

**RETIREMENT  
EXEMPTION EXAM  
(FIRE DEPT)**

Name: \_\_\_\_\_  
 Last 4 SSN: \_\_\_\_\_ DOB: \_\_\_\_\_ Date: \_\_\_\_\_  
 Contractor: \_\_\_\_\_

**COMMENTS:** Exams may include Firefighters and Fire Pilots. For Firefighters, review your clinic’s records and/or contact OHP to determine if a treadmill was done in the prior 12 months, and if so, whether VO2 was ≥33.5 ml/O2. Without documentation of ≥33.5 ml/O2 in the prior 12 months, a treadmill is now required. Those currently testing <33.5 will be allowed to continue working past age 60, but reported to the Fire Department for fitness training.

**NOTE:** This exam requires an OHP Work Order.

**Triage all to “OHP Review.”** No Employee Medical Results form is necessary.

**PACKAGE:** (record results on Employee Examination Data form) E26

- \_\_\_\_\_ Ht/Wt
- \_\_\_\_\_ Dipstick urinalysis for glucose, protein, and blood
- \_\_\_\_\_ Blood pressure, pulse rate, rhythm
- \_\_\_\_\_ Far acuity: Best OS, OD (Titmus) -- if >20/20 in either eye, see below
- \_\_\_\_\_ Audiogram
- \_\_\_\_\_ EKG
- \_\_\_\_\_ Physical Examination, Complete
- \_\_\_\_\_ Review of Retirement Exemption Questionnaire

**REFLEXIVE TESTING:**

**Clinical Findings:**

**Testing Required:**

Dipstick (+) for blood	▶ _____ Urinalysis, Complete	A63
Dipstick (+) for glucose	▶ _____ Hemoglobin A1c	A29
Dipstick (+) for protein	▶ _____ Urinalysis, Complete	A63
Vision/Far, Best >20/40 either eye	▶ _____ ETDRS wall chart	A68
Vision/Far, Best >20/20 either eye if pilot	▶ _____ ETDRS wall chart	A68
VO2 <33.5 ml/O2 measured in last 12 months	▶ _____ CST if Firefighter	A09
VO2 not measured in last 12 months	▶ _____ CST if Firefighter	A09

**Internal Medicine Concerns:**

**Testing Required:**

Alcohol Abuse, DUI or “Wet Reckless,” hangovers, eye-openers, or binge drinking (≥6 drinks) in the last 2 years	▶ _____ Blood Chemistry Panel	A03
	▶ _____ CBC with differential	A04
	▶ _____ HDL	A27
Diabetes	▶ _____ Hemoglobin A1c	A29
Thyroid, Rx or disease in last 2 years	▶ _____ TSH	A62