

**Halifax Regional Fire and Emergency Recruit Medical Exams**

MEDICAL TESTING

The Halifax Regional Municipality Fire Department requires a pre-placement medical evaluation for all fire fighter candidates, regardless of age.

Components of the medical evaluation include:

1. Complete Medical History and Physical Examination

- Candidates must provide complete and accurate information to assessing physician regarding their health history, work history, current health status and the medical history of their family
- Physical examination by the physician includes:
  - Biometrics – Height, weight, blood pressure, pulse, BMI, neck circumference
  - Review of vision, hearing, bloodwork, urinalysis and spirometry results
  - Examination of the following:

Hygiene	Oropharynx & dentition	Lungs / chest	Spine - Cervical
Mental Status / affect	Nasal airways	Heart sounds	Spine - Lumbar
Skin (including scalp)	Neck & Thyroid	Murmurs	Schober’s test
Eyes: pupils / fundi	Upper Extremities - ROM	Abdomen	Joints
Ears: canals & TMs	Lower Extremities - ROM	Inguinal hernia	Gait, station & balance
Hearing (conversational)	Peripheral vascular	Reflexes	

2. Blood Analysis

- Complete blood count, serum chemistry, glucose, lipid panel and liver profile

3. Urinalysis

- Microscopic laboratory analysis

4. Pulmonary Function Testing (Spirometry)

- Results must be interpreted as normal

5. Hearing Testing (Audiogram)

- Must hear a minimum of 30 decibels in each ear at 500Hz, 1000Hz and 2000Hz and have no significant loss in higher frequencies

6. Vision Testing (Titmus)

- Must have 20/30 corrected or uncorrected vision and appropriate color and peripheral vision