

**AVERA WORTHINGTON SPECIALTY CLINICS  
GENERAL EMPLOYEE PHYSICAL**

Patient Name: Jose Garza DOB: 6/3/82 DATE: 1/22/08  
 Physical Exam: Wt 175 Ht 61-5 B/P 100/108 P 44  
 General Appearance:  Normal  Abnormal  
 Head:  Normal  Abnormal  
 Eyes:  Normal  Abnormal  
 Distance Vision R 20/30 L 20/20 with/ without corrective lenses Both 20/20  
 Titmus Vision Color Pass Fail  
 Ears:  Normal  Abnormal PERI: L  
 Nose:  Normal  Abnormal R  
 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: SCA (2) BK  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:  Normal  Abnormal  
 Collateral stability, Lachman's:  Normal  Abnormal  
 Inflammation or effusion:  Normal  Abnormal

AudiScope™ Screening Results  40db HL  25db HL  20db HL

Patient \_\_\_\_\_ Tested by \_\_\_\_\_ Date \_\_\_\_\_



4341 State Street Road  
P.O. Box 220  
Skaneateles Falls, NY 13153-0220  
USA

		N = No Response			
		500	1000	2000	4000
		Frequency (Hz)			
Y = Response	Right Ear	X	N	X	Y
	Left Ear	N	Y	Y	Y

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

Physician's Signature: [Signature] Date: 1/22/08

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

X Jose F. Garza 1/22/08  
 (Patient Signature) (Date)



Worthington  
Specialty Clinics

RESPIRATOR MEDICAL RECOMMENDATION

Name: Jose Garcia

SSN: 400-61-4449

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:

X 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:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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 \_\_\_\_\_

*Signature*

1/22/08

\*\*\*\*\*URINALYSIS\*\*\*\*\*

#2-006 01-22-08  
Color: Yellow  
Clarity: Clear  
GLU Negative  
BIL Negative  
KET Negative  
SG >=1.030  
pH 5.0  
PRO Negative  
URO 0.2 EU/dL  
NIT Negative  
BLO Negative  
LEU Negative

body fluid source:

WBC ((200/mm3)  
Crystals (Absent)  
Sed Rate x(0-15) F(0-20)mm/hr  
Retic Count (0.5 - 1.5%)

\*\*\*\*\*CHEMISTRY\*\*\*\*\*

BUN (0 - 100 pg/ml)  
Hgb A1C (3.0 - 6.0%)  
Lead ((10 ug/dl)  
Microalbumin:  
Albumin ((37 mg/L)  
Creatinine ((15 - 500 mg/dl)  
A/C Ratio ((16 mg/dl)  
3 Hr. Glucose Tolerance Tests

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

\*\*\*\*\*COAGULATION\*\*\*\*\*

Bleeding Time (2.3 - 9.5 min.)  
Protime (9.5 - 10.8 sec.)  
INR  
PTT (24 - 33 sec.)

\*\*\*\*\*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)

\*\*\*\*\*NORMALS\*\*\*\*\*

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

\*\*\*\*\*MICROSCOPIC\*\*\*\*\*

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

\*\* REPRINT \*\* REPRINT \*\*

1/22/08 1000 JOSE F BARZA

PR EXAM/LIMITED

PAT .00  
INS .00

DIAGNOSIS CODES

"FIRST DX MUST MATCH FIRST LINE OF OICD."

TX: 6313888 1041 CLARK RD

AVERA WORTHINGTON SPE 060802 25

LAP:  
EDC:

AX: 073319140 JOSE F BARZA

607 349 1302 CLARK RD

1 1711 SO HWY 75 PIPSTONE MN 55164  
SUZLON ROTOR CO  
.00 .00 .00 .00 .00 2 1 0

Reasons: SUZLON URINE DRUG SCREEN & UA  
PTT#1 AT 9 EXAM TO FOLLOW AT  
10 W GJC  
DYN  
Next Apt. 1/22/08, 900

(SN#: 7806067 V4M Version: 4.1.0)

Calibration Date: 01/22/2008

Name: JOSE F. GARZA

Test Date: 01/22/2008

ID: 073-31-91 Age: 25 Sex: M

Technician: S. SPARTZ

Temperature: 23.7 C

Height: 61.5 in Race: Hispanic

Physician: G. CLARK

Pressure: 760.0 mm Hg

Weight: 175.0 lb BMI: 32.5\*

BTPS: 1.08

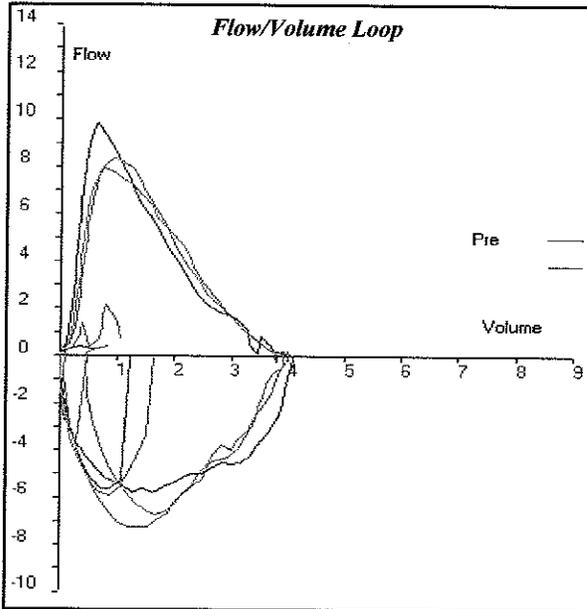
Comments: DX. SUZLON EXAM

Predicted Set: Knudson-1983

Pre-Interpretation: Modified Test Quality: 4 of 6 Effort/Position: Maximal/Sitting Criteria Met: Yes

Normal expiratory flows and a normal FVC. SMOKER 3 CIGS PER DAY.  
SYR. VOL. 3.88 MEA. VOL. 3.83

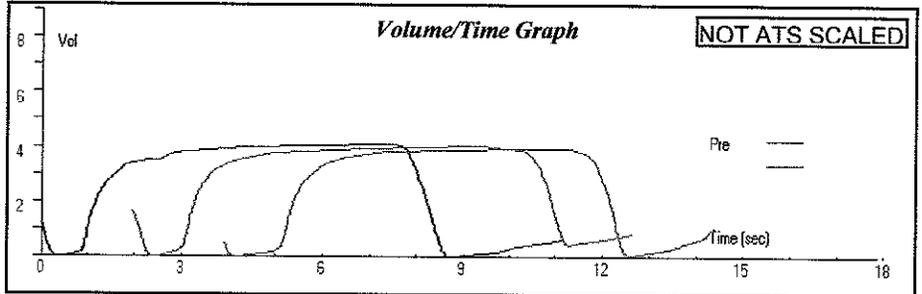
Post-Interpretation: Test Quality: 0 of 0 Effort/Position: Criteria Met: No



Physicians Comments:

*Normal*

Physicians Signature: *[Signature]*



(SN#: 7806067 V4M Version: 4.1.0)

Calibration Date: 01/22/2008

Name: JOSE F. GARZA

Test Date: 01/22/2008

ID: 073-31-91

Age: 25

Sex: M

Technician: S. SPARTZ

Temperature: 23.7 C

Height: 61.5 in

Race: Hispanic

Physician: G. CLARK

Pressure: 760.0 mm Hg

Weight: 175.0 lb

BMI: 32.5\*

BTPS: 1.08

Comments: DX. SUZLON EXAM

Predicted Set: Knudson-1983

Spirometry

## Pre Results

01/22/2008 09:44

<u>Parameter</u>	<u>Predicted</u>	<u>Best: # 4</u>	<u>%Pred</u>
FVC	3.11	4.12	132.53
FEV.5	2.22	2.79	125.82
FEV1	2.67	3.43	128.38
FEV3	3.25	3.98	122.54
PEFR	6.64	10.08	151.73
FEF 25%-75%	3.08	3.32	107.91
FEV1/FVC	0.84	0.83	98.74
FEV3/FVC		0.97	
FET		6.44	

MVV 108.84

<u>Reproducibility:</u>	<u>%</u>	<u>Vol</u>	<u>Cmet</u>
FVC (5% / 200 ml)	2.18	0.09	Y
FEV1 (5% / 200 ml)	0.29	0.01	Y
PEFR (15% / 300 ml)	14.98	1.51	Y

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



U.S. Department of Labor  
Occupational Safety & Health Administration

www.osha.gov

Search



GO Advanced Search | A

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: Jan-22-08

2. Your name: Jose F. Garza

3. Your age (to nearest year): 25

4. Sex (circle one):  Male  Female

5. Your height: 5 ft. 4 in.

6. Your weight: 140 lbs.

7. Your job title: Finish - 3 Fock ? not sure with the name.  
(machinery)

8. A phone number where you can be reached by the health care professional who reviews this questionnaire (include the Area Code): 507 343 1382

9. The best time to phone you at this number: Spanish speaker / morning

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): big one - possibly full-facepiece type

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 *No problems*

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 → Only for work For protection  
 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: resin, pasta,  
Other chemicals don't remember names.

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 not qu
- 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: Can't describe because language barrier

4. List any second jobs or side businesses you have: none

5. List your previous occupations: meat packing Company

6. List your current and previous hobbies: Fethbol Soccer

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 - don't know

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)? yes, don't know which one.

- 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

2  
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: 2nd hrs. 8 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:  
Respirator - Steel toe boots - Overall, glasses, gloves, ear plugs

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):  
Sanding, cutting. necessary to use it all shift.

17. Describe any special or hazardous conditions you might encounter when you're using your respirator(s) (for example, confined spaces, life-threatening gases): yes

7

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):

*Only for security.*

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

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

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

[Back to Top](#)

[www.osha.gov](http://www.osha.gov)

[Contact Us](#) | [Freedom of Information Act](#) | [Customer Survey](#)  
[Privacy and Security Statement](#) | [Disclaimers](#)

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