

WORKPLACE HEALTH SERVICES  
A Service of Wyoming County Community Health System  
408 North Main Street  
Warsaw, NY 14569  
(585) 786-8940, Ext. 4549 Fax: (585) 786-7916

Dear Fire Member,

In an effort to alleviate any extra expense, frustration or delay experienced by fire crew members during medical clearance, below is a list of various medical conditions which require notation from their provider on the stability of said condition. This note must be within the past 6 months and available at the time of your physical. **Please note** this list is only the most frequently reported medical conditions and is not all encompassing.

**For EKGs:**

- In 2020, all firefighters **over 40 years** old will receive an EKG on their anniversary.
- All **new** firefighters (or those who haven't had a baseline yet) will receive a baseline EKG.
- Firefighters who are seeing and receiving annual clearance from a cardiologist are not required to have an EKG, but documentation **must** be presented at the time of your physical.
- **We will accept an EKG done by a primary care physician if done in the last 3 months of the date of your fireman's physical. Bring a copy of the EKG to your appt.**

**For Heart attack, Cardiac Bypass, Angioplasty (stents), CAD:**

Please provide a copy of your most recent (within past 2 years) EKG, stress test, echo and a note from your cardiologist stating your cardiac condition is stable for interior/exterior firefighting duties.

**For Diabetes (insulin dependent or non-insulin dependent):**

Please provide a note from your physician indicating that your diabetes is under control, that you have not had any hypoglycemic reactions within the past 6 months, and copy of your **most recent** HbA1C.

**For Asthma/COPD:**

Please provide a note from your physician indicating your asthma/ lung disease is stable to participate as an interior/exterior firefighter.

**For History of Seizures:**

Please provide a note from your neurologist stating your seizure disorder is stable, you have not had a seizure in the past year and you are able to be interior/exterior firefighter.

**For Pregnancy:**

Please provide a note from your obstetrician stating your pregnancy is stable to participate in interior/exterior/EMT fire duties.

**For Recent Surgery/Injury (in the past 6 months):**

Please provide a note from your surgeon/orthopedic/physician stating your condition is stable to participate in interior/exterior/EMT fire duties.

**Should there be any questions regarding the information we are requesting, please contact our office at the number listed above.**