

Guidelines and Instructions for a Mobile Equipment Physical

Dear Mobile Equipment Driver:

Welcome to Spartanburg Regional Corporate Health! Your employer has designated our Corporate Health team to provide your mobile equipment physical (forklifts, etc). To better serve you, the following guidelines and instructions will ensure your physical will go more smoothly. Please comply with the following:

- Have baseline knowledge of your current medical condition(s) and history such as surgeries, interventions, or other ongoing medical problems. Bring any medical records related to your medical conditions as appropriate for the physical. Pay special attention to any treatment related to seizures, diabetes, thyroid, hypertension, sleep apnea, or cardiac concerns. You may be required to undergo additional testing such as cardiac stress or sleep testing.
- Sleep apnea. Please bring a copy of your C-PAP usage/compliance report from your sleep specialist certifying compliance and effectiveness. CPAP records should show 3 months or more of data, acceptable compliance with CPAP is at least 4 hours/day of use 70% of days.
- Bring all medications or a list of the medications and dosages with you. Narcotics, benzodiazepines, schedule II medications, and other chronic pain medicines may indicate a need for further evaluation. It would be helpful if you are able to provide a letter from your treating provider for any of the above medications that states you are free of any significant adverse effects from the medications for driving.
- Please be prepared to give a urine specimen for testing and/or possible drug testing. The urine specimen may be tested for glucose(sugar) to check for diabetes or blood/protein for kidney disease. If the urine specimen is positive for glucose, a finger stick for blood glucose (blood sugar) is required. *Do not eat excessive sweets or meals prior to arrival as this may elevate your blood sugar.*
- An eye examination is part of the exam process. Please bring your current eyeglasses or contacts with you to ensure an accurate assessment of your vision.



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- A driver who requires insulin to control diabetes may require more detailed evaluation. It would be helpful to have a letter from your treating clinician stating you are cleared to operate mobile equipment as well as all associated records, including three months of glucometer readings within 45 days of the physical to be evaluated by the provider.
- Your blood pressure will be measured. If it is elevated, you may be required to return for further readings or referred to your primary care provider for evaluation and possible treatment. *Consuming caffeine, decongestants, energy drinks, heavy salt foods or smoking prior to your arrival may elevate your blood pressure.*
- A hearing test (audiogram) or whisper test is required. If you routinely wear hearing aids, please bring them with you. If you have seen an audiologist for a significant hearing problem, please bring documentation regarding your audiologist's evaluation and ability to operate mobile equipment.
- Valid picture identification that is government or work issued is required. Social security cards are unacceptable.
- Bring all appropriate paper work that your company provides you to the exam. Also, please fill out all pertinent sections such as the medical history prior to arriving.

If you have any questions regarding your mobile equipment physical, please contact your employer for assistance.

Thank you,

SRHS Corporate Health Team