

**OSC 12**  
Ohio Safety Congress & Expo

**WELL AT HOME. SAFE AT WORK.**

**454 Fit for Duty?**

Bruce Preston, Nancy Rodway, MD and Pat Carey, P.T.

Wednesday, March 28, 1:15 to 2:15 p.m.

**Ohio** Bureau of Workers' Compensation

Lake Health

**Fit for Duty**

**Is a pre-placement physical enough?**

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**Nancy V Rodway MD MS MPH**

Medical Director Occupational Services and Ambulatory Centers  
Lake Health

Lake Health

**Todd Arganti BA RRT RCP**

Professional Outreach Representative  
Occupational Services  
Lake Health

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**Local Ambulance Service**

- Increase in transport-related injuries
- Injuries in seemingly healthy employees
- Existing pre-placement testing protocol with job descriptions

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What is going wrong?

**OBESITY**

Lake Health **Engineering Controls**



Lake Health **SLIPP**



Lake Health **Bariatric cot**



Lake Health **Stryker Stair Chair for stair assists**



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What is going wrong?

**OBESITY**

Lake Health **Fitness for Duty**

- Preplacement
  - Rubber stamp pre-placement exam
- Retaining those employees who annually maintain job readiness

**Lake Health** **The Key System**

- Job Performance Assessment and Functional Capacity Evaluation system
- Managed and run by Athletic Trainers
- Static and mobile units
- Objective measure of physical capability



**Lake Health** **US DOL Physical Demand Characteristics of Work**

PHYSICAL DEMAND LEVEL	OCCASIONAL 33% OF DAY	FREQUENT 34-66% DAY	CONSTANT >66% OF DAY	ENERGY REQUIRED (TREADMILL)
SEDENTARY	10 LBS	NEGLIGIBLE	NEGLIGIBLE	1.5-2.1 METS
LIGHT	20 LBS	10 LBS and/or Walk, stand, push, pull of arm, leg controls	NEGLIGIBLE and/or push, pull of arm/leg controls seated	2.2-3.5 METS
MEDIUM	20-50 LBS	10-25 LBS	10 LBS	3.6-6.3 METS
HEAVY	50-100 LBS	25-50 LBS	10-20 LBS	6.4-7.5 METS
VERY HEAVY	OVER 100 LBS	OVER 50 LBS	OVER 20 LBS	OVER 7.5 METS

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**Occupational Information Network**



<http://www.onetonline.org/>

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**US Department of Labor  
Occupational Outlook Handbook**



<http://www.bls.gov/oco/>

**Lake Health** **Results**

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## ALPHA program

Adults living to be physically active

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## Pilot Program

### Firefighters

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Questions/comments?

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Thank you

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