

## Respiratory Medical Evaluation Questionnaire

This questionnaire and corresponding medical evaluation is required of all employees who may need to don a respirator during the course of their work duties. The questionnaire and medical evaluation must be completed prior to the fit testing and use of such respirator as required by California Code of Regulations Title 8 Section 5144(e) and 29 Code of Federal Regulations 1910.134.

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
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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.
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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).
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1. Today's date: \_\_\_\_\_

2. Your name: \_\_\_\_\_

3. Your age (to nearest year): \_\_\_\_\_

4. Sex (circle one): Male/Female

5. Your height: \_\_\_\_\_ ft. \_\_\_\_\_ in.

6. Your weight: \_\_\_\_\_ lbs.

7. Your job title: \_\_\_\_\_

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

9. The best time to phone you at this number: \_\_\_\_\_

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

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|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----|----|
| 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 |

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.

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|----------------------------------------------------------------------------------|-----|----|
| 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 |
| 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: \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

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 |
| 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: _____                     |     |    |
- 
- 

4. List any second jobs or side businesses you have: \_\_\_\_\_

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5. List your previous occupations: \_\_\_\_\_

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6. List your current and previous hobbies: \_\_\_\_\_

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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
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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
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If "yes," name the medications if you know them:

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10. Will you be using any of the following items with your respirator(s)?

- |                                        |     |    |
|----------------------------------------|-----|----|
| 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

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: \_\_\_\_\_ 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: \_\_\_\_\_  
\_\_\_\_\_

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): \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

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

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): \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_