

**AVERA WORTHINGTON SPECIALTY CLINICS
GENERAL EMPLOYEE PHYSICAL**

I authorize the release of my records from this visit to my employer.

Jane Overst 2/5/08
 (Patient Signature) (Date)
 Patient Name: James Meister DOB: 7/21/70 DATE: 2/5/08

Physical Exam: Wt 196 Ht 73" B/P 92/48 P 72
 General Appearance: Normal ___ Abnormal
 Head: Normal ___ Abnormal
 Eyes: ___ Normal Abnormal *Lazy Eye*
 Distance Vision R 20/20 L 20/20 with/ without corrective lenses
 Holmgrens Color Pass Fail
 Ears: Normal ___ Abnormal
 Nose: Normal ___ Abnormal
 Mouth/Teeth: Normal ___ Abnormal
 Throat: Normal ___ Abnormal
 Neck: Normal ___ Abnormal
 Chest/Lungs: Normal ___ Abnormal
 Heart Vascular: Normal ___ Abnormal
 Abdomen: Normal ___ Abnormal
 Skeletal: Normal ___ Abnormal
 Lymphoid: Normal ___ Abnormal
 Skin: Normal ___ Abnormal

UPPER EXTREMITY:

Inspection: Normal ___ Abnormal
 Strength testing: Normal ___ Abnormal
 Abductor pollicis brevis: Normal ___ Abnormal
 Opponens pollicis: Normal ___ Abnormal
 Shoulder range of motion: Normal ___ Abnormal

SPINE:

Inspection: Normal ___ Abnormal
 Range of motion: Normal ___ Abnormal

LOWER EXTREMITIES:

Inspection: Normal ___ Abnormal
 Heel/Toe walk strength: Normal ___ Abnormal
 Proximal strength: Normal ___ Abnormal
 Deep tendon reflex symmetry: Normal ___ Abnormal
 Achilles: Normal ___ Abnormal
 Patellar: Normal ___ Abnormal
 Knee: ___
 Collateral stability, Lachman's: Normal ___ Abnormal
 Inflammation or effusion: Normal ___ Abnormal

Yes ___ No - Able to perform functions of attached job description.

Physician's Signature: Sundara C. Nalla MD Date: 2/5/08
 508 Tenth St
 Worthington MN 56187
 (507) 372-2921

RESPIRATOR MEDICAL RECOMMENDATION

Name: Jamis Meester SSN: _____

Based on review of OSHA Respirator Health Questionnaire this individual is:

_____ Medically approved for all respirators with the exception of SCBA, subject to fit testing.

Based on interview, physical examination and further evaluation as appropriate, this individual is:

_____ Medically approved for all respirators including SCBA, subject to fit testing.

Medically approved for only the following type(s) of respirator(s), subject to fit testing.

- Dust Mask
- Negative pressure
- Powered air purifying
- Supplied air
- Self-contained breathing apparatus (SCBA)

_____ Employee may decline respirator-requiring assignments for temporary health related difficulties.

Respirator assignment must not be for IDLH (Immediate Danger to Life or Health) environments.

_____ Employees should not be expected to perform rescue duty or serve as a member of a rescue team. If able to wear a respirator at the time, then rescue duties maybe performed.

_____ Requires further medical information/evaluation prior to qualifying for respirator use.

Other recommendations and suggested accommodations:

He should see his regular doctor to have a
Follow-up pulmonary function test - pre & post
bronchodilator therapy

Recommended time period for next exam:

- 1 year
- 2 years
- 5 years
- _____

Employee had been provided with a copy of this written recommendation:

- Yes
- No

X _____

Sundara C. Nalla

02-05-2008

Sundara C. Nalla MD
508 Tenth St
Worthington MN 56187
(507) 372-2921

*****URINALYSIS*****

#4-013 01-17-08
Color: Yellow
Clarity: Clear
GLU Negative
BIL Negative
KET Negative
SG <=1.003
pH 7.0
PRO Negative
URO 0.2 EU/dL
NIT Negative
BLO Negative
LEU Negative

Body fluid source:
WBC ((200/mm3)
Crystals (Absent)
Sed Rate W(0-15) F(0-20)mm/hr
Retic Count (0.5 - 1.5%)

*****CHEMISTRY*****
CMP (0 - 100 ug/ml)
Hgb A1C (3.0 - 6.0%)
Lead ((10 ug/dl)

Microalbumin:
Albumin ((37 mg/L)
Creatinine ((15 - 500 mg/dl)
A/C Ratio ((15 mg/S)

3 Hr. Glucose Tolerance Tests
Fasting Glucose
1/2 Hr. Glucose
1 Hr. Glucose
2 Hr. Glucose
3 Hr. Glucose

*****NORMALS*****

GLU - Neg
BIL - Neg
KET - Neg
PRO - Neg
NIT - Neg
BLO - Neg
LEU - Neg
SG - 1.003-1.030
URO - 0.2-1.0
pH - 5-8

*****COAGULATION*****
Bleeding Time (2.3 - 9.3 min.)
Protime (9.5 - 10.6 sec.)
INR
PTT (24 - 33 sec.)

*****MICROSCOPIC*****

RBC/hpf
WBC/hpf
CASTS/pf
EPITH
MUCOUS THREAD
BACTERIA
AMOR. URATES
AMOR. PHOSPHATES
CRYSTALS
YEAST
TRICHOMONAS
OTHER
HANGING DROP
FLUERY
KOH
UCCULT BLOOD
POST VAS CHECK

*****IMMUNOLOGY*****
H. Pylori (Negative)
HCG Serum (Negative)
HCG Urine (Negative)
Mono Test (Negative)
RA Screen (Negative)
RA Titer (Negative)

*****MICROBIOLOGY*****
Giardia Antigen (Negative)
Ova & Parasites (None Seen)
RSV (Negative)
Stool For Fat
Stool For WBC
Strep Screen
Influenza A (Negative)
Influenza B (Negative)

** REPRINT ** REPRINT ** PAT .00 DIAGNOSIS CODES
1/17/08 2300 JAMES C WEBSTER PU PULMONARY FUNCTIO INS .00 "FIRST DX MUST MATCH FIRST LINE OF DICT."
1.
2.
3.
4.
TX: 5313015 1092 PULMONARY FUNCY AVERA WORTHINGTON SPE 072170 37 IHP;
EDC;
RX: 00232441WC JAMES C WEBSTER 507 372 7672 SUBMITTER MO
507 552 5704
K 1711 30 HWY 75 PLOSTONE MN 55154 Reason: SUZLON URINE DRUG SCREEN A UA
SUZLON ROTOR CO 01/17 PFT 01/17 AT 200 EXAM 1/
.00 .00 .00 .00 .00 2 0 0 NO INTERP
OVS
HY VEE A E 521332152 HYVEE-008 X Next Apt. 1/17/08, 2300
DATES .00

(SN#: 7806067 V4M Version: 4.1.0)

Calibration Date: 01/17/2008

Name: JAMES MEESTER

Test Date: 01/17/2008

ID: 002-82-441 Age: 37 Sex: M

Technician: L. BRANDT

Temperature: 23.5 C

Height: 72.0 in Race: Caucasian

Physician: R. SUDMEIER

Pressure: 760.0 mm Hg

Weight: 198.0 lb BMI: 26.9

BTPS: 1.08

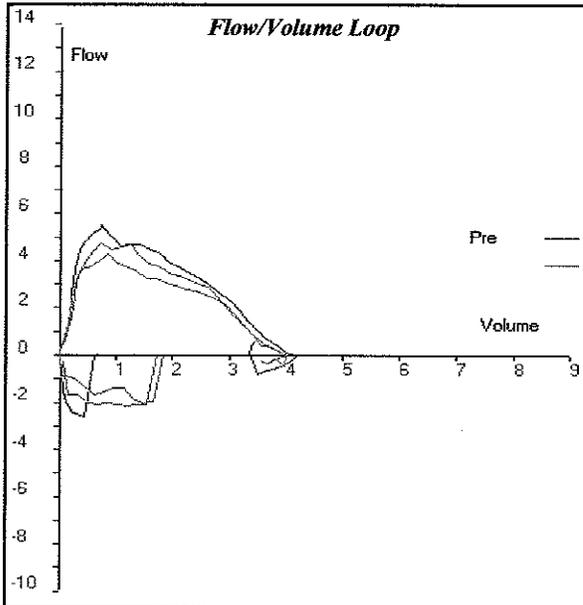
Comments: SUZLON PRE EMPLOY PHYSICAL

Predicted Set: Knudson-1983

Pre-Interpretation: Modified Test Quality: 4 of 4 Effort/Position: Maximal/Sitting Criteria Met: Yes

Restrictive pattern (Mild) indicated by the reduction in FVC with preservation of the FEV1/FVC ratio. SYR VOL 3.88. MEAS VOL 3.84.

Post-Interpretation: Test Quality: 0 of 0 Effort/Position: Criteria Met: No

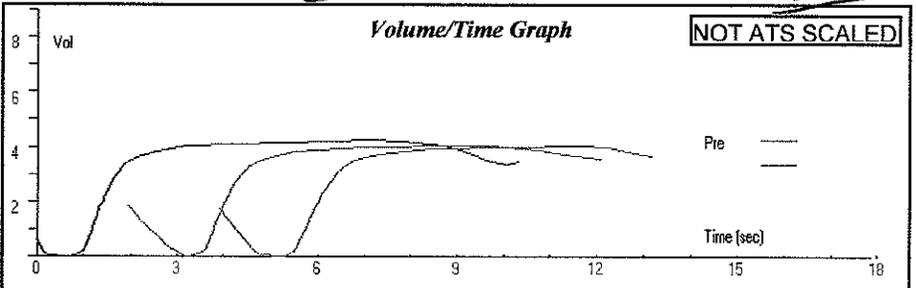


Physicians Comments:

Mild restrictive pattern
I recommended that he see his primary MD
to have a F/U pre & post broncho dilator PFT.

Physicians Signature:

James J. C. Nalla MD
2-5-08



(SN#: 7806067 V4M Version: 4.1.0)

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Weight: 198.0 lb BMI: 26.9

BTPS: 1.08

Comments: SUZLON PRE EMPLOY PHYSICAL

Predicted Set: Knudson-1983

Spirometry

Pre Results

01/17/2008 14:20

<u>Parameter</u>	<u>Predicted</u>	<u>Best: # 3</u>	<u>%Pred</u>
FVC	5.55	4.22	76.03
FEV.5	3.39	2.37	69.88
FEV1	4.57	3.46	75.77
FEV3	5.13	4.08	79.54
PEFR	9.90	5.60	56.55
FEF 25%-75%	4.73	3.48	73.60
FEV1/FVC	0.83	0.82	99.03
FEV3/FVC		0.97	
FET		6.21	

MVV 150.07

Reproducibility:	<u>%</u>	<u>Vol</u>	<u>Cmet</u>
FVC (5% / 200 ml)	3.79	0.16	Y
FEV1 (5% / 200 ml)	4.34	0.15	Y
PEFR (15% / 300 ml)	12.86	0.72	Y

NOTICE: DLCo results are based on the following values: Hb = g/dl, COHb = g/dl



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Occupational Safety & Health Administration

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Regulations (Standards - 29 CFR)

OSHA Respirator Medical Evaluation Questionnaire (Mandatory). - 1910.134 App C

[Regulations \(Standards - 29 CFR\) - Table of Contents](#)

- **Part Number:** 1910
- **Part Title:** Occupational Safety and Health Standards
- **Subpart:** I
- **Subpart Title:** Personal Protective Equipment
- **Standard Number:** [1910.134 App C](#)
- **Title:** OSHA Respirator Medical Evaluation Questionnaire (Mandatory).

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

To the employer: Answers to questions in Section 1, and to question 9 in Section 2 of Part A, do not require a medical examination.

To the employee:

Can you read (circle 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. (Mandatory) The following information must be provided by every employee who has been selected to use any type of respirator (please print).

1. Today's date: 2/5/08
2. Your name: JAMES MEESTER
3. Your age (to nearest year): 37 year old
4. Sex (circle one): Male/Female
5. Your height: 6 ft. 0 in.
6. Your weight: 190 lbs.
7. Your job title: FINDING AT CMG

8. A phone number where you can be reached by the health care professional who reviews this questionnaire (include the Area Code): 507) 727-3713

9. The best time to phone you at this number: Anytime

10. Has your employer told you how to contact the health care professional who will review this questionnaire (circle 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-facepiece type, powered-air purifying, supplied-air, self-contained breathing apparatus).

12. Have you worn a respirator (circle 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 circle "yes" or "no").

1. Do you **currently** smoke tobacco, or have you smoked tobacco in the last month: Yes No

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

a. Seizures (fits): Yes No

b. Diabetes (sugar disease): Yes No

c. Allergic reactions that interfere with your breathing: Yes No

d. Claustrophobia (fear of closed-in places): Yes No

e. Trouble smelling odors: Yes No

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

a. Asbestosis: Yes No

b. Asthma: Yes No

c. Chronic bronchitis: Yes No

d. Emphysema: Yes No

e. Pneumonia: Yes No

f. Tuberculosis: Yes No

g. Silicosis: Yes No

h. Pneumothorax (collapsed lung): Yes No

i. Lung cancer: Yes No

j. Broken ribs: Yes No

k. Any chest injuries or surgeries: Yes No

l. Any other lung problem that you've been told about: Yes No

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

a. Shortness of breath: Yes No

b. Shortness of breath when walking fast on level ground or walking up a slight hill or incline: Yes No

c. Shortness of breath when walking with other people at an ordinary pace on level ground:

Yes No

- d. Have to stop for breath when walking at your own pace on level ground: Yes/No
- e. Shortness of breath when washing or dressing yourself: Yes/No
- f. Shortness of breath that interferes with your job: Yes/No
- g. Coughing that produces phlegm (thick sputum): Yes/No
- h. Coughing that wakes you early in the morning: Yes/No
- i. Coughing that occurs mostly when you are lying down: Yes/No
- j. Coughing up blood in the last month: Yes/No
- k. Wheezing: Yes/No
- l. Wheezing that interferes with your job: Yes/No
- m. Chest pain when you breathe deeply: Yes/No
- n. Any other symptoms that you think may be related to lung problems: Yes/No

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

- a. Heart attack: Yes/No
- b. Stroke: Yes/No
- c. Angina: Yes/No
- d. Heart failure: Yes/No
- e. Swelling in your legs or feet (not caused by walking): Yes/No
- f. Heart arrhythmia (heart beating irregularly): Yes/No
- g. High blood pressure: Yes/No
- h. Any other heart problem that you've been told about: Yes/No

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

- a. Frequent pain or tightness in your chest: Yes/No
- b. Pain or tightness in your chest during physical activity: Yes/No
- c. Pain or tightness in your chest that interferes with your job: Yes/No
- d. In the past two years, have you noticed your heart skipping or missing a beat: Yes/No
- e. Heartburn or indigestion that is not related to eating: Yes/No
- f. Any other symptoms that you think may be related to heart or circulation problems:
Yes/No

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

- a. Breathing or lung problems: Yes/No
- b. Heart trouble: Yes/No
- c. Blood pressure: Yes/No
- d. Seizures (fits): Yes/No

8. If you've used a respirator, have you **ever had** any of the following problems? (If you've never used a respirator, check the following space and go to question 9:)

- a. Eye irritation: Yes/No
- b. Skin allergies or rashes: Yes/No
- c. Anxiety: Yes/No
- d. General weakness or fatigue: Yes/No
- e. Any other problem that interferes with your use of a respirator: Yes/No

9. Would you like to talk to the health care professional who will review this questionnaire about your answers to this questionnaire: Yes/No

Questions 10 to 15 below must be answered by every employee who has been selected to use either a full-facepiece respirator or a self-contained breathing apparatus (SCBA). For employees

who have been selected to use other types of respirators, answering these questions is voluntary.

10. Have you **ever lost** vision in either eye (temporarily or permanently): Yes/No

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

- a. Wear contact lenses: Yes/No
- b. Wear glasses: Yes/No
- c. Color blind: Yes/No
- d. Any other eye or vision problem: Yes/No

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

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

- a. Difficulty hearing: Yes/No
- b. Wear a hearing aid: Yes/No
- c. Any other hearing or ear problem: Yes/No

14. Have you **ever had** a back injury: Yes/No

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

- a. Weakness in any of your arms, hands, legs, or feet: Yes/No
- b. Back pain: Yes/No
- c. Difficulty fully moving your arms and legs: Yes/No
- d. Pain or stiffness when you lean forward or backward at the waist: Yes/No
- e. Difficulty fully moving your head up or down: Yes/No
- f. Difficulty fully moving your head side to side: Yes/No
- g. Difficulty bending at your knees: Yes/No
- h. Difficulty squatting to the ground: Yes/No
- i. Climbing a flight of stairs or a ladder carrying more than 25 lbs: Yes/No
- j. Any other muscle or skeletal problem that interferes with using a respirator: Yes/No

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 if you know them: _____

3. Have you ever worked with any of the materials, or under any of the conditions, listed below:

- a. Asbestos: Yes/No
- b. Silica (e.g., in sandblasting): Yes/No
- c. Tungsten/cobalt (e.g., grinding or welding this material): Yes/No
- d. Beryllium: Yes/No
- e. Aluminum: Yes/No
- f. Coal (for example, mining): Yes/No
- g. Iron: Yes/No
- h. Tin: Yes/No
- i. Dusty environments: Yes/No
- j. Any other hazardous exposures: Yes/No

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? Yes/No

If "yes," were you exposed to biological or chemical agents (either in training or combat):

Yes/No

8. Have you ever worked on a HAZMAT team? Yes/No

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 medications for any reason (including over-the-counter medications): Yes/No

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

11. How often are you expected to use the respirator(s) (circle "yes" or "no" for all answers that apply to you)?:

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

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

a. **Light** (less than 200 kcal per hour): Yes/ No

If "yes," how long does this period last during the average shift: _____ hrs. _____ mins.

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

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

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 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):

Name of the first toxic substance: _____

Estimated maximum exposure level per shift: _____

Duration of exposure per shift: _____

Name of the second toxic substance: _____

Estimated maximum exposure level per shift: _____

Duration of exposure per shift: _____

Name of the third toxic substance: _____

Estimated maximum exposure level per shift: _____

Duration of exposure per shift: _____

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):

[63 FR 1152, Jan. 8, 1998; 63 FR 20098, April 23, 1998]

 [Next Standard \(1910.134 App D\)](#)

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Occupational Safety & Health Administration
200 Constitution Avenue, NW
Washington, DC 20210



James Meester

CMG, 1711 S Highway 75
Pipestone, MN 56164

STEP 1 – PRE-EMPLOYMENT HEALTH ASSESSMENTS – Worthington – AVERA HEALTHWORKS

ADDRESS: 508 10th Street, Worthington, MN 56187

CALL IMMEDIATELY to schedule your Health Assessment and Drug Screen: 507-372-2921, Ask for Kelly, the Clinic Manager. Be sure to say you are with SUZLON. Please arrive early enough to allow time to complete your Health Questionnaire. Allow up to 1 hour for your exam.

STEP 2 – AUTHORIZATION FOR COLLECTION

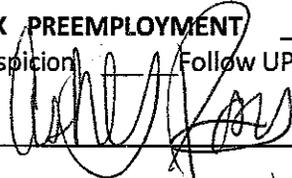
DATE OF TEST: _____

In order to process a laboratory procedure in our facility we are required to obtain a written request signed by a representative from your company for our records. Please complete the company Name and Address and fill in the Employee Name, Date of Birth, Social Security #, Date of Test, Test Requested, and Reason requested and sign the area for company representative.

Name of Employee _____ DOB _____
Social Security # _____ (Month/day/year)

Test Requested: Urine Drug Screen (DOT)
 Urine Drug Screen (NON-DOT)
 Breath Alcohol (DOT)
 Breath Alcohol (NON-DOT)

Reason Requested: Random **PREEMPLOYMENT** Post-accident Other
 Reasonable Suspicion Follow UP Return to Duty

Signature of company Representative  _____

If donor does not have a driver's license or acceptable picture ID, a company rep must accompany the donor to our lab for identification purposes. The donor and the authorized representative must then sign the request to witness the identification of the donor.

INSTRUCTIONS FOR URINE DRUG SCREEN:

1. Donor must bring valid photo ID (Drivers License). If no valid photo ID or acceptable picture available, an authorized representative from company must verify ID of donor.
2. For Drug Screen – Donor must be prepared to give a urine sample for testing.
3. If donor is unable to give urine sample or other sampling issues arise, the donor may be required to remain at the clinic for up to 3 hours.
4. If confirmation testing is necessary, it may take up to one hour to complete testing.
5. A refusal to test, or a positive test, will subject donor to disciplinary action as authorized by DOT regulations or facility drug and alcohol policy.