

Fairweather Anchorage Medical Clinic
 7999 Jewel Lake Rd.
 Anchorage, AK 99502
 (907) 248-8008 Fax (887) 962-4118



Fairweather Deadhorse Medical Clinic
 500 1st St.
 Deadhorse, AK 99734
 (907) 685-1800 Fax (888) 371-9194

Referral Form

Date of Request

Time of Request

EMPLOYEE INFORMATION

First Name Last Name Date of Birth Age
 SSSN
 Home Phone
 Address
 City, State, Zip
 Job Title

EMPLOYER REFERRAL INFORMATION

Company Project ID / Job number
 Address
 City, State, Zip
 Designated Employee Representative (DER)
 DER Phone
 DER Fax
 DER e-mail

EXAMINATION SERVICES

Hazwoper Respirator fit test (identify mask type below)
 DOT CDL North full face North half face
 Post-offer physical - Basic MSA Ultra Elite Drager full face
 Post-offer physical - Intermediate 3M full face 3M Half face
 Post-offer physical - Comprehensive Audiometry Baseline Annual
 Asbestos physical Spirometry or pulmonary function test
 Divers physical Visual function screening (Titmus)
 Aerobic capacity test Carpal Tunnel Screening
 Functional capacity testing (includes Aerobic Capacity)
 Tier / Group 1 Tier / Group 4
 Tier / Group 2 Tier / Group 5
 Tier / Group 3

Special instructions:

DRUG AND ALCOHOL TESTING

Reason for test: Pre-Employment Direct Observation Return to duty Follow up Post-accident Random Reasonable suspicion
 Breath Alcohol Test DOT Non-DOT
 DOT 5 PHMSA Acct#:
 DOT 5 FMCSA Acct#:
 DOT 5 USCG Acct#:
 Hiar Test 5 Panel Acct#:
 Oral Fluid 6 Panel Acct#:
 Non-DOT 5 Panel Acct#: Instant Acct#:
 Non-DOT 7 Panel Acct#: Instant Acct#:
 Non-DOT 10 Panel Acct#: Instant Acct#:
 Non-DOT 12 Panel Acct#: Instant Acct#:

Special instructions:

LAB / IMMUNIZATION / OTHER SERVICES

Urine dip (automated) Comprehensive Metabolic Panel
 Complete Blood Count Lipid
 Ekg 12 lead w/ interp Chest X- Ray
 TB (PPD) skin test Vaccination Hep A
 Vaccination Hep B Vaccination Tetanus-DT
 Influenza (Flu)

Special instructions:

Authorized Representative Signature

Date

Employee to present PHOTO ID at time of service

Referral form may sent to: Clinical e-mail: dac_Fairweather@myupdox.com (received by Anchorage and Deadhorse clinics)

Fax: Deadhorse Clinic Fax - (888) 371-9194

Anchorage Clinic Fax - (887) 962-4118



Explanation of Services

Post-Offer Physical: Basic

Health History review
 Physical exam: Comprehensive physical examination by LHCP
 Vision Screening: Titmus Vision Screener test visual acuity, binocular vision, depth/color perception, muscle balance (horizontal and vertical) and peripheral vision
 Urinalysis (rapid test 10 panel): Screening for metabolic and/or kidney disorders and/or urinary tract infections

Post-Offer Physical: Intermediate

Basic Pre-employment Physical plus:
 Complete Blood Count (CBC): Determines the types and numbers of cells in the blood, specifically red blood cells, white blood cells and platelets.
 Comprehensive Metabolic Panel: Determines kidney and liver function, electrolyte levels, acid/base balance, and levels of blood glucose and blood proteins.
 Lipid Panel: Determines risk of coronary disease. This test has been shown to be a good indicator of whether someone is likely to have a heart attack or stroke.

Post-Offer Physical: Comprehensive

Basic & Intermediate Pre-employment Physicals plus:
 Chest x-ray: Determines acute and/or chronic lung diseased or abnormalities
 Electrocardiogram (ECG): Determines electrical conduction in the heart and a multitude of physical and physiological disorders
 Tuberculosis (TB) Skin Test: Determines TB exposure and active TB infections.

Functional Capacity Test: Tier I

Health History review	Carry 25 lbs. for 15 ft.
Must stand throughout entire evaluation	Aerobic capacity test (Chester Step Test)
Range of Motion evaluation	Sit and Reach test
Lift 25 lbs. from floor to waist	
Lift 25 lbs. from floor to shoulder	

Functional Capacity Test: Tier II

Health History review	Push/Pull 60 lbs. for 20 ft. (sled)
Must stand throughout entire evaluation	Push/Pull 90 lbs. for 20 ft. (cart)
Range of Motion evaluation	Kneel 60 seconds, stand, kneel 60 seconds, stand
Lift 50 lbs. from floor to waist	Squat 60 seconds
Lift 50 lbs. from floor to shoulder	Sit and Reach test
Carry 50 lbs. for 15 ft.	

Functional Capacity Test: Tier III

Health History review	Climb up and down 24 steps while carrying 45 lbs.
Must stand throughout entire evaluation	Climb a slanted ladder 10 rungs – 2 repetitions (self-paced but continuous)
Range of Motion evaluation	Kneel to stand: Kneel 30 seconds, stand, kneel 30 seconds (5 repetitions)
Lift 80 lbs. from floor to knuckle level x2	Squat 60 seconds
Lift 50 lbs. from floor to waist level x2	Crawl for a distance of 20 ft.
Lift 50 lbs. from floor to shoulder level x2	Maneuver through hatch without difficulty
Lift 40 lbs. from floor to head level x2	Sit and Reach test
Carry 75 lbs. with two hands for a minimum distance of 10 ft.	
Pull horizontally with a peak force of 75 lbs. with 2 hands	
Push horizontally with a peak force of 75 lbs. with 2 hands	

HAZWOPER

IAW 29CFR1910.120 and NFPA 1582	Audiogram IAW 29CFR1910.95
Health history questionnaire	Chest XR 2 views
Physical examination by licensed healthcare provider (LHCP)	Vision screening (Titmus, color, depth, peripheral)
Respiratory evaluation IAW 29CFR1910.134	Comprehensive Metabolic Panel
Respirator fit test (multiple masks if necessary)	Complete Blood Count
OSHA respiratory protection questionnaire	Urinalysis
Pulmonary Function Testing	Lipid Panel
EKG	

DOT / CDL

IAW 49CFR391.41

Drug Panels and substances screened for

DOT 5	THC/COC/OPI/PCP/AMP
Non-DOT 5	THC/COC/OPI/PCP/AMP
Non-DOT 7	THC/COC/OPI/PCP/AMP/ALT OPI
Non-DOT 10	THC/COC/OPI/PCP/AMP/BAR/BZO/METHA/PPX/MTD
Non-DOT 12	THC/COC/OPI/PCP/AMP/BAR/BZO/METHA/PPX/MTD/ALT AMP/ALT OPI
Hair Test – 5 Panel	THC/COC/OPI/PCP/AMP
5 Panel Instant	THC/COC/OPI/PCP/AMP
7 Panel Instant	THC/COC/OPI/PCP/AMP/ALT OPI
10 Panel Instant	THC/COC/OPI/PCP/AMP/BAR/BZO/METHA/PPX/MTD
12 Panel Instant	THC/COC/OPI/PCP/AMP/BAR/BZO/METHA/PPX/MTD/ALT AMP/ALT OPI
Oral Fluid 6 Panel	THC/COC/OPI/AMP/METHA
Oral Fluid 10 Panel	THC/COC/OPI/PCP/AMP/BAR/BZO/METHA/PPX/MTD
DOT Breath Alcohol	Alcohol
Non-DOT Breath Alcohol	Alcohol

THC - marijuana, COC - cocaine, OPI - opiates, PCP - phencyclidine, AMP - amphetamine, BAR - barbiturates, BZO - benzodiazepines, MTD - methadone, METHA - methamphetamine, PPX - propoxyphene