

Wildland Firefighter Examinee Instructions

Please bring to your medical appointment:

- A valid government issued photo ID such as your driver's license to your exam.
- A copy of your medical records with you if you have a previous or current medical condition. (i.e. recent labs, EKG's, chest x-rays, Doctor release back to work for recent injuries or conditions)
 - A note from your provider stating your condition is static and stable (see definition below) is very helpful.
 - If you have had a recent surgery or procedure, (within the last year), bring information from your provider that indicates you are fully recovered and can perform the essential functions of an arduous duty wildland firefighter.
 - If you are diabetic, you can visit your own provider before the exam and have him/her complete the Diabetes Worksheet. You can then bring this document to your exam.
 - Further information can be obtained by emailing wlfcsr@blm.gov.
- Be sure to inform examining provider of dates of all surgeries or injuries noted.
- All medications you are taking; including name, dose, and reason medication was prescribed.
 - If you are on medications, a note from your provider stating you have not exhibited any adverse side effects is helpful.
- All immunization records, including Tetanus and Tuberculosis screenings.
- Eyeglasses and/or contacts, as your vision will be tested with and without corrective lenses. If you wear contacts, make sure you bring your case and eye solution.
- A small snack to eat after your blood specimen is collected if applicable.

Important Reminders:

- Be prepared to complete a health history questionnaire.
- Fasting is recommended for morning appointments, but not mandatory. If your scheduled time is in the afternoon, you should not fast. If non-fasting just inform lab tech (can use non-fasting values)
- Avoid loud music and noise for 15 hours prior to your exam.
- Do not bring any weapons with you to your exam or you will be turned away.
- Ensure all appropriate testing listed on the exam form is completed prior to your departure.

Definition:

- Static and Stable – The non-qualifying condition is static (has not changed for a period of time) and is stabilized (e.g., possibly through an existing regimen such as medication, practice, or mechanism). The Reviewing Medical Officer (RMO) will review information submitted by an applicant from a personal health care provider to make a static and stable determination. Only the contracted RMO may provide an official static and stable determination.