

**TITLE 270. OKLAHOMA FIREFIGHTERS PENSION AND RETIREMENT SYSTEM
CHAPTER 10. FIREFIGHTERS PENSION AND RETIREMENT PLAN**

270:10-1-5. Medical conditions affecting ability to safely perform essential job functions

(a) Medical conditions that can affect a candidate's ability to safely perform essential job ~~functions~~shall functions shall be designated either Category A or Category B.

(b) Candidates with Category A medical conditions shall not be certified as meeting the medical requirements for entrance into the System.

(c) Candidates with Category B medical conditions shall be certified as meeting the medical requirements for entrance into the System only if they can perform the essential job functions without posing a significant safety and health risk to themselves, members, or civilians.

(d) Candidates with one or more Category B medical conditions present upon entry into the System may be eligible for consideration of a disability pension, whether in the line of duty or not in the line of duty, related to the same Category B condition or conditions listed in the candidate's medical certification, but only to the extent that competent medical evidence is presented to support the certification of said disability request and that such medical evidence supports that the injury, or condition, giving rise to the disability occurred after employment as a firefighter with a participating municipality.

(e) The following describe the Category A and Category B conditions as they relate to a candidate's ability to safely perform the essential job functions of a firefighter:

(1) Head.

(A) Category A medical conditions shall include the following:

(i) ~~Defect~~Any defect of the skull preventing helmet use or leaving any underlying brain unprotected from trauma.

(ii) Any skull or facial deformity that would not allow for a successful respiratory facepiece fit test.

(iii) Any head condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Deformities of the skull such as depressions or exostoses.

- (ii) Deformities of the skull associated with evidence of disease of the brain, spinal cord, or peripheral nerves.
 - (iii) Loss or congenital absence of any of the bony substance of the skull.
 - (iv) Any other head condition that may result in a person not being able to safely perform essential job functions.
- (2) Neck.
 - (A) Category A medical conditions shall include the following:
 - (i) Any neck condition that results in a person not being able to safely perform essential job functions.
 - (ii) Reserved.
 - (B) Category B medical conditions shall include the following:
 - (i) Thoracic outlet syndrome.
 - (ii) Congenital cysts, chronic draining fistulas, or similar lesions.
 - (iii) Contraction of neck muscles.
 - (iv) Any other neck condition that may result in a person not being able to safely perform essential job functions.
- (3) Eyes and Vision.
 - (A) Category A medical conditions shall include the following:
 - (i) Far visual acuity ~~less~~worse than 20/40 binocular, corrected with contact lenses or spectacles or far visual acuity ~~less~~worse than 20/100 binocular for wearers of hard contacts or spectacles, uncorrected.
 - (ii) Color perception. ~~Monochromatic~~ monochromatic vision resulting in inability to use imaging devices.
 - (iii) Monocular vision.
 - (iv) Any eye condition that results in a person not being able to safely perform essential job functions.
 - (B) Category B medical conditions shall include the following:
 - (i) Diseases of the eye such as retinal detachment, progressive retinopathy, or optic neuritis.

- (ii) Ophthalmological procedures such as radial keratotomy, Lasik procedure, or repair of retinal detachment.
 - (iii) Peripheral vision in the horizontal meridian of less than 110 degrees in the better eye or any condition that significantly affects peripheral vision in *both* eyes.
 - (iv) Amblyopia.
 - (iv) Any other eye condition that may result in a person not being able to safely perform essential job functions.
- (4) Ears and hearing.
- (A) Category A medical conditions shall include the following:
- (i) Chronic vertigo or impaired balance as demonstrated by the inability to tandem gait walk.
 - (ii) On audiometric testing, average hearing loss in the unaided better ear ~~greater,~~ without the aid of a hearing assistance device, worse than 40 decibels (dB) at 500 Hz, ~~1000Hz~~ 1000 Hz, 2000 Hz, and 3000 Hz when audiometric device is calibrated to ANSI Z24.5.
 - (iii) Any ear condition ~~(or hearing impairment)~~ that results in a person not being able to safely perform essential job functions.
- (B) Category B medical conditions shall include the following:
- (i) Unequal hearing loss.
 - (ii) Average uncorrected hearing deficit at the test frequencies ~~500Hz~~ 500 Hz, 1000 Hz, 2000 Hz, and 3000 Hz ~~greater~~ worse than 40 decibels (dB) in *either* ear.
 - (iii) Atresia, stenosis, or tumor of the auditory canal.
 - (iv) External otitis.
 - (v) Agenesis or traumatic deformity of the auricle.
 - (vi) Mastoiditis or surgical deformity of the mastoid.
 - (vii) ~~Mènière's syndrome,~~ Mènière's disease, labyrinthitis, or tinnitus.
 - (viii) Otitis media.

- (ix) Any other ear condition ~~(or hearing impairment)~~ that may result in a person not being able to safely perform essential job functions.
- (5) Dental.
- (A) Category A medical conditions shall include the following:
 - (i) Any dental condition that ~~may result~~results in a person not being able to safely perform essential job functions.
 - (ii) Reserved.
 - (B) Category B medical conditions shall include the following:
 - (i) Diseases of the jaw or associated tissues.
 - (ii) Orthodontic ~~applicances~~appliances.
 - (iii) Oral tissues, extensive loss.
 - (iv) Relationship between the mandible and maxilla that interferes with satisfactory postorthodontic replacement or ability to use protective equipment.
 - (v) Any other dental condition that may result in a person not being able to safely perform essential job functions.
- (6) Nose, oropharynx, trachea, esophagus, and larynx.
- (A) Category A medical conditions shall include the following:
 - (i) Tracheostomy.
 - (ii) Aphonia.
 - (iii) Any nasal, ~~oropharyngeal~~oropharyngeal, esophageal, or laryngeal condition that results in a person not being able to safely perform essential job functions.
 - (B) Category B medical conditions shall include the following:
 - (i) Congenital or acquired deformity.
 - (ii) Allergic rhinitis.
 - (iii) Epistaxis, recurrent.
 - (iv) Sinusitis, recurrent.
 - (v) Dysphonia.
 - (vi) Anosmia.
 - (vii) Tracheal stenosis.
 - (viii) Nasopharyngeal polyposis.
 - (ix) Any other nasal, ~~oropharyngeal~~oropharyngeal, esophageal, ~~or~~ laryngeal condition, or obstructive apneas (e.g., sleep apnea), if unresponsive to treatment, that

may result in a person not being able to safely perform essential job functions.

(7) Lungs and chest walls.

(A) Category A medical conditions shall include the following:

(i) Active hemoptysis.

(ii) ~~Empyema~~ Current empyema.

(iii) Pulmonary hypertension.

(iv) Active tuberculosis.

(v) Obstructive lung diseases (e.g., emphysema, chronic bronchitis, asthma, etc.) with an FEV1/FVC ~~of less than 0.750.70~~, with both FEV1 FVC below normal (~~less than 0.80%~~) as defined by the American Thoracic Society.

(vi) Hypoxemia - ~~Oxygen~~ oxygen saturation less than 90% at rest (exercise testing indicated when resting oxygen is less than 94% but more than 90%). Evaluate VO2 max as described by the American College of Sports Medicine (ACSM).

(vii) ~~Asthma - Reactive airways,~~ including reactive airway disease requiring bronchodilator or corticosteroid therapy at least once in the previous 2 years. A candidate who has in the past required bronchodilator, corticosteroid, or anti-inflammatory therapy for asthma but who does not believe he/she has asthma shall may be evaluated by a pulmonologist or other expert in asthmatic lung diseases, such as an allergist, and may be determined to determine the no longer have asthma if all the following criteria are met:

(I) The candidate denies bronchospasm during exertion, temperature/humidity extremes, or irritant exposures.

(II) The candidate denies the use of bronchodilator rescue medications during exertion, temperature/humidity extremes, or irritant exposures.

~~(I)~~ (III) The candidate's Asthma asthma has resolved without symptoms off medications for not required systemic corticosteroids, emergency room treatment, or hospital admission in the past 2 years.

~~(II)~~ (IV) If allergic, allergen avoidance or desensitization desensitization has been successful.

~~(III)~~ (V) Spirometry demonstrates adequate reserve (FVC and FEV1 greater or equal to 90 percent) and no bronchodilator response measured off all bronchodilators on the day of testing.

~~(IV)~~ (VI) Normal or negative response (less than 20% decline in FEV1) to provocative challenge testing using [e.g., cold air, exercise (12 METS), or methacholine. (PC²⁰ PC20 greater than 8 is considered normal, as response at dose greater than 8mg/ml might not be clinically significant), histamine, mannitol, or hypertonic saline, or negative response to exercise challenge.

~~(V)~~ (VII) Challenge testing shall be performed off all anti-inflammatory medications (e.g., inhaled or oral steroids or leukotriene receptor antagonists) for 4 weeks preceding the test, off all antihistamines (e.g., oral allergy medications) for 1 week, and off all bronchodilators on the day of testing.

(viii) Lung transplant.

(ix) Obstructive sleep apnea with excessive daytime sleepiness, unless all the following criteria are met:

(I) Successful treatment.

(II) Documentation of CPAP compliance, sleep study with an oral appliance, or of sleep study after surgery.

(III) No excessive daytime sleepiness with treatment.

(x) Any other pulmonary condition that results in the candidate not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Pulmonary resection surgery, chest wall surgery, ~~and Pneumothorax~~ or pneumothorax.

(ii) Pleural effusion.

(iii) Fibrothorax, chest wall deformity, ~~and/or~~ diaphragm abnormalities.

(iv) Interstitial lung disease.

(v) Pulmonary vascular diseases or history of pulmonary embolism.

(vi) Bronchiectasis.

- (vii) Infectious diseases of the lung or pleural space.
- (viii) Cystic fibrosis.
- (ix) Central or obstructive apnea.
- (x) Any other pulmonary condition that may result in a person not being able to safely perform essential job functions.

(8) Heart.

(A) Category A medical conditions shall include:

- (i) ~~Coronary~~Clinically significant coronary artery disease, including a history of myocardial infarction, angina pectoris, coronary artery bypass surgery, coronary angioplasty, and similar procedures.
- (ii) ~~Cardiomyopathy or congestive heart failure, including signs or symptoms of~~comprised~~compromised~~ left or right ventricular function, including dyspnea, S3 ~~dallop~~gallop, peripheral edema, enlarged ventricle, abnormal ~~ejection~~ejection fraction, and/or inability to increase cardiac output with exercise.
- (iii) Acute pericarditis, endocarditis, or myocarditis.
- (iv) Syncope, recurrent.
- (v) ~~A~~Any medical condition requiring an automatic implantable cardiac defibrillator, unless the condition no longer requires an automatic implantable cardiac defibrillator, or any medical history of ventricular tachycardia or ventricular fibrillation due to ischemic or valvular heart disease, or cardiomyopathy.
- (vi) Third-degree atrioventricular block.
- (vii) Cardiac pacemaker, if the candidate is pacemaker dependent.
- (viii) ~~Idiopathic~~Hypertrophic cardiomyopathy or idiopathic hypertrophic subaortic stenosis.
- (ix) Heart transplant.
- ~~(ix)~~(x) Any cardiac condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

- (i) Valvular lesions of the heart, including prosthetic valves.
- (ii) Recurrent ~~suprventricular~~supraventricular or atrial tachycardia, flutter or fibrillation.

- (iii) Left bundle branch block.
- (iv) Second-degree atrioventricular block in the absence of structural heart disease.
- (v) Sinus pause more than 3 seconds.
- (vi) Ventricular arrhythmia (history or presence of multi-focal PVC's or non-sustained ventricular tachycardia on resting EKG with or without symptoms); history or presence of sustained ventricular tachycardia with or without symptoms.
- (vii) ~~History of congenital abnormality~~Cardiac hypertrophy.
- (viii) History of congenital abnormality.
- (ix) Chronic pericarditis, endocarditis, or myocarditis.
- (x) Brugada syndrome.
- (xi) Long QT syndrome.
- (xii) Arrhythmogenic right ventricular cardiomyopathy.
- (xiii) Cardiac pacemaker if the candidate is not pacemaker dependent.
- (xiv) Coronary artery disease other than listed in (e) (8) (A) (i) of this section.
- ~~(x)~~(xv) Any other heart condition that may result in a person not being able to safely perform essential job functions.

(9) Vascular ~~System~~system.

(A) Category A medical conditions shall include the following:

- (i) Hypertension with evidence of end organ damage or not controlled by approved medications.
- (ii) Thoracic or abdominal aortic aneurysm.
- (iii) Carotid artery stenosis or obstruction resulting in more than 50 percent reduction in blood flow.
- (iv) Peripheral vascular disease resulting in symptomatic claudication.
- (v) Any other vascular condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

- (i) ~~Vasopastic~~Vasospastic phenomena such as Raynaud's phenomenon.
- (ii) Thrombophlebitis and varicosities.

- (iii) Chronic lymphedema due to lymphadenopathy or venous valvular incompetency.
 - (iv) Congenital or acquired lesions of the aorta or major vessels.
 - (v) Circulatory instability as indicated by orthostatic hypotension, persistent tachycardia, and peripheral vasomotor disturbances.
 - (vi) History of surgical repair of aneurysm of heart or major vessel.
 - (vii) Any other vascular condition that may result in a person not being able to safely perform essential job functions.
- (10) Abdominal organs and gastrointestinal system.
- (A) Category A medical conditions shall include the following:
 - (i) Presence of uncorrected inguinal/femoral hernia ~~regardless of symptoms, if symptomatic.~~
 - (ii) Any gastrointestinal condition that results in a person not being able to safely perform essential job functions.
 - (B) Category B medical conditions shall include the following:
 - (i) Cholecystitis.
 - (ii) Gastritis.
 - (iii) GI bleeding.
 - (iv) Acute hepatitis.
 - (v) Hernia including the following:
 - (I) Uncorrected umbilical, ventral, or incisional hernia if significant risk exists for infection or strangulation.
 - (II) Significant symptomatic hiatal hernia if associated with asthma, recurrent pneumonia, chronic pain, or ulcers.
 - (III) Surgically corrected hernia >more than 3 months after surgical correction.
 - (vi) Inflammatory bowel disease or irritable bowel syndrome.
 - (vii) Intestinal obstruction.
 - (viii) Pancreatitis.
 - (ix) Diverticulitis.
 - (x) History of gastrointestinal surgery.
 - (xi) Peptic or duodenal ulcer of Zollinger-Ellison syndrome.
 - (xii) Asplenia.
 - (xiii) Cirrhosis, hepatic or ~~biliary~~biliary.
 - (xiv) Chronic active hepatitis.

(xv) Any other gastrointestinal condition that may result in a person not being able to safely perform essential job functions.

(11) Metabolic syndrome.

(A) Category A medical conditions shall include the following:

(i) Metabolic syndrome with an aerobic capacity less than 12 METs.

(B) Category B medical conditions shall include the following:

(i) Metabolic Syndrome with an aerobic capacity 12 METs or greater.

~~(11)~~ (12) Reproductive System Reproductive system.

(A) Category A medical conditions shall include the following:

(i) Any genital condition that results in a person not being able to safely perform essential job functions.

(ii) Reserved.

(B) Category B medical conditions shall include the following:

(i) Pregnancy, for its duration.

(ii) Dysmenorrhea.

(iii) Endometriosis, ovarian cysts, or other gynecologic conditions.

(iv) Testicular or epididymal mass.

(v) Any other genital condition that may result in a person not being able to safely perform essential job functions.

~~(12)~~ (13) Urinary system.

(A) Category A medical conditions shall include the following:

(i) Renal failure or insufficiency requiring continuous ambulatory peritoneal dialysis (CAPD) or hemodialysis.

(ii) Chronic kidney disease of Stage 4 or greater (glomerular filtration rate (GFR) less than 1 oz/min (30 ml/min)).

~~(ii)~~ (iii) Any urinary condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Diseases of the kidney.

(ii) Diseases of the ureter, bladder, or prostate.

(iii) Any other urinary condition that may result in a person not being able to safely perform essential job functions.

~~(13)~~ (14) Spine and Axial Skeleton.

(A) Category A medical conditions shall include the following:

(i) Scoliosis of thoracic or lumbar spine with angle more than or equal to 40 degrees.

(ii) History of spinal surgery fusion of two or more vertebrae or rods that are still in place.

(iii) Any spinal or skeletal condition producing sensory or motor deficit(s) or pain due to ~~radiculopathy~~ radiculopathy or nerve root compression.

(iv) Any spinal or skeletal condition causing pain that frequently or recurrently requires narcotic analgesic medication.

(v) Cervical vertebral fractures with multiple vertebral body compression greater than 25 percent; evidence of posterior element involvement, nerve root damage, disc involvement, dislocation (partial, moderate, severe), abnormal exam, ligament instability, symptomatic, and/or less than 6 months post injury or 1 year since surgery.

(vi) Thoracic vertebral fractures with vertebral body compression greater than 50 percent; evidence of posterior element involvement, nerve root damage, disc involvement, dislocation (severe-with or without surgery), abnormal exam, ligament instability, symptomatic, and/or less than 6 months post injury or 1 year since surgery.

(vii) Lumbosacral vertebral fractures with vertebral body compression greater than 50 percent; evidence of posterior element involvement, nerve root damage, disc involvement, dislocation (severe-with or without surgery), abnormal exam, ligament instability, symptomatic, and/or less than 6 months post injury or 1 year since surgery.

(viii) Any spinal or skeletal condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

- (i) Congenital or developmental malformations of the back.
- (ii) Scoliosis with ~~ange~~ → angle less than 40 degrees.
- (iii) Arthritis of the cervical, thoracic, or lumbosacral spine.
- (iv) Facet atrophism, high lumbosacral angle, hyperlordosis, Schmorl's nodes, Scheuermann's disease, spina bifida occulta, spondylolisthesis, spondylolysis, or transitional vertebrae.
- (v) History of infections or infarcts in the spinal cord, epidural space, vertebrae, or axial skeletal joints.
- (vi) History of laminectomy or diskectomy or vertebral fractures.
- (vii) Any spinal or skeletal condition that may result in a person not being able to safely perform essential job functions.

~~(14)~~ (15) Extremities.

- (A) Category A medical conditions shall include the following:
 - (i) Bone hardware such as metal plates or rods supporting the bone during healing.
 - (ii) History of total joint replacement.
 - (iii) Amputation or congenital absence of upper extremity limb (hand or higher).
 - (iv) Amputation of either thumb proximal to the mid-proximal phalanx.
 - (v) Amputation or congenital absence of lower extremity limb (foot or above).
 - (vi) Chronic nonhealing or recent bone grafts.
 - (vii) History of more than one dislocation of the shoulder without surgical repair or with history of recurrent shoulder disorders within the last 5 years with pain or loss of motion, and with or without radiographic deviations from normal.
 - (viii) Any extremity condition that results in a person not being able to safely perform essential job functions.
- (B) Category B medical conditions shall include the following:
 - (i) History of shoulder dislocation with surgical repair.
 - (ii) Significant limitation of function of shoulder, elbow, wrist, hand, or finger, due to

- weakness, reduced range of motion, atrophy, unequal length, absence, or partial amputation.
- (iii) Significant lack of full motion of hip, knee, ankle, foot, or toes due to weakness, reduced range of motion, atrophy, unequal length, absence, ~~and~~ partial amputation.
- (iv) History of meniscectomy or ligamentous repair of knee.
- (v) History of intra-articular, malunited, or nonunion of upper or lower extremity fracture.
- (vi) History of osteomyelitis, septic, or rheumatoid arthritis.
- (vii) Any other extremity condition that may result in a person not being able to perform essential job functions.

~~(15)~~ (16)

Neurological disorders.

(A) Category A medical conditions shall include the following:-

- (i) All single unprovoked seizures and epileptic conditions, including simple partial, complex partial, generalized, and psychomotor seizure disorders other than the seizure disorders meeting all the following conditions:
 - (I) No seizures for the most recent consecutive 5 years after single unprovoked seizure.
 - (II) No seizures for the most recent consecutive 10 years if the applicant was diagnosed with epilepsy.
 - (III) Currently on a stable regimen of antiepileptic drugs for the most recent 5 years, or on no antiepileptic drugs for the most recent 5 years.
 - (IV) Normal neurological examination results.
 - (V) Normal brain MRI results.
 - (VI) Normal awake and asleep photic stimulation and hyperventilation EEG study results.
 - (VII) A definitive statement from a qualified neurological specialist that the candidate meets these criteria and is neurologically able to perform the essential job functions of a firefighter.

~~(i)~~ (ii) Ataxias of heredo-degenerative type.

~~(ii)~~ (iii) Cerebral arteriosclerosis as evidenced by a history of transient ischemic attack, reversible ischemic neurological deficit, or ischemic stroke.

~~(iii)~~ (iv) Hemiparalysis or paralysis of a limb.

~~(iv)~~ (v) Multiple sclerosis with activity or evidence of progression within previous 3 years.

~~(v)~~ (vi) Myasthenia gravis with activity or evidence of progression within previous 3 years.

~~(vi)~~ (vii) Progressive muscular dystrophy or atrophy.

~~(vii)~~ (viii) Uncorrected cerebral aneurysm.

~~(viii)~~ A candidate with epileptic conditions shall have had complete control during the previous 5 years and to be medically qualified a candidate shall meet all of the following:

~~(I)~~ No seizures for 1 year off all anti-epileptic medication or 5 years seizure free on a stable medical regimen.

~~(II)~~ Neurologic examination is normal.

~~(III)~~ Imaging (CAT or MRI scan) studies are normal.

~~(IV)~~ Awake and asleep EEG studies with photic stimulation hyperventilation are normal.

~~(V)~~ A definitive statement from a qualified neurological specialist that the candidate meets the specified above and that the candidate is neurologically cleared for firefighting training and the performance of essential job functions.

(ix) Dementia (e.g., Alzheimer's and other neuro-degenerative diseases) with symptomatic loss of function or cognitive impairment (e.g., less than or equal to 28 on Mini-Mental Status Exam).

(x) Parkinson's disease and other movement disorders resulting in uncontrolled movements, bradykinesia, or cognitive impairment (e.g., less than or equal to 28 on Mini-Mental Status Exam).

(xi) Narcolepsy with cataplexy.

(xii) Narcolepsy with persistent excessive daytime sleepiness despite medical treatment.

(xiii) Amyotrophic lateral sclerosis (ALS).

~~(*)~~(xiv) Any neurological condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Congenital malformations.

(ii) Migraine.

(iii) Clinical disorders with paresis, dyscoordination, deformity, abnormal motor activity, abnormality of sensation, or complaint of pain.

(iv) History of subarachnoid or intraparenchymal ~~hemmerage~~hemorrhage.

(v) Abnormalities from recent head injury such as severe cerebral contusion or concussion.

(vi) Provoked seizure.

~~(vi)~~(vii) Any other neurological condition that may result in a person not being able to safely perform essential job functions.

~~(16)~~(17) Skin.

(A) Category A medical conditions shall include the following:

(i) Metastatic or locally extensive basal or squamous cell carcinoma or melanoma.

(ii) Any dermatologic condition that would not allow for a successful respiratory facepiece test.

(iii) Any dermatologic condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Skin conditions of a chronic or recurrent nature (~~eszema, cysticaene, e.g.,~~ eczema, cystic acne, or psoriasis) that cause skin openings or inflammation or irritation of the skin surface.

(ii) Surgery or skin grafting.

(iii) Mycosis fungoides.

(iv) ~~Curanious~~Cutaneous ~~lupus erthematosus~~ lupus erythematosus.

(v) Raynaud's phenomenon.

(vi) Scleroderma (skin).

(vii) Vasculitic skin lesions.

(viii) Atopic dermatitis/eczema.

(ix) Contact or seborrheic dermatitis.

(xi) ~~Albinism-Darriers Disease, Ichthyosis Marfan's Syndrome, Neurofibromatosis, Darier disease, ichthyosis, Marfan syndrome,~~ neurofibromatosis, and other genetic conditions affecting the skin.

(xii) ~~Folliculitis, Pseuropseudo-folliculitis, Miliaria, Keloid folliculitismiliaria, keloid folliculitis.~~

(xiii) ~~Hidradenitis suppurativa, Furuncles, Carbuncles~~ furuncles, carbuncles, or Grade IV acne (cystic).

(xiv) ~~Mechano-Bullous Disorders (Epidermolysis Bullosa, Hailey Pemphigus, Porphyria, Pemphigoid)~~ Mechanobullous disorders (including epidermolysis bullosa, Hailey pemphigus, porphyria, and/or pemphigoid).

(xv) ~~Urticaria or Angiedema~~ angioedema.

(xvi) Any other skin condition that may result in a person not being able to safely perform essential job functions.

~~(17)~~ (18) Blood and blood-forming organs.

(A) Category A medical conditions shall include the following:

(i) Hemorrhagic states requiring replacement therapy.

(ii) Sickle cell disease (homozygous).

(iii) Clotting disorders.

(iv) Any other hematological condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Anemia.

(ii) Leukopenia.

(iii) Polycythemia vera.

(iv) Splenomegaly.

(v) Any other hematological condition that results in a person not being able to safely perform essential job functions.

(vi) History of ~~thrombocytopenic~~ thromboembolic disease.

~~(18)~~ (19) Endocrine and metabolic disorders.

(A) Category A medical conditions shall include the following:

(i) Type 1 diabetes mellitus unless a candidate meets all of the following criteria:

(I) Is maintained by a physician knowledgeable in current management of diabetes mellitus on a basal/bolus (can include subcutaneous insulin fusion pump) regimen using insulin analogs.

(II) Has demonstrated over a period of at least 1 year the motivation and understanding required to closely monitor and control capillary blood glucose levels through nutritional ~~therapy~~ and therapy and insulin administration. Assessment of this shall take into consideration the erratic meal schedules, sleep disruptions, and high aerobic and anaerobic workloads intrinsic to firefighting.

(III) Has dilated retinal exam by a qualified ophthalmologist or optometrist that shows no higher grade of diabetic retinopathy than microaneurysms, as indicated on the International Clinical Diabetic Retinopathy Disease Severity Scale.

(IV) Has normal renal function based on a calculated creatinine clearance greater than ~~60mL~~ 60 mL/min and absence of proteinuria.

(Creatinine clearance can be calculated by use of the Cockcroft-Gault or similar formula. Proteinuria is defined as 24-hour urine excretion of greater than or equal to ~~300mg~~ 300 mg of protein or greater than or equal to ~~300mg~~ 300 mg of albumin per gram of creatinine in a random sample).

(V) Has no automatic or peripheral neuropathy. (Peripheral neuropathy is determined by diminished ability to feel the vibration of a ~~129~~ 128 cps tuning fork or the light touch of 10-gram monofilament on the dorsum of the great toe proximal to the nail. ~~autonomic~~ Autonomic neuropathy might be determined by evidence of gastroparesis, postural hypotension, or abnormal tests of heart rate variability.)

(VI) Has normal cardiac function without evidence of myocardial ischemia on cardiac stress testing (to at least 12 METS) by ECG and cardiac imaging.

- (VII) Has a signed statement from an endocrinologist knowledgeable in management of diabetes mellitus as well as the essential job functions and hazards of firefighting as described in Section 270:10-1-7 of the administrative rules that the candidate is (1) is being successfully maintained on a regimen consistent with ~~(18)~~(19) (i) (I) and (II), (2) has achieved stable control of blood glucose as evidenced by ~~Hemoglobin~~hemoglobin A1C consistently less than 8 when monitored at least twice yearly and shall include evidence of a set schedule for blood glucose monitoring and a thorough review of the data from such monitoring, (3) does not have an increased risk of hypoglycemia due to alcohol use of other predisposing factors, (4) has had no episodes of severe hypoglycemia (defined as requiring assistance of another) in the preceding 1 year, with no more than one episode of severe hypoglycemia in the preceding 5 years, and (5) is certified not to have a medical contraindication to firefighting training and operations.
- (ii) Insulin-~~requiring~~Typerequiring Type 2 diabetes mellitus, unless a candidate meets all of the following criteria:
- (I) Is maintained by a physician knowledgeable in current ~~Management~~management of diabetes mellitus.
 - (II) Has demonstrated over a period of at least 3 months the motivation and understanding required to closely monitor and control capillary blood glucose levels through nutritional therapy and insulin administration. Assessment of this shall take into consideration the erratic meal schedules, sleep disruption, and high aerobic and anaerobic workloads intrinsic to firefighting.
 - (III) Has a dilated retinal exam by a qualified ophthalmologist or optometrist that show no higher grade of retinopathy than microaneurysms, as indicated on the

International Clinical Diabetic Retinopathy Disease Severity Scale.

(IV) Has normal renal function based on a calculated creatinine clearance greater than 60 mL/min and absence of proteinuria.

(Creatinine clearance can be calculated by use of the ~~Codroft~~Cockcroft-Gault or similar formula. Proteinuria is defined as 24-hour urine excretion of greater than or equal to ~~300mg~~300 mg protein or greater than or equal to ~~300mg~~300 mg of albumin per gram creatinine in a random sample).

(V) Has no autonomic or peripheral neuropathy. (Peripheral neuropathy is determined by diminished ability to feel the vibration of 128 cps tuning fork or the light touch of a 10-gram monofilament on the dorsum of the great toe proximal to the nail. Autonomic neuropathy can be determined by evidence of gastroparesis, postural hypotension, or abnormal tests of heart ~~ratevariability~~rate variability).

(VI) Has normal cardiac function without evidence of myocardial ischemia on cardiac stress testing (to at least 12 METS) by ECG and cardiac imaging.

(VII) Has signed statement from an endocrinologist knowledgeable in management of diabetes mellitus as well as the essential job functions and hazards of firefighting as described in Section 270:10-1-7 of the administrative rules that the candidate is (1) maintained on a stable insulin regimen and has demonstrated over a period of at least 3 months the motivation and understanding required to closely monitor and control capillary blood glucose levels ~~despit~~despite varied activity schedules through nutritional therapy and insulin administration, (2) has achieved stable control of blood glucose as evidenced by Hemoglobin A1C less than 8 when monitored at least twice yearly, which must include evidence of a set schedule for blood glucose monitoring and a thorough review of the data from such monitoring, (3) ~~Does not~~does not

have an increased risk of hypoglycemia due to alcohol use or other predisposing factors, (4) has had no episodes of severe hypoglycemia (defined as requiring assistance of another) in the preceding 1 year with no more than one episode of severe hypoglycemia in the preceding 5 years, and (5) is certified not to have a medical contraindication to firefighting training and operations.

(iii) Any endocrine ~~or~~ metabolic condition that results in a person not being able to safely perform job functions.

(B) Category B medical conditions shall include the following:

(i) Diseases of the adrenal gland, pituitary gland, parathyroid gland, or thyroid gland of clinical significance.

(ii) Nutritional deficiency diseases or other metabolic disorder.

(iii) Diabetes mellitus, not on insulin therapy, but controlled by diet, exercise, and/or hypoglycemic agents unless all ~~of~~ the following are met:

(I) Has achieved a stable blood glucose as evidenced by Hemoglobin A1C level less than 8 during the prior ~~3-month~~3-month period.

(II) If on oral hypoglycemic agents, has had no episodes of severe hypoglycemia (defined as requiring assistance of another) in the preceding year.

(III) Has dilated retinal exam by a qualified ophthalmologist or optometrist that shows no higher grade of diabetic retinopathy than microaneurysms, as indicated on the International Clinical Diabetic Retinopathy Disease Severity Scale.

(IV) Has normal renal function based on a calculated creatinine clearance greater than ~~60mL~~60 mL/min and absence of proteinuria. (Creatinine clearance can be calculated by use of the Cockcroft-Gault or similar formula. Proteinuria is defined as 24-hour urine excretion of greater than or equal to ~~300mg~~300 mg protein or greater than or equal

to ~~300mg~~300 mg of albumin per gram of creatinine ~~is in~~ a random sample).

(V) Has no autonomic or peripheral neuropathy. ~~Peripheral neuropathy is determined by diminished ability to feel the vibration of a 128 cps tuning fork or the light touch of a 10-gram monofilament on the dorsum of the great toe proximal to the nail. Autonomic neuropathy can be determined by evidence of gastroparesis, postural hypotension, or abnormal tests of heart rate variability.~~

(VI) Normal cardiac function without evidence of myocardial ischemia on cardiac stress testing (to at least 12 METS) by ECG and cardiac imaging.

(iv) Any other endocrine or metabolic condition that may result in a person not being able to safely perform essential job functions.

~~(19)~~ (20) Systemic diseases and miscellaneous conditions.

(A) Category A medical conditions shall include the following:

(i) Any systemic condition that results in a person not being able to safely perform essential job functions.

(ii) Reserved.

(B) Category B medical conditions shall include the following:

(i) Connective tissue disease, such as dermatomyositis, systemic lupus erythematosus, scleroderma, and rheumatoid arthritis.

(ii) History of thermal, chemical, or electrical burn injury with residual functional deficit.

(iii) Documented evidence of a predisposition ~~to, or history of,~~ heat stress illness with recurrent episodes or resulting injury, rhabdomyolysis, metabolic acidosis, or exertion-related incapacitation.

(iv) Any other systemic condition that may result in a person not being able to safely perform essential job functions.

~~(20)~~ (21) Tumors and malignant diseases.

(A) Category A medical conditions shall include the following:

(i) Malignant disease that is newly diagnosed, untreated, or currently being treated.

(ii) Any tumor or similar condition that results in a person not being able to safely perform essential job functions.

(B) Category B medical conditions shall include the following:

(i) Benign tumors.

(ii) History of CNS tumor or malignancy.

(iii) History of head and neck malignancy.

(iv) History of lung cancer.

(v) History of GI or GU malignancy.

(vi) History of bone or soft tissue tumors or malignancies.

(vii) History of hematological malignancy.

(viii) Any tumor or similar condition that may result in a person not being able to safely perform essential job functions.

~~(21)~~ (22) Psychiatric conditions.

(A) Category A medical conditions shall include the following:

(i) Any psychiatric condition or substance abuse problem, or a history of either, if, after a current evaluation by a psychiatrist, it is determined that results in a person not being the candidate is not able to safely perform the essential job functions.

~~(ii) Reserved~~

(B) Category B medical conditions shall include the following:

(i) A history of Any psychiatric condition or substance abuse problem, or history of either, if, after a current evaluation by a psychiatrist, it is determined that the candidate is able to safely perform the essential job functions.

(ii) Requirement for medications A requirement for any medication that increase increases an individual's risk of heat stress, or other interference otherwise interferes with the ability to safely perform essential job functions.

~~(iii) Any other psychiatric conditions that may result in a person not being able to safely perform essential job functions.~~

~~(22)~~ (23) Chemicals, drugs, and medications.

(A) Category A medical conditions shall include the following:

- (i) ~~Narcotics~~ Use of narcotics, including methadone.
- (ii) ~~Sedative~~ Use of sedative-hypnotics.
- (iii) ~~Drugs~~ Use of drugs that prolong Prothrombin Time, Partial Thromboplastin Time ~~the~~ prothrombin time, partial thromboplastin time or INR.
- (iv) ~~Beta~~ Use of beta-adrenergic blocking agents, high dose diuretics, or central Acting ~~acting~~ antihypertensive agents (e.g., clonidine).
- (v) ~~Respiratory~~ Use of respiratory medications: ~~Inhaled, such as inhaled bronchodilators, inhaled leukotriene receptor corticosteroids, systemic corticosteroids, theophylline, or leukotriene receptor blockers/antagonists.~~ (e.g., montelukast).
- (vi) ~~Any~~ Use of any chemical, drug, or medications ~~medication~~ that results in a person not being able to safely perform essential job functions.
- (vii) Evidence of illegal drug use detected through testing, ~~conducted in accordance with the Substance Abuse and Mental Health Service Administration (SAMHSA), shall be a Category A medical condition.~~
- (viii) Evidence of clinical intoxication or measured blood alcohol level that exceeds the legal definition of intoxication according to the AHJ at the time of medical evaluation ~~shall be a Category A medical condition.~~
- (ix) ~~High~~ Use of high dose corticosteroids for chronic disease.
- (x) ~~Anabolic~~ Use of anabolic steroids.

(B) Category B medical conditions shall include the following:

- (i) ~~Cardiovascular~~ Use of cardiovascular agents.
- (ii) ~~Simulants~~ Use of Stimulants.
- (iii) ~~Psychiatric~~ Use of psychiatric medications.
- (iv) ~~Other~~ Use of other than high-dose systemic corticosteroids.
- (v) ~~Antihistamines~~ Use of antihistamines.
- (vi) ~~Muscle~~ Use of muscle relaxants.
- (vii) Use of leukotriene receptor antagonists (e.g., montelukast) to treat allergies that do not affect the lower respiratory system.

~~(vii)~~ (viii) ~~Any~~ Use of any other chemical, drug, or medication that results in a person not being able to safely perform essential job functions.

270:10-1-6. Physical performance/agility test

(a) Any person being considered as a candidate for a position of a paid firefighter shall, pursuant to title 11 O.S. §49-116, complete and pass a minimum physical performance/agility test (an "Agility Test") based upon the following standards established by the State Board. ~~The requirements for the test may be incorporated into an objective evaluation as to An~~ Agility Test evaluates whether a candidate can perform the essential job functions of a firefighter as described in Section 270:10-1-7 of these rules., if equivalent to the requirements listed in subsection (c) of this section and with prior approval by the State Board of the performance test. The results of a completed and verified Agility Test shall be submitted to the pension office with the application for membership and will become part of the candidate's pension records.

(b) The candidate shall sign a waiver and release on a form acceptable to the State Board that releases the State Board of any and all liability from injuries incurred as result of the attempting or completing an physical performance/agility test Agility Test.

(c) ~~There shall be a minimum of six functions that shall be verified when the candidate is tested. The physical performance/agility test shall be part of the candidate's pension records.~~ In order to evaluate the candidate's ability to perform the essential job functions of a firefighter as described in Section 270:10-1-7 of these rules, and pursuant to title 11 O.S. 49-116, the State Board requires that each candidate successfully complete either one of the two following Agility Tests no more than twelve (12) months before the actual hire date of the candidate:

(1) A Candidate Physical Ability Test (CPAT) from a jurisdiction licensed by the International Association of Firefighters (IAFF) or;

(2) A test consisting of the following six functions performed sequentially:

~~(1)(A)~~ One of the following:

~~(A)~~ (i) Run 1 1/2 miles within 13 minutes.

~~(B)~~ (ii) Walk 3 miles within 38 minutes.

~~(C)~~ (iii) Bicycle 4 miles within 12 minutes.

- ~~(D)~~ (iv) Swim 500 yards within 8 minutes and 20 seconds.
- ~~(E)~~ (v) Run in place 75 steps per minute for 15 minutes.
- ~~(F)~~ (vi) Run on motorized horizontal treadmill at 10 miles per hour for 6 minutes.
- ~~(G)~~ (vii) Climb stairs consisting of 10 steps at 9 round trips per minute for 9 minutes.
- ~~(2)~~ (B) ~~The candidate shall perform 35 bent-knee sit-ups within 2 minutes.~~
- ~~(3)~~ (C) ~~The candidate shall complete one~~ One of the following:
- ~~(A)~~ (i) Flexed arm hang-minimum time: 8 seconds (palms away).
- ~~(B)~~ (ii) Pull-ups minimum: 7 (palms away).
- ~~(C)~~ (iii) Push-ups (standard)-minimum: 25.
- ~~(4)~~ (D) ~~The candidate, given~~ Walk the length of a beam (secured to a level floor and measuring 20 ft. (6m) long by 3 to 4 in. (76 to 102mm) wide), and given while carrying a length of fire hose weighing at least 20lb. (9 kg.) 20 lbs. (9 kg), shall walk the length of the beam, carrying the length of hose, without falling off, or stepping off, the beam.
- ~~(5)~~ (E) ~~The candidate, given~~ Lift a weight of 125 lb. (57 kg.) 125 lbs. (57 kg) shall lift the weight from the floor and carry the weight it 100 ft. ~~(305 m)~~ (30.5 m) without stopping.
- ~~(6)~~ (F) ~~The candidate, starting~~ Starting from an erect position with feet apart, ~~the distance closely approximately shoulder width, shall~~ apart, move a 15 lb. (7 kg.) weight in the following manner: bend over, grasp the weight with both hands while it is at a point on the floor between the feet, ~~and lift the eightweight to waist level, then place the weight on the floor approximately 12 in. (305 mm) outside the left foot, and without letting go, raise the weight to waist level and touch it to the floor about 12 in. (305 mm) outside the right foot. The weight shall then be moved alternately in this fashion from outside the left foot, to waist level, to outside the right, right waist level to left foot; repeating until~~ the weight has been moved 7 times in each direction with the total horizontal distance of travel being at least 21 in. ~~(610533 mm)~~ more than the space between the feet for each of the 14 moves. This shall be done, with the entire task completed in less than 35 seconds.

270:10-1-7. Description of essential functions of all eligible firefighters

(a) To be eligible for entrance into the System as a paid firefighter, a candidate must meet minimum medical, physical performance, and agility requirements which that reflect the ability of the candidate to perform the essential job functions of fire suppression, prevention and life safety as set forth in title 11 O.S. §49 100.1, et seq. Specifically, title 11 O.S. §49-116 requires the certification of the candidate's ability to perform the essential job functions of all eligible firefighters, as listed in subsection (b) of this section, in both of the following ways:

(1) The successful completion of a pre-employment physical performance/agility test as directed in Section 270:10-1-6 of these rules, and

(2) The successful completion of a physical examination as performed, or reviewed by, the doctor, selected by the State Board, who certifies that such physical examination was performed pursuant to Section 270:10-1-5 of these rules.

(b) The essential job functions of all eligible firefighters reflect the physical, physiological, intellectual, psychological demands of the occupation including, but not limited to,

(1) Performing firefighting functionstasks (e.g., hoseline operations, extensive crawling, lifting and carrying heavy objects, ventilating roofs or walls using power or hand tools, and forcible entry), rescue operations, and other emergency response actions under stressful conditions while wearing personal protective ensembles ("PPE") and self-contained breathing apparatus ("SCBA"), including working in extremely hot or cold environments for prolonged periods of time.

(2) Wearing an SCBA, which includes a demand valve-type positive pressure facepiece or HEPA filter ~~masks~~mask, and which requires the ability to tolerate increased respiratory workloads.

(3) Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases, despite the use of PPE including SCBA.

(4) Climbing 6 or more flights of stairs while wearing ~~fire protective ensemble~~PPE, including SCBA, weighing at least 50 ~~lb~~pounds or more and carrying equipment/ and tools weighing an additional 20 to 40 ~~lb~~pounds.

(5) Wearing ~~fire protective ensemble~~PPE, including SCBA, that is encapsulating and ~~insulating~~.insulated, and which

~~may~~ ~~Wearing this clothing will~~ result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102.2°F (39°C).

(6) ~~Searching~~ While wearing PPE, including SCBA, searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over more than 200 pounds to safety despite hazardous conditions and low visibility.

(7) ~~Advancing~~ While wearing PPE, including SCBA, advancing water-filled hoselines up to 2.5 in. inches in diameter from fire apparatus to occupancy (approximately 150 ft. feet) ÷, which can involve negotiating multiple flights of stairs, ladders, and other obstacles.

(8) ~~Climbing~~ While wearing PPE, including SCBA, climbing ladders, operating from heights, walking or crawling in the dark along narrow and uneven surfaces that may be wet or icy, and operating in proximity to electrical power lines and/or other hazards.

(9) ~~Unpredictable~~ Ability to withstand unpredictable emergency requirements for situations including, but not limited to, prolonged periods of extreme physical exertion without the benefit of warm-up, scheduled rest periods, meals, access to medication(s), or hydration.

(10) Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens.

(11) ~~Critical~~ Ability to make critical, time-sensitive, complex problem solving decisions during physical exertion in stressful, hazardous environments (, including hot, dark, tightly enclosed spaces), that are further aggravated by fatigue, flashing lights, sirens, and other distractions.

(12) Ability to communicate (give and comprehend verbal orders) while wearing PPE and SCBA under conditions of high background noise, poor visibility, and drenching from hoselines and/or fixed protection systems (sprinklers).

(13) Functioning as an integral component of a team, where sudden incapacitation of a member can result in mission failure or ~~in an~~ increased risk of injury or death to civilians or other team members ~~(e.g., two in, two out as described in NFPA 1500.~~

(14) Working in shifts, including during nighttime, that can extend beyond 12 hours.