



EFD Medical History Form

Name:

Date of Birth:

Today's Date:

**HAVE YOU HAD ANY SURGERIES/OPERATIONS:**

On Your Back, Arm, Leg or Knee?	Yes	No
To Treat a Hernia?	Yes	No
Varicose Veins?	Yes	No
Other Operations?	Yes	No
Have you Ever Been Hospitalized?	Yes	No

Describe any surgeries or hospitalizations:

**ALLERGY - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE?**

Serious Allergy?	Yes	No
Bad Reaction to Any Medication?	Yes	No
Advised Not to Take Any Medication (i.e. Aspirin)?	Yes	No

Describe any allergies:

**SKIN - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

Hives/Eczema or Rash?	Yes	No
Chronic Skin Problems (i.e. Cuts Slow to Heal)?	Yes	No
Excessive Skin Dryness?	Yes	No
Problems with "Easy Bruising"?	Yes	No
Chemical or Jewelry Rash/Sensitivity?	Yes	No

Describe skin issues/problems:

**NEURO - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

A Psychiatric or Emotional Problem?	Yes	No
Numbness/Weakness/Paralysis?	Yes	No
Dizziness or Fainting Spells?	Yes	No
Severe/Frequent or Migraine Headaches?	Yes	No
Head Injury, Concussion or Skull Fracture?	Yes	No
Neurological Disorders?	Yes	No
Seizures or Blackouts?	Yes	No
Stroke?	Yes	No

Describe any neurological issues:

**EYES & EARS - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

Hearing Loss?	Yes	No
Frequent Ear Infections?	Yes	No
Ringing in Ears?	Yes	No
Other Ear Problems?	Yes	No
Glaucoma or Cataracts?	Yes	No
Red Eyes?	Yes	No
Eye Injury/Vision Loss?	Yes	No
Other Eye Problems (i.e., Strain from VDT Use)?	Yes	No
Glasses/Contacts?	Yes	No

**Date of last vision screen?****Describe any eye or ear problems:****HEAD/NECK - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:****Date of Last Dental Exam:**

Recent Problems with Teeth Dentures?	Yes	No
Frequent Mouth Ulcers/Infections?	Yes	No
Sinus or Hay Fever?	Yes	No
Frequent Sore Throats?	Yes	No
Frequent Nose Bleeds?	Yes	No
Trouble with Thyroid (i.e., Taking Thyroid Medications)?	Yes	No
Problem Requiring Radiation Treatment to the Neck Area?	Yes	No

**Describe any head/neck problems:****LUNGS - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

Asthma or Wheezing?	Yes	No
Coughed up Blood?	Yes	No
Shortness of Breath without Apparent Reason?	Yes	No
TB or Positive Skin Test for TB	Yes	No
Pneumonia or Pleurisy?	Yes	No
Do You Cough Every Day, Especially in the Morning?	Yes	No
Pain or Tightness in Chest?	Yes	No
More than Three Episodes of Bronchitis in One Year?	Yes	No
Ever Smoked Tobacco in Any Form?	Yes	No

**Date of last chest x-ray:****Describe any lung problems:****HEART - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

Rheumatic Fever or Heart Murmur?	Yes	No
Heart Disease?	Yes	No
Treated for Heart Condition?	Yes	No
Unusually Cold or Bluish Colored Hands or Feet?	Yes	No
High Blood Pressure	Yes	No

**If yes, how was your high blood pressure treated?**

Do you Have a History of Elevated Cholesterol?	Yes	No
Anemia or Any Blood Disease?	Yes	No
Phlebitis, Varicose Veins, or Blood Clots/Poor Circulation?	Yes	No
Chest Pain with Activity?	Yes	No

**Describe any heart or blood issues:**

**GI - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

Ulcers?	Yes	No
Hiatal Hernia?	Yes	No
Indigestion, Pain or Unusual Burning in Stomach?	Yes	No
Vomiting of Blood?	Yes	No
Bloody/Tarry Bowel Movements?	Yes	No
Colitis or Nervous Stomach?	Yes	No
Yellow Jaundice or Hepatitis?	Yes	No
Problems with Your Pancreas?	Yes	No
Gallbladder Disease?	Yes	No

**Describe any gastrointestinal issues:**

**KIDNEYS - HAVE YOU EVER HAD OR DO YOU CURRENTLY HAVE:**

Bladder or Kidney Infections?	Yes	No
Kidney Stones?	Yes	No
Burning or Discomfort on Urination or Frequent Urination?	Yes	No
Hernia?	Yes	No
Blood in Urine?	Yes	No

**Describe any kidney problems:**

**MISCELLANEOUS - HAVE YOU HAD OR DO YOU CURRENTLY HAVE:**

Diabetes or Sugar in Your Blood or Urine?	Yes	No
Cancer of Any Kind?	Yes	No

**Describe any problems indicated above:**

**MUSCLE SKELETAL - HAVE YOU HAD OR DO YOU CURRENTLY HAVE?**

Arthritis, Rheumatism, Neck, back or Spine Injury or Disease?	Yes	No
Been Treated for a Back Problem?	Yes	No
Recurrent Stiffness or Back Pain?	Yes	No
Bursitis, Tendonitis?	Yes	No
Recurrent Pulled Muscles or Sprains?	Yes	No
Hand or Wrist Injury or Problems?	Yes	No
Hip or Knee Injury or Problem?	Yes	No
Ankle or Foot Injury or Problem?	Yes	No
Frostbite?	Yes	No
Job Requiring Heavy Lifting, Standing or Sitting for Long Periods?	Yes	No
Any Broken Bones?	Yes	No

**Describe any muscle/skeletal problems:**

**FOR FEMALES ONLY - HAVE YOU HAD OR DO YOU CURRENTLY HAVE:**

Menstrual Irregularities?	<b>Yes</b>	<b>No</b>
Recurrent Problems of the Female Organs?	<b>Yes</b>	<b>No</b>
Breast Masses or Lumps?	<b>Yes</b>	<b>No</b>
Do You Practice Monthly Breast Self Exam?	<b>Yes</b>	<b>No</b>
Have You Ever Had a Mammogram?	<b>Yes</b>	<b>No</b>

**Date of Last Pap Smear:**

**Describe any problems indicated in this section:**

**FOR MALES ONLY - HAVE YOU HAD OR DO YOU CURRENTLY HAVE:**

Prostate or Testicular Problems?	<b>Yes</b>	<b>No</b>
Breast Tenderness, Swelling or Lumps?	<b>Yes</b>	<b>No</b>
Do You Practice Monthly Testicular Self Exam?	<b>Yes</b>	<b>No</b>

**Describe any problems indicated in this section:**

**GENERAL LIFESTYLE I - Check the Answer That Best Describes You**

General Health	Poor	Fair	Good	Excellent
% of Seatbelt Use	0-24%	25-49%	50-74%	75-100%
Daily Stress	Low	Moderate	High	
Average Hours of Sleep	< 7 hrs	7-8 hrs	> 8 hrs	
Average Meals Daily	1 meal	2 meals	3 or more	
Number of Eggs per Week	0-1 eggs	2 eggs	3 or more	
Average Number Red Meat Meal Per Week	0-1 meal	2 meals	3 or more	
Average Number of Alcohol Beverages/Beers Per Week	0-5	6 to 14	15 or more	
Do You Exercise 3 Times Per Week, 30-40 Minutes Each Time?	<b>Yes</b>	<b>No</b>		

**Identify Types of Exercises:**

Are You More Than 30% Above Your Ideal Weight?	<b>Yes</b>	<b>No</b>
Have You Received a Tetanus Booster in the Last 10 Years?	<b>Yes</b>	<b>No</b>
Do You Take Any Prescription Medication?	<b>Yes</b>	<b>No</b>

**List any prescription medications you take:**

Do You Take Nonprescription Medication (or Over the Counter Drugs) on a Regular Basis?	<b>Yes</b>	<b>No</b>
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**List any non-prescription meds you take regularly:**

**Please describe any problems indicated in this section:**

**GENERAL LIFESTYLE II**

Do You Participate in a Workplace Wellness Help Promotion Program?	Yes	No
<b>Which of the following would you participate in if offered?</b>		
Cholesterol Screen	Yes	No
Blood Pressure Screen	Yes	No
Weight Loss	Yes	No
Nutrition Program	Yes	No
Stress Management	Yes	No
Smoking Cessation	Yes	No
CPR Classes	Yes	No
Blood Drive	Yes	No
Health Risk Appraisal	Yes	No
Self-Directed Exercise	Yes	No
Health Education Program	Yes	No
Women's Health	Yes	No

**Please describe any other programs in which you would like the opportunity to participate:**

**WORK HISTORY I - HAVE YOU EVER:**

Been Restricted in Your Work or Given "Light Duty" Because of Your Health or Injury?	Yes	No
Left a Job Because of Health Problems?	Yes	No
Been Injured on the Job and Treated by a Doctor?	Yes	No
Received Compensation for an Industrial Injury or Illness?	Yes	No
Are You Receiving Any Health Care Treatment (i.e., Physician Therapy, Chiropractic, Acupuncture, Medical, etc.)?	Yes	No
Been Hospitalized in the Last Five Years?	Yes	No
Had Any Illness or Injury That We Have Not Asked You About?	Yes	No

**Describe any situations you indicated in this section:**

**WORK HISTORY II**

Do You Have Hobbies Such as Furniture Refinishing, Painting, Hunting, Shooting or Model Building?	Yes	No
Do You Moonlight or have a Second Job?	Yes	No

**Describe any situations you indicated in this section:**

**WORK HISTORY III - EXPOSURES - HAVE YOU EVER WORKED AROUND A:**

Chemical Plant?	Yes	No
Coke Oven?	Yes	No
Construction?	Yes	No
Cotton, Flax or Hemp Mill?	Yes	No
Electronics Plant?	Yes	No
Farm?	Yes	No
Foundry?	Yes	No
Hazardous Waste Industry?	Yes	No
Hospital?	Yes	No
Lumber Mill?	Yes	No

Metal Production?	Yes	No
Mine?	Yes	No
Nuclear Industry?	Yes	No
Paper Mill?	Yes	No
Pottery Mill?	Yes	No
Refinery?	Yes	No
Rubber Processing Plant?	Yes	No
Sand Pit or Quarry?	Yes	No
Service Station?	Yes	No
Shipyard?	Yes	No
Smelter?	Yes	No

**HAVE YOU EVER BEEN EXPOSED TO:**

Aldrin?	Yes	No
Arsenic?	Yes	No
Asbestos?	Yes	No
Benzene?	Yes	No
Benzidine?	Yes	No
Beryllium?	Yes	No
BIS Chlormethyl Ether?	Yes	No
Cadmium?	Yes	No
Carbon Disulfide?	Yes	No
Carbon Tetrachloride?	Yes	No
Chlorine?	Yes	No
Chloradane?	Yes	No
Chloroform?	Yes	No
Chloroprene?	Yes	No
Chromates?	Yes	No
Chromic Acid Mist?	Yes	No
Cutting Oils?	Yes	No
DDT?	Yes	No
Dieldrin?	Yes	No
Doixin?	Yes	No
Dust, Coal?	Yes	No
Dust, Sandblasting?	Yes	No
Dust, Other?	Yes	No
Ethyl Dibromide?	Yes	No
Ethylene Oxide?	Yes	No
Extreme Cold or Heat?	Yes	No
Heptachlor?	Yes	No
Hexachlorobenzene?	Yes	No
Isocyanates (TDI, MDI)?	Yes	No
Loud or Continuous Noise?	Yes	No
Mercury?	Yes	No
Methylene Chloride?	Yes	No
Nickel?	Yes	No
PCBs?	Yes	No
Pesticides, Herbicides?	Yes	No
Phenois?	Yes	No
Phosgene?	Yes	No
Plastics?	Yes	No
Radioactive Materials?	Yes	No
Roofing Materials?	Yes	No
Rubber?	Yes	No
Silica?	Yes	No
Solvents/Degreasers?	Yes	No

Soots and Tars?	Yes	No
Spray Painting?	Yes	No
TRI/PER Chloroethylene?	Yes	No
Vinyl Chloride?	Yes	No

**List Any Toxins/Chemicals/Biological Hazards You Might Currently Be Exposed to:**

**Describe any exposures you indicated in this section:**

**WORK HISTORY IV - JOBS**

**In the space below, starting with the most recent, describe the jobs you've held, including dates year-to-year, company, position, and any work hazards**

**CONFIRMATION**

I certify that the above information is complete to the best of my knowledge. I hereby give permission to release work related information to the proper authorities of my employer: \_\_\_\_\_

Yes No

**Deaconess COMP Center  
329 West Columbia  
Evansville, IN 47710  
450-7455**

**Appendix C to Sec. 1910.134: OSHA Respirator Medical Evaluation Questionnaire  
(Mandatory)**

Can you read (check one):

**Yes      No**

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 health care professional who will review it.

Part A. Section 1. The following information must be provided by every employee who has been selected to use any type of respirator.

**PLEASE PRINT**

**Company Name:**

**Department#**

**Employee ID#**

1. Today's date:

**2. Your Name:**

3. Your Birthdate:

4. Sex: (check one)    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 health care professional who reviews this questionnaire:

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

10. Has your employer told you how to contact the health care professional who will review this questionnaire: (check one):

**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? (check one):

**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 (please check "yes" or "no").

1. Do you currently smoke tobacco, or have you smoked tobacco in the last month: **Yes** **No**  
 If you answered "yes" to the question above - state number of years

2. Have you **ever had** any of the following conditions?

1. Seizures (fits):	<b>Yes</b>	<b>No</b>
2. Diabetes (sugar disease):	<b>Yes</b>	<b>No</b>
3. Allergic reactions that interfere with your breathing:	<b>Yes</b>	<b>No</b>
4. Claustrophobia (fear of closed-in places):	<b>Yes</b>	<b>No</b>
5. Trouble smelling odors:	<b>Yes</b>	<b>No</b>

COMMENTS:

3. Have you **ever had** any of the following pulmonary or lung problems?

1. Asbestosis:	<b>Yes</b>	<b>No</b>
2. Asthma:	<b>Yes</b>	<b>No</b>
3. Chronic bronchitis:	<b>Yes</b>	<b>No</b>
4. Emphysema:	<b>Yes</b>	<b>No</b>
5. Pneumonia:	<b>Yes</b>	<b>No</b>
6. Tuberculosis:	<b>Yes</b>	<b>No</b>
7. Silicosis:	<b>Yes</b>	<b>No</b>
8. Pneumothorax (collapsed lung):	<b>Yes</b>	<b>No</b>
9. Lung Cancer:	<b>Yes</b>	<b>No</b>
10. Broken rib:	<b>Yes</b>	<b>No</b>
11. Any chest injuries or surgeries:	<b>Yes</b>	<b>No</b>
12. Any other lung problem that you've been told about:	<b>Yes</b>	<b>No</b>

COMMENTS:

4. Do you **currently** have any of the following symptoms of pulmonary or lung illness?

1. Shortness of breath:	<b>Yes</b>	<b>No</b>
2. Shortness of breath when walking fast on level ground or walking up a slight hill or incline:	<b>Yes</b>	<b>No</b>
3. Shortness of breath when walking with other people at ordinary pace on level ground:	<b>Yes</b>	<b>No</b>
4. Have to stop for breath when walking at your own pace on level ground:	<b>Yes</b>	<b>No</b>
5. Shortness of breath when washing or dressing yourself:	<b>Yes</b>	<b>No</b>
6. Shortness of breath that interferes with your job:	<b>Yes</b>	<b>No</b>
7. Coughing that produces phlegm (thick sputum):	<b>Yes</b>	<b>No</b>
8. Coughing that wakes you early in morning:	<b>Yes</b>	<b>No</b>
9. Coughing that occurs mostly when you are lying down:	<b>Yes</b>	<b>No</b>
10. Coughing up blood in the last month:	<b>Yes</b>	<b>No</b>
11. Wheezing:	<b>Yes</b>	<b>No</b>
12. Wheezing that interferes with your job:	<b>Yes</b>	<b>No</b>
13. Chest pain when you breath deeply:	<b>Yes</b>	<b>No</b>
14. Any other symptoms that you think may be related to lung problems:	<b>Yes</b>	<b>No</b>

COMMENTS:

5. Have you **ever had** any of the following cardiovascular or heart problems?

1. Heart attack:	<b>Yes</b>	<b>No</b>
2. Stroke:	<b>Yes</b>	<b>No</b>
3. Angina:	<b>Yes</b>	<b>No</b>

4. Heart failure:	Yes	No
5. Swelling in your legs or feet (not caused by walking):	Yes	No
6. Heart arrhythmia (heart beating irregularly):	Yes	No
7. High blood pressure:	Yes	No
8. Any other heart problem that you've been told about:	Yes	No

COMMENTS:

6. Have you **ever had** any of the following cardiovascular or heart symptoms?

1. Frequent pain or tightness in your chest:	Yes	No
2. Pain or tightness in your chest during physical activity:	Yes	No
3. Pain or tightness in your chest that interferes with your job:	Yes	No
4. In the past two years, have you noticed your heart skipping or missing a beat:	Yes	No
5. Heartburn or indigestion that is not related to eating:	Yes	No
6. Any other symptoms that you think may be related to heart or circulation problems:	Yes	No

COMMENTS:

7. Do you **currently** take medication for any of the following problems?

1. Breathing or lung problems:	Yes	No
2. Heart trouble:	Yes	No
3. Blood pressure:	Yes	No
4. Seizures (fits):	Yes	No

COMMENTS:

8. If you've used a respirator, have you **ever had** any of the following problems?

1. Eye irritation:	Yes	No
2. Skin allergies or rashes:	Yes	No
3. Anxiety:	Yes	No
4. General weakness or fatigue:	Yes	No
5. Any other problem that interferes with your use of a respirator:	Yes	No

COMMENTS:

9. Would you like to talk to a health care professional who will review this questionnaire about your answers to the questionnaire:

Yes No

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).

10. Have you <b>ever lost</b> vision in either eye (temporarily or permanently):	Yes	No
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COMMENTS:

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

1. Wear contact lenses:	Yes	No
2. Wear glasses:	Yes	No
3. Color blind:	Yes	No
4. Any other eye or vision problem:	Yes	No

COMMENTS:

12. Have you <b>ever had</b> an injury to your ears, including a broken ear drum:	<b>Yes</b>	<b>No</b>
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COMMENTS:

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

1. Difficulty hearing:	<b>Yes</b>	<b>No</b>
2. Wear a hearing aid:	<b>Yes</b>	<b>No</b>
3. Any other hearing or ear problem:	<b>Yes</b>	<b>No</b>

COMMENTS:

14. Have you <b>ever had</b> a back injury:	<b>Yes</b>	<b>No</b>
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COMMENTS:

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

1. Weakness in any of your arms, hands, legs, or feet:	<b>Yes</b>	<b>No</b>
2. Back pain:	<b>Yes</b>	<b>No</b>
3. Difficulty fully moving your arms and legs:	<b>Yes</b>	<b>No</b>
4. Pain or stiffness when you lean forward or backward at the waist:	<b>Yes</b>	<b>No</b>
5. Difficulty fully moving your head up or down:	<b>Yes</b>	<b>No</b>
6. Difficulty fully moving your head side to side:	<b>Yes</b>	<b>No</b>
7. Difficulty bending at your knees:	<b>Yes</b>	<b>No</b>
8. Difficulty squatting to the ground:	<b>Yes</b>	<b>No</b>
9. Climbing a flight of stairs or a ladder carrying more than 25 lbs:	<b>Yes</b>	<b>No</b>
10. Any other muscle or skeletal problem that interferes with using a respirator:	<b>Yes</b>	<b>No</b>

COMMENTS:

Part B. Any of the following questions, and other questions not listed, may be added to the questionnaire at the discretion of the health care professional who will review the questionnaire.

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. **Yes** **No**

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: **Yes** **No**

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: **Yes** **No**

If "yes" name the chemicals below 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>Yes</b>	<b>No</b>
b. Silica (e.g., in sandblasting):	<b>Yes</b>	<b>No</b>
c. Tungsten/cobalt (e.g., grinding or welding this material):	<b>Yes</b>	<b>No</b>
d. Beryllium:	<b>Yes</b>	<b>No</b>
e. Aluminum:	<b>Yes</b>	<b>No</b>
f. Coal (for example, mining):	<b>Yes</b>	<b>No</b>
g. Iron:	<b>Yes</b>	<b>No</b>
h. Tin:	<b>Yes</b>	<b>No</b>
i. Dusty Environments:	<b>Yes</b>	<b>No</b>

j. Any other hazardous exposures:	<b>Yes</b>	<b>No</b>
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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?	<b>Yes</b>	<b>No</b>
If "yes" were you exposed to biological or chemical agents (either in training or combat):	<b>Yes</b>	<b>No</b>
8. Have you ever worked on a HAZMAT team?	<b>Yes</b>	<b>No</b>
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 reasons (including over-the-counter medications):	<b>Yes</b>	<b>No</b>

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>Yes</b>	<b>No</b>
b. Canisters (for example, gas masks):	<b>Yes</b>	<b>No</b>
c. Cartridges:	<b>Yes</b>	<b>No</b>

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

a. Escape only (no rescue):	<b>Yes</b>	<b>No</b>
b. Emergency rescue only:	<b>Yes</b>	<b>No</b>
c. Less than 5 hours per week:	<b>Yes</b>	<b>No</b>
d. Less than 2 hours per day:	<b>Yes</b>	<b>No</b>
e. 2 to 4 hours per day:	<b>Yes</b>	<b>No</b>
f. Over 4 hours per day:	<b>Yes</b>	<b>No</b>

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

a. <b>Light</b> (less than 200kcal per hour):	<b>Yes</b>	<b>No</b>
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If "yes" how long does this period last during the average shift:                      hrs.                      mins.

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

b. <b>Moderate</b> (200 to 350 kcal per hour):	<b>Yes</b>	<b>No</b>
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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):

**Yes**

**No**

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:

**Yes**

**No**

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

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

**Yes**

**No**

15. Will you be working under humid conditions:

**Yes**

**No**

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

17. Describe below 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):

a) Name of the first toxic substance and estimated maximum exposure level per shift:

b) Name of the second toxic substance and estimated maximum exposure level per shift:

c) Name of the third toxic substance and estimated maximum exposure level per shift:

d) 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):

## How to Submit This Form

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3. Fill out your name and email on the submission form.
4. Click the "Choose File" button to browse for the completed PDF you saved to your device.
5. Select your file to attach/upload it.
6. Once you have reviewed your information and the file is attached, hit the "Submit" button.
7. Wait for the submission to process. The page will display text indicating when the submission is complete.
8. KEEP a copy of your completed PDF for your records and/or in the event you are asked to resubmit.