



# Professional Health Services, Inc.

We Deliver Health Testing Services to Your Door

## FIRE FIGHTERS MEDICAL AND FITNESS REQUIREMENTS

The implementation of the medical and fitness requirements outlined in NFPA 1582 will help ensure that your fire fighters are medically capable to perform their required duties and will help you reduce the risk of occupational injuries and illnesses.

### COMPREHENSIVE MEDICAL & WELLNESS EVALUATION PROGRAMS



- Comprehensive Medical and Work History Questionnaires
- Chest X-rays
- OSHA Audiograms
- Blood & Urine Screening, including:
  - Blood Chemistries
  - Cancer Screens
- Respirator Fit Testing
- Comprehensive Hands-on Physical Examination (Includes)
  - Annual Respirator Medical Evaluations
  - Job and Exposure Specific Fitness for Duty Exams and Physician Opinions
  - Medical Referrals
- Enhanced Data Collection, Information Management & Report Systems
- Confidential Reporting
- Pulmonary Function
- Resting Cardiograms
- Vision Screening
- Vital Signs
- Infectious Disease Screens
- And more...

### ANNUAL FITNESS EVALUATIONS



- Aerobic Capacity – Sub Maximal Stress Test (Gerkin Protocol)
- Muscle Endurance & Strength (Arms & Legs)
- Flexibility Measurements (Shoulder, Trunk, & Legs)
- Body Fat Composition & BMI
- Exercise Prescriptions

### WELLNESS PROGRAMS



- Health Risk Appraisal Questionnaire
- Body Fat Measurement & BMI
- Program Promotional Materials
- Nutrition Counseling
- Biometric Screening (Finger Stick or Venipuncture)
- Trend Analysis
- Personal Wellness and Health Coaching

LET OUR YEARS OF EXPERIENCE HELP YOU MEET YOUR REQUIREMENTS AND EASE THE BURDEN OF YOUR RESPONSIBILITIES