

ARNG Occupational Health Exams

Description of Effort: Occupational Health Medical Surveillance examinations (pre-placement, baseline, and termination exams) for Dual Status and Title 5 Technicians within the 54 states and territories. In accordance with Executive Order 12196, Public Law 79-685 and the DoDI 6055.05-M, the ARNG is required to have an Occupational Health Program for Federal Technicians who are exposed to occupational hazards. The ARNG does not possess the organic support staff nor clinics to accomplish the required exams.

1. The contractor will provide occupational health and medical surveillance examinations of dual status civilian workers and title 5 civilians that include but are not limited to the following Standard Occupational Health Exams: pre-placement, baseline, and termination exams. Other occupational Health services/consultations and other exams will be provided upon request.

Definitions of exams IAW 6055.05-M:

A. Pre-placement exams are performed before placement in a specific job to medically assess if the worker would be able to perform the job safely. They may be combined with occupational medical surveillance to record a baseline of values for future comparison. Ideally, these medical examinations should be done before the worker commences work. However, if the individual has already started work, these examinations shall be completed within 60 days of assignment, unless more stringent requirements exist.

B. Baseline examinations are performed before placement in a specific job to obtain baseline measurements for future comparison. As with pre-placement examinations, these medical examinations should be done before the worker commences work, or within 60 days of assignment, unless more stringent requirements exist. Baseline surveillance examinations can often be accomplished at the same time as pre-placement examinations.

C. Termination of Employment Examinations is designed to assess pertinent aspects of a worker's health when the worker leaves employment. Documentation of examination results may be beneficial in assessing the relationship of any future medical problems to a potential exposure in the workplace.

D. Termination of Exposure Examinations is performed when exposure to a specific hazard has ceased. Exposure may cease when a worker is reassigned, a work process is changed, or the worker leaves employment. Termination of exposure examinations are most beneficial when the health effect being screened for is likely to be present at the time exposure ceases.

E. Medical Certification Examinations are performed to determine if an individual meets specific medical fitness standards, such as those promulgated by, but not limited to, the Federal Aviation Administration and Department of Transportation for aviators and commercial drivers. In addition, the examination should determine if the individual can perform the essential duties of the position without endangering self or others. The

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individual is either within all the standards and thus medically qualified, or fails to meet one or more of the standards and thus is not medical qualified.

2. Scope of work/workflow:

A. The ARNG State Occupational Health Nurse (OHN), specialist or representative who is the designated point of contact (POC) requests the exam type and exam components utilizing the OCCHealth Module via an automated voucher system interfaced with the Army Medical Electronic Data Care History and Readiness Tracking System (MEDCHART).

B. A budget function is built into the OccHealth Module to assist with tracking of fund allocations, obligations and balances. Exams for ARNG employees will be scheduled based on the funding allocation within the individual states account. Requests for funding and additional funding for exams will be submitted to the Chief Occupational Health Nurse.

C. The contractor will receive exam requests electronically through the Occhealth module.

D. The contractor will contact employee(s) by phone on the first attempt. Second and third attempt communication will be by email provided within the module. The ARNG State OHN or designated POC will be carbon copied on the second and third attempt emails and these emails will be on separate dates. If the contractor does not receive communication back from the State OHN/POC or the employee within 10 business days, the exam will not be scheduled and request will be closed out within the OccHealth Module.

E. When contact is made with employee, contractor will schedule appointment at nearest clinic that can complete all components of exam ordered through the OccHealth Module. Employees will also be asked questions regarding the specific functional duties of the job which will be documented on the OF 178. Additional questions may be asked or documentation requested for medical concerns specific to exam components listed in the corresponding Medical Matrix Online (MMO). All medical information collected will be specifically collected and evaluated for the purpose of determining the effects of work-related exposures or job duties on the health of the worker.

F. No-shows: within 48hrs of the scheduled appointment that results in a "no-show", an email will be sent to the ARNG State OHN/POC requesting direction regarding rescheduling or canceling the appointment request.

G. Appointment time will be scheduled to allow the employee thirty (30) minutes prior to the physical exam to complete medical forms.

1. All exam components are to be scheduled and completed in one day. Exceptions will be approved by the employee's supervisor.

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2. All pre-placement exams and those marked "Special Handling" will be scheduled within 5 business days from the request. Upon completion these results will be expedited to the ARNG State OHN/POC and uploaded into the OccHealth Module within 10 business from exam completion. Baseline and other exams will be scheduled as soon as possible but within 30 days of exam request input in Occhealth Module.

H. Tests for examinations will be performed on equipment that has been maintained per OSHA and ANSI standards. Technicians performing tests will have the required training/certifications or military equivalent.

I. The examinations will be performed by licensed physicians or other licensed independent practitioners who are knowledgeable in Occupational Medicine. Physicians or practitioners will review test results with examinee and recommend follow up with a private health care provider as appropriate.

J. Contractor will provide exam results and completed paperwork to ARNG State POC within 10 business days from exam completion. Results will additionally be updated into appropriate ARNG digital systems.

K. Contractor will ensure that examinations completed by a licensed independent practitioner (MD, NP or PA) are reviewed by a Board Certified Occupational Medicine physician. Medical determinations and recommendations for clearance will be made using DoDI 6055.05-M as a guide. Pre-placement medical clearance recommendations will be e-mailed or called to the ARNG State OHN/POC within 10 business days after contractor's receipt of the medial record from the examining physician's office.

3. Exam components: Employees in documented OSHA-mandated surveillance program that has been validated by the ARNG State OHN/POC may require specific additional screening as described in the title sections. For these employees, users request any of the following tests by checking the boxes in the OCCHealth Module at the time of the exam request.

A. Audiograms (noise): Completed per the DA Pam 40-501 and the 29 CDR 1910.95. DD2215's will be entered into DOEHS-HC on pre-placement and baseline exams, DD2216's will be completed on Termination exams. Results will also be uploaded into the OccHealth Module for employee baselines and trend analysis.

B. Asbestos: See Appendix E of part 1910.1001 or Reference (f) for chest X-ray schedule and B-reader requirements.

C. Exposures (Heavy Metals):

1). Cadmium (per 29 CFR 1910.1027 and MMO):

- a. blood cadmium (CdB) standardized to liters of whole blood (lwb)
- b. urine Cadmium (CdU) standardized to grams of creatinine (g/Cr)
- c. Urine Beta 2 microglobulin (B(2)-M) standardized to (g/Cr)

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- d. Spirometry
- e. Chest X-ray (baseline/preplacement only)
- d. other tests: complete blood count (CBC), Blood urea nitrogen (BUN)/Creatinine (Cr), Urinalysis (UA) including the determination of albumin, glucose, total and low molecular weight proteins.

2). Hexavalent Chromium: (per 29 CFR 1910.1026 and MMO):

- a. Chest X-ray (PA) (Pre-placement/baseline only)
- b. Spirometry

3). Lead: (per 29 CFR 1910.1025 and MMO):

- a. Blood Lead
- b. Blood Zinc Protoporphyrin (ZPP)
- c. Other tests: CBC, BUN Creatinine and UA completed during (baseline exams only) unless otherwise requested by the ARNG State POC.

4). Benzene: (per 29 CFR 1910.1028 and MMO):

- a. CBC with Diff
- b. Spirometry (baseline only)

D. Respiratory Clearance: per 29 CFR 1910.134

- a. Spirometry (baseline only)

E. Vision Testing (pre-placement and baseline exams)

- a. Near/Far vision (with and without correction)
- b. Depth perception
- c. Color Vision
- d. Peripheral vision
- e. Amsler Grid and Jaeger exams (by request only)

F. Physical Requirements will be determined by the job hazards per OPM and the OF 178. Physical requirements can also be provided by the ARNG State /OHN prior to the scheduling of employee examinations.

4. Post Exam Procedures:

A. Abnormal job related results will be identified and a summary will be sent to the ARNG State POC in form of an "employer" letter within 10 business days from findings (this may be sent digitally. Baseline exam and other exam records (ie. labs, OF

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178) will be provided to ARNG State POC/OHN within 30 days of completion of exams. These results will be uploaded into the OccHealth module, digital copies will be sent to the ARNG State POC/OHN until OccHealth medical records system is constructed. Once OccHealth medical records system is complete, documents will be scanned and indexed in this secure digital platform.

B. Pre-placement exams and supplemental tests will be provided to ARNG State OHN/POC within 10 business days of completion of the exam. Digital copies will be provided and results uploaded into the OccHealth Module.

C. Monthly invoices will be provided to the Chief Occupational Health Nurse at the close of each month.

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