

**AVERA WORTHINGTON SPECIALTY CLINICS
GENERAL EMPLOYEE PHYSICAL**

No
interp
needed

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

[Signature] 6/3/08
(Patient Signature) (Date)
Patient Name: Rubin Sika DOB: 1/1/70 DATE: 6/3/08

Physical Exam: Wt 178# Ht 73" B/P 118/68 P 62
General Appearance: Normal Abnormal
Head: Normal Abnormal
Eyes: Normal Abnormal
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: Normal Abnormal
Collateral stability, Lachman's: Normal Abnormal
Inflammation or effusion: Normal Abnormal

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

Physician's Signature: [Signature] Date: 6/3/08

SUNDARA C. NALLA, M.D.



RESPIRATOR MEDICAL RECOMMENDATION

Name: Rubin Sika 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:

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, M.D. 6/3/08.

=====URINALYSIS===== HEMATOLOGY=====

#2-014 06-03-08
Color: Yellow
Clarity: Clear
GLU Negative
BIL Negative
KET Negative
SG 1.010
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=====

BNP (0 - 100 pg/ml)
Hgb A1C (3.0 - 5.0%)
Lead ((10 ug/dl)

Microalbumin:

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

3 Hr. Glucose Tolerance Tests

OB Guidelines

Fasting Glucose 95
1/2 Hr. Glucose --
1 Hr. Glucose 100
2 Hr. Glucose 165
3 Hr. Glucose 140

=====COAGULATION=====

Bleeding Time (2.3 - 9.5 min.)
Protime (9.5 - 10.0 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/hpf
EPITH
MUCOUS THREAD
BACTERIA
AMOR. URATES
AMOR. PHOSPHATES
CRYSTALS
YEAST
TRICHOMONAS
OTHER
HANGING DROP
FLUERY
KOH
OCCULT BLOOD
POST VAS CHECK

** REPRINT ** REPRINT **

6/03/08 300p RUBIN W SIKI

PR EXAM/LIMITED

PAT .00
INS .00

DIAGNOSIS CODES

"FIRST DX MUST MATCH FIRST LINE OF DICT."

TX: 6356002 1022 NALLA RD

avera worthington spe 010170 30

LAP:
EOC:

MX: 0025531WC RUBIN W SIKI

507 372 2491 NALLA RD
507 467 2959

X 1711 SOUTH US HWY 75 PIPSTONE MN 56164

SUZLON ROTOR CO

.00 .00 .00 .00 .00 2 3 0

Reasons: SUZLON PHYSICAL

LAB - UA AND DRUG SCREEN AT
130, PFT #1 AT 2, SEEING SCH
AT 3 NO INTERP NEEDED MAP

Next Apt. 6/03/08, 200p

(SN#: 7806067 V4M Version: 4.1.0)

Calibration Date: 06/03/2008

Name: RUBIN SIKA

Test Date: 06/03/2008

ID: 008-25-631 Age: 38 Sex: M

Technician: L. BRANDT

Temperature: 20.9 C

Height: 73.0 in Race: African-American

Physician: S. NALLA

Pressure: 760.0 mm Hg

Weight: 179.0 lb BMI: 23.6

BTPS: 1.09

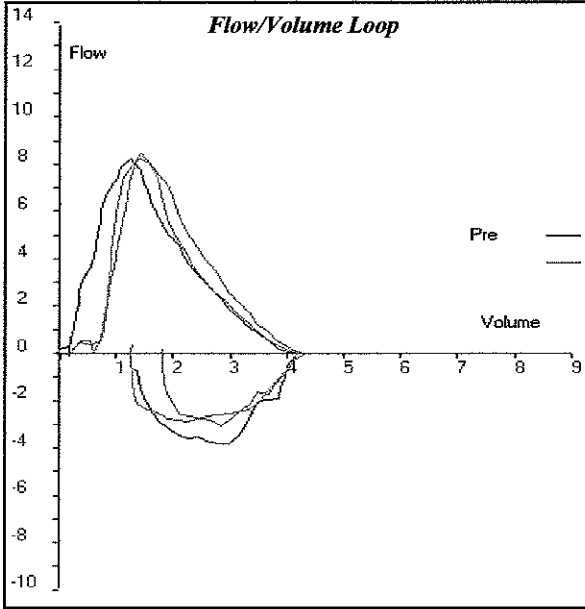
Comments: SUZLON PRE EMPLOY EXAM

Predicted Set: Knudson-1983

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

Normal expiratory flows and a normal FVC. SYR VOL 3.88. MEAS VOL 3.83.

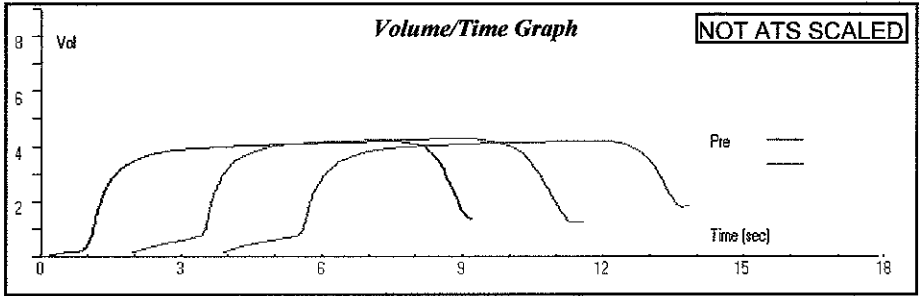
Post-Interpretation: Test Quality: 0 of 0 Effort/Position: Criteria Met: No



Physicians Comments:

Normal study
Chen
6/3/08

Physicians Signature: SUNDARA C. NALLA, M.F.



(SN#: 7806067 V4M Version: 4.1.0)

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Sex: M

Technician: L. BRANDT

Temperature: 20.9 C

Height: 73.0 in

Race: African-American

Physician: S. NALLA

Pressure: 760.0 mm Hg

Weight: 179.0 lb

BMI: 23.6

BTPS: 1.09

Comments: SUZLON PRE EMPLOY EXAM

Predicted Set: Knudson-1983

Spirometry

Pre Results

06/03/2008 13:58

<u>Parameter</u>	<u>Predicted</u>	<u>Best: # 1</u>	<u>%Pred</u>
FVC	4.87	4.20	86.15
FEV.5	2.95	2.90	98.36
FEV1	4.00	3.57	89.25
FEV3	4.47	4.03	90.16
PEFR	8.59	8.69	101.16
FEF 25%-75%	4.11	3.75	91.17
FEV1/FVC	0.83	0.85	102.79
FEV3/FVC		0.96	
FET		6.56	

MVV 129.44

<u>Reproducibility:</u>	<u>%</u>	<u>Vol</u>	<u>Cmet</u>
FVC (5% / 200 ml)	2.14	0.09	Y
FEV1 (5% / 200 ml)	1.68	0.06	Y
PEFR (15% / 300 ml)	2.99	0.26	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: 06/03/08
2. Your name: Rubin William Sika
3. Your age (to nearest year): 01-01-1970
4. Sex (circle one) Male/Female
5. Your height: 60 ft. _____ in.
6. Your weight: 170 lbs.
7. Your job title: Production

8. A phone number where you can be reached by the health care professional who reviews this questionnaire (include the Area Code): 507-372-2491

9. The best time to phone you at this number: 507-4692969

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

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

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

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

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

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

- a. Breathing or lung problems: Yes/No No
- b. Heart trouble: Yes/No No
- c. Blood pressure: Yes/No No
- d. Seizures (fits): Yes/No 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 No
- b. Skin allergies or rashes: Yes/No No
- c. Anxiety: Yes/No No
- d. General weakness or fatigue: Yes/No No
- e. Any other problem that interferes with your use of a respirator: Yes/No 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 No

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

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

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

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

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

14. Have you ever had a back injury: Yes/No 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 No
- b. Back pain: Yes/No No
- c. Difficulty fully moving your arms and legs: Yes/No No
- d. Pain or stiffness when you lean forward or backward at the waist: Yes/No No
- e. Difficulty fully moving your head up or down: Yes/No No
- f. Difficulty fully moving your head side to side: Yes/No No
- g. Difficulty bending at your knees: Yes/No No
- h. Difficulty squatting to the ground: Yes/No No
- i. Climbing a flight of stairs or a ladder carrying more than 25 lbs: Yes/No No
- j. Any other muscle or skeletal problem that interferes with using a respirator: Yes/No 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 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 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 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 No
- b. Silica (e.g., in sandblasting): Yes/No No
- c. Tungsten/cobalt (e.g., grinding or welding this material): Yes/No No
- d. Beryllium: Yes/No No
- e. Aluminum: Yes/No No
- f. Coal (for example, mining): Yes/No No
- g. Iron: Yes/No No
- h. Tin: Yes/No No
- i. Dusty environments: Yes/No No
- j. Any other hazardous exposures: Yes/No No

If "yes," describe these exposures: _____

4. List any second jobs or side businesses you have: N/A

5. List your previous occupations: Wife Wizard

6. List your current and previous hobbies: N/A

7. Have you been in the military services? Yes/No No

If "yes," were you exposed to biological or chemical agents (either in training or combat):
Yes/No No

8. Have you ever worked on a HAZMAT team? Yes/No 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 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 No
- b. Canisters (for example, gas masks): Yes/No No
- c. Cartridges: Yes/No 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 No
- b. Emergency rescue only: Yes/No No
- c. Less than 5 hours per week: Yes/No No
- d. Less than 2 hours per day: Yes/No No
- e. 2 to 4 hours per day: Yes/No No
- f. Over 4 hours per day: Yes/No 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 Yes No

If "yes," how long does this period last during the average shift: 2nd hrs. 40 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 Yes No

If "yes," how long does this period last during the average shift: 2nd hrs. 40 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 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 Yes No

If "yes," describe this protective clothing and/or equipment: Company
UN form

14. Will you be working under hot conditions (temperature exceeding 77 deg. F): Yes/No Yes No

15. Will you be working under humid conditions: Yes/No Yes No

16. Describe the work you'll be doing while you're using your respirator(s):
Just production

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

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: Production
 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):

Protection for only safety-

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

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

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