



CFH Trust Heart Fitness Screening Confirmation

Applicant Firefighter: _____ Employer: _____

Applicant Date of Birth: _____ Date of Test: _____

Applicant Type (Career Full Time, Part Time, or Volunteer): _____

The Firefighter Heart Fitness screening program is intended to provide a basic level test to determine if any further testing is needed. Where an applicant falls into a high-risk level in any two areas, it is then recommended to proceed to an appropriate next level test. The basic required screenings are:

- Resting 12-lead electrocardiogram (ECG)
 - A 12-lead ECG establishes a baseline for the individual and may reveal waveform changes and/or rhythm changes that may require further screening or medical review. There are many changes that do not result in signs and/or symptoms.
- Fasting glucose and lipids with Cholestech equipment or equivalent
 - This requires a finger prick to draw a few drops of blood. The results are available within just a few minutes.
 - Fasting glucose is a helpful screening tool for diabetes and impaired fasting glucose, which is a precursor to diabetes. Diabetes is a risk factor for heart disease.
 - Fasting lipids provide values for total cholesterol, LDL (low density lipoprotein), HDL (high density lipoprotein) and triglycerides. These are risk factors for heart disease.
- Height and weight
 - Height and weight measurements allow for the calculation of body mass index (BMI), a risk factor for heart disease, providing a very rough estimate of body fat composition.
- Waist circumference
 - Waist circumference indicates the amount of abdominal fat deposition. Excess abdominal fat is a risk factor for heart disease.
- Resting blood pressure
 - High blood pressure (hypertension) is a silent killer and a risk factor for heart disease. It has few signs or symptoms until the damage caused by high blood pressure is extensive. Early detection is important for appropriate management.
- Review of family and personal health history
 - Family history is the best screening tool for congenital heart defects. Congenital heart defects often cause early sudden cardiac death.
 - Despite its importance, providing family history will remain optional because of GINA (the Genetic Information Non-discrimination Act).
 - Personal health history will include a questionnaire about common signs and symptoms of heart disease.
- Smoking status

For the purposes of the employer obtaining Firefighter Heart Fitness Grant funds, the below signed hereby certifies that the above described Heart Fitness testing, issues and discussions were completed for the applicant firefighter.

Name of Physician: _____ Name of Clinic/Hospital: _____

Signature of Physician: _____ Date Signed: _____