** while drilling, nailing, performing assembly work, or transferring a moderate load (about 35 lbs.) at trunk level; **walking** on a level surface about 2 mph or down a 5-degree grade about 3 mph; or **pushing** a wheelbarrow with a heavy load (about 100 lbs.) on a level surface.

c. **Heavy** (above 350 kcal per hour):

If "yes," how long does this period last during the average shift:    hrs.    mins.

Examples of heavy work are **lifting** a heavy load (about 50 lbs.) from the floor to your waist or shoulder; working on a loading dock; **shoveling**; **standing** while bricklaying or chipping castings; **walking up** an 8-degree grade about 2 mph; climbing stairs with a heavy load (about 50 lbs.).



13. Will you be wearing protective clothing and/or equipment (other than the respirator) when you're using your respirator:

If "yes," describe this protective clothing and/or equipment:

14. Will you be working under hot conditions (temperature exceeding 77 deg. F):

15. Will you be working under humid conditions:

16. Describe the work you'll be doing while you're using your respirator(s):

17. Describe any special or hazardous conditions you might encounter when you're using your respirator(s) (for example, confined spaces, life-threatening gases):

18. Provide the following information, if you know it, for each toxic substance that you'll be exposed to when you're using your respirator(s):

The name of any other toxic substances that you'll be exposed to while using your respirator:

19. Describe any special responsibilities you'll have while using your respirator(s) that may affect the safety and well-being of others (for example, rescue, security):

**PPMH  
PHOEBE CORPORATE HEALTH  
PULMONARY FUNCTION TESTING**

A pulmonary function test measures the ability of your lungs to forcefully expel air. You will be asked to inhale deeply and expel the air from your lungs as quickly and as forcefully as you can. A minimum of three trials will be conducted. This is a screening test for lung function and is not to be considered as a diagnosis. Your personal physician should evaluate any abnormalities.

Please complete the following information:

YES NO

1. Are you feeling well today?
2. Have you had a cold, flu, or other respiratory problem in the last three weeks?
3. Have you smoked in the last hour?
4. Have you eaten a large meal within the last hour?
5. Have you used a bronchodilator or any other medicine for your lungs in the last hour?
6. Do you currently smoke?
7. Have you smoked in the past? Date Quit:
8. Have you ever been diagnosed with asthma?

Height:

Weight:

Age:

Name:

Date:

Company:

SS#:

I have read the above information and had an opportunity to ask questions concerning this test. I am requesting a screening pulmonary function test be conducted by the Phoebe Corporate Health Center.

Patient's Signature:

Administered by:

Date: