



## SOUTH AUSTRALIAN METROPOLITAN FIRE SERVICE

### MEDICAL STANDARD

The following is a list of conditions that are incompatible with firefighting:

**OPHTHALMIC** - Vision less than 6/12 in worst eye unaided, achieving 6/6 binocularly; colour vision - normal on Ishihara plates or trade test on console with no errors. Chronic eye conditions, e.g. iritis, chronic conjunctivitis, cataracts, aphakia, glaucoma, squint, nystagmus, keratitis, abnormal visual fields, night blindness, diplopia, retained intraocular foreign body, history of retinal detachment.

**ENT** - Acute or chronic infection of ear, sinus or mastoid; Meniere's disease, anosmia, aphonia, severe nasal obstruction, severe speech impediment including stammer, perforated eardrum, allergy, severe hayfever necessitating time loss from work.

Firefighters should have a reasonable level of hearing to be aware of changes in engine or road noises which may signal developing problems, and to be aware of firestation loudspeaker announcements, radio transmissions, horns, rail crossings, emergency signals and sirens without compromising safety.

Hearing should be initially evaluated by a simple clinical test (e.g. whisper test). If there is clinical suggestion of hearing loss, then a screening audiogram should be conducted without the use of hearing aids.

Average hearing thresholds should be equal to or better than 40dB in the better ear: (Average hearing threshold is the simple average of pure tone air conduction thresholds at 500, 1000, 2000 and 3000 Hz).

**RESPIRATORY SYSTEM** - Asthma requiring regular medication or treatment with steroids within three years; spirometry with  $FEV_1/FVC < 75\%$  or  $< 75\%$  of predicted for height and age; Pneumothorax - recent or recurrent; chronic obstructive airways disease; Bronchiectasis; active tuberculosis; an active or chronic pulmonary condition.

**CARDIOVASCULAR SYSTEM** - Hypertension. BP resting Systolic  $> 140$ , Diastolic  $> 95$ ; Cardiac disease including current or past history of coronary artery disease, pathological murmur/valvular disease, cardiac failure, organic heart disease, major cardiac arrhythmia, tachycardia (pulse  $> 100$ BPM after 10 minute's rest).

**MUSCULO-SKELETAL** - Chronic backache, recurrent sciatica, disc prolapse, nerve root pressure, significant limitation of spinal movement, spinal or limb deformity or active joint disease associated with significant functional loss; chronic joint disorder, joint instability; ankylosing spondylitis; progressive muscular disorders; radiological evidence of spinal or lower limb degeneration.

**CENTRAL NERVOUS SYSTEM** - Epilepsy or other convulsions; blackouts or fainting attacks; vertigo; any progressive neurological disorder, cerebrovascular disease; recurrent severe headache or migraine.

**GASTROINTESTINAL** - Active peptic ulcer or reflux oesophagitis; bowel disease giving rise to frequent diarrhoea, pain or bleeding including ulcerative colitis, Crohn's disease; hernia, hepatomegaly, liver disease, gall bladder disease, pancreatitis; excess body fat.

**GENITO URINARY** - Recurrent urinary infections; active sexually transmitted disease; urinary incontinence; hydronephritis or polycystic kidney; acute or chronic nephritis; presence in urine of glucose, blood, protein.

**ENDOCRINE** - Diabetes mellitus, acute thyroid, adrenal, parathyroid or pituitary disease.

**HAEMOPOIETIC SYSTEM** - Anaemia, chronic blood disease, lymphadenopathy, splenomegaly, any history of thrombo-embolic disease, bleeding disorders including anticoagulation.

**INFECTIOUS DISEASE** - immune deficiency.

**MALIGNANCY** - any malignancy.

**DERMATOLOGICAL** - Any severe or chronic skin disease, severe facial acne (precluding efficient use of breathing apparatus), pilonidal sinus, severe allergic skin disorders.

**PSYCHIATRIC** - anxiety state, psychosis, neurosis, depressive disorder, confined space disorder, acrophobia.

**HEAD AND NECK** - any deformity of skull or facial bones preventing the proper wearing of protective equipment.

**ALCOHOL OR DRUG ABUSE.**