

**HILLSBOROUGH TOWNSHIP BOARD OF FIRE COMMISSIONERS
MEDICAL POLICY**

The Hillsborough Fire District recognizes that it has the responsibility to ensure that its fire fighting force is fully capable of protecting the health, safety and welfare of the citizens within Hillsborough Township.

The Hillsborough Fire District also recognizes that the nature of fire fighting is a hazardous occupation and can place excessive stress on the individual firefighters.

The Hillsborough Fire District's Board of Fire Commissioners (BOFC) have established a firefighter's medical exam policy.

The Boards approved medical facility that will conduct physical examinations as required in this medical policy:

**Access Compliance, LLC
622 Georges Road
North Brunswick, NJ 08902
732-296-1000**

Please note that the BOFC recognizes that there are volunteer firefighters in the District who may choose not to be involved in interior attack at the emergency scene but still want to be involved at the fire ground operations. Therefore, there are two types of medical exams available.

The individual firefighters will choose which medical exam they wish to take

There are two (2) types of medical exams available:

- A. FIREFIGHTER ***WITH RESPIRATOR*** EXAM (CLASS A or B approval):
 - 1. Respirator Clearance Exam for SCBA
 - 2. Medical Examination
 - 3. Annual EKG
 - 4. Auditory test
 - 5. Vision test

- B. FIREFIGHTER ***WITHOUT RESPIRATOR*** EXAM (Class B/C approval):
 - 1. Medical Examination
 - 2. Annual EKG
 - 3. Auditory test
 - 4. Vision test

Upon completion of the firefighter's physical, the physician shall determine the individuals classification based on the following requirements:

- **Cleared for Interior Attack*** (Class A approval, full firefighting duty)
- **Cleared for fireground** (Class B/C approval)
- **Not cleared for firefighting service.** Any member who receives a "Not Cleared" rating is not permitted to respond to fire and emergency calls and shall not participate in drills or training requiring physical exertion. (Class D approval)

***INTERIOR ATTACK FIREFIGHTERS MUST HAVE THE ABILITY TO:**

- Pass Firefighter with respirator exam
- Wear turnout gear and SCBA weighing more than fifty pounds for more than 2 hours at a time.
- Crawl, walk, and run on both narrow and uneven surfaces for extended amounts of time.
- Drag, carry, and lift heavy objects
- Climb stairs and ladders while wearing SCBA and turnout gear
- Capable of withstanding increased heat levels and stress for an extended period of time.
- Pass the annual SCBA mask fit test

****FIREGROUND FIREFIGHTERS MUST HAVE THE ABILITY TO:**

- Wear turnout gear weighing more than twenty-five pounds for more than 2 hours at a time.
- Stand and walk without assistance
- Drag, carry, and lift objects that may weigh more than 20 pounds with assistance

Any firefighter that is not cleared to wear a respirator (fire ground firefighter) may not operate in any area deemed an IDLH (Immediately Dangerous to Life or Health)

In accordance with GOG 7, all officers must be cleared as Interior Attack Firefighters (Class A)

Any member that will drive fire district fire apparatus that may be used for suppression operations (engine, ladder, tanker) must be approved as class A or B on their physical.

The approved medical facility shall complete and submit the approved Hillsborough Fire District Firefighter Exam Form (attachment A) via fax or email to the Hillsborough Bureau of Fire Safety for review by the Board of Fire Commissioners.

The following examination schedule shall be followed:

All physicals must be *completed each year* before July 1st to qualify for LOSAP and *pay per call* reimbursement for that year.

All firefighters must have a physical within a twelve (12) month period. If the physical has not been completed during the twelve (12) month period, the Board of Fire Commissioners will notify the member's fire chief. The fire chief will notify the member that their turnout gear will be removed from service if their physical is not completed within the next six (6) months. The firefighter will also be

advised that they are not permitted to drive any fire district vehicle or participate in fire ground activity, drills or training that involve physical activity until the required physical has been completed. If their physical is not completed after an additional six-month period, the fire chief shall remove the individual's turnout gear and return same to the Fire Safety Office.

The Boards determination of a member's eligibility for medical examinations is as follows:

1. The Chief of each fire company will submit a list of their firefighters Requiring Interior Attack and Fire Ground physical Exams. The Chief must certify that the firefighters are qualified to use SCBA if listed as an Interior Attack Firefighter.
2. The Hillsborough Board of Fire Commissioner will review this list and develop an approved medical examination roster for each Hillsborough Volunteer Fire Company. The approval is based upon the individual volunteer firefighter participation in fire responses during the prior year.
3. The Board will then give the approved list to Primary Care Center identifying the firefighters that are approved to receive the annual physical examination.
4. It is the responsibility of each individual firefighter to contact Primary Care Center to schedule an appointment. It is recommended that the appointment for the physical be completed as early in the year as possible.
5. New members in the three (3) Hillsborough Volunteer Fire Companies will be given an initial medical examination after being accepted as a member of the fire company with the provision they must pass the physical examination for either Interior Attack or Fire Ground firefighters.

If required, the Hillsborough Fire District will pay for one retesting by the fire district's physician for a Hillsborough firefighter who has not passed the physical exam. The fire district will also pay for one consultation between the firefighter's physician and the fire district physician to discuss test results that resulted in a classification of Deferred or Failed. The reimbursement shall not exceed \$100.00. The Hillsborough Fire District will not be responsible for any additional medical fees to treat or correct any abnormalities found during the physical examination.

If a pre-existing condition(s) identified by a previous physical effects the member's classification approval, the member must obtain their medical records and submit same to the examining physician.

ADDITIONAL PROCEDURES AND TESTS

TETANUS

Tetanus shots will be available on request during the firefighters physical. The Hillsborough Fire District will cover the cost for this vaccination.

HEPATITIS B VACCINATION

Hepatitis B vaccination is an optional vaccination administered by Primary Care Center. The Hillsborough Fire District will cover the cost of this test. In accordance with PEOSHA, if the firefighter decides not to receive this vaccination then they must sign the Hepatitis B declination form.

STRESS TEST

A cardio stress test is available for those firefighters over the age of 40. If this test is requested, a prescription will be written by the Primary Care Center for the stress test. The test will be administered at the Medicor Cardiology facility. The Hillsborough Fire District will cover the cost of this test.

BLOOD WORK

Blood work is available for those interested. Blood will be drawn at the Primary Care Center. The tests include: CMP (complete metabolism panel), CBC with differential, Lipid profile and PSA for those over 50 The Hillsborough Fire District will cover the costs of these tests.

CHEST X-RAY

A chest x-ray is available for those interested. If requested, a prescription will be provided at the conclusion of the firefighter's physical. The x-ray will be performed at Hillsborough Radiology on Route 206. The Hillsborough Fire District will cover the cost for this procedure.

ADDITIONAL INFORMATION

DISABILITY CLAUSE:

Any firefighter on medical disability (whether it be full or partial) may NOT participate in fireground, drills or any fire department activity that will require physical exertion. Firefighters on disability may return to full firefighter status ONLY when the approved fire district "Return to Duty" form from his/her doctor is presented to his/her respective Chief, a copy of this form must be provided to the fire district.

RETURN TO DUTY

Fire district members that are injured or have an illness that prohibits participation in normal firefighting activities are required to have their physician complete the Hillsborough Fire District Return to Duty (attachment B) Form prior to resuming firefighting duties. Members of the fire district are required to notify their fire chief of any off duty injury or illness that fits the above criteria. A copy of this form must be provided to the fire district

ACCESS TO MEDICAL RECORDS

Primary Care Center and Access Compliance will maintain all firefighter's medical records in accordance with PEOSHA medical record keeping guidelines.

Only individual Hillsborough Township Volunteer Firefighters (active or members who have left the fire district) may have access to their medical records maintained at Primary Care Center or Access Health.-A request form must be completed by the firefighter, in order to access these records.

MEDICAL FORMS:

The following forms are incorporated into the medical policy:

ATTACHMENTS:

- A. Firefighter Exam Form
- B. Return to Duty Form

POLICY ADOPTION DATE: February 11, 2020-**Revised October 2020**