



Training Solutions, Delivered!

HAZWOPER: Medical Surveillance Programs

**Leader's Guide, Fact Sheet
& Quiz**

This easy-to-use Leader's Guide is provided to assist in conducting a successful presentation.

PREPARING FOR THE MEETING

Here are a few suggestions for using this program:

- a) Review the contents of the Fact Sheet that immediately follows this page to familiarize yourself with the program topic and the training points discussed in the program. The Fact Sheet also includes a list of Program Objectives that details the information that participants should learn from watching the program.
- b) If required by your organization, make an attendance record to be signed by each participant to document the training to be conducted.
- c) Prepare the area and equipment to be used for the training. Make sure the watching environment is comfortable and free from outside distractions. Also, ensure that participants can see and hear the TV screen or computer monitor without obstructions.
- d) Make copies of the Review Quiz included at the end of this Leader's Guide to be completed by participants at the conclusion of the presentation. Be aware that the page containing the answers to the quiz comes before the quiz itself, which is on the final page.

CONDUCTING THE PRESENTATION

- a) Begin the meeting by welcoming the participants. Introduce yourself and give each person an opportunity to become acquainted if there are new people joining the training session.
- b) Introduce the program by its title and explain to participants what they are expected to learn as stated in the Program Objectives of the Fact Sheet.
- c) Play the program without interruption. Upon completion, lead discussions about your organization's specific policies regarding the subject matter. Make sure to note any unique hazards associated with the program's topic that participants may encounter while performing their job duties at your facility.
- d) Hand out copies of the review quiz to all of the participants and make sure each one completes it before concluding the training session.

5132 HAZWOPER: Medical Surveillance Programs FACT SHEET

LENGTH: 10 MINUTES

PROGRAM SYNOPSIS:

Hazardous materials and waste are a part of many work situations and can be found in many types of facilities and job sites. It is very important for employees to know how to recognize these potentially dangerous substances, and how to handle and dispose of them properly. In 1976, the EPA issued the Resource Conservation and Recovery Act (RCRA) to regulate the handling of hazardous waste "from cradle to grave". Since then, other regulations have followed, including OSHA's Interim Final Rule for Hazardous Waste Operations and Emergency Response (HAZWOPER) that gave OSHA the task of protecting HAZMAT workers. As part of these HAZWOPER regulations, there are varying requirements for employee training, depending on the employee's specific level of involvement with hazardous materials. This program will help employees understand how medical surveillance keeps workers who handle hazardous materials safe and healthy.

Topics include definition of medical surveillance and who must undergo it, the five categories of medical surveillance examinations, the written medical opinion and medical records.

PROGRAM OBJECTIVES:

After watching the program, the viewer should:

- Understand the hazards of working with hazardous materials.
- Know the importance of medical surveillance in keeping workers who handle hazardous materials safe and healthy.
- Understand the role permissible exposure limits play in determining the need for continued medical surveillance.
- Recognize how periodic examinations, written medical opinions and medical records are critical components of a comprehensive medical surveillance program.

PROGRAM OUTLINE

WHY CONTAMINATION CAN BE SO DANGEROUS

- **When you work with hazardous materials, your job can be dangerous. You might have to deal with:**
 - Anxiety from a constant, underlying fear of being injured or killed on the job.
 - Respiratory hazards.
 - Heat stress from working under extreme temperatures, wearing personal protective equipment (PPE), or both.
- **But of all the dangers you face, contamination can be the most serious.**
 - Not only can it seriously injure, even kill you. It isn't just your problem alone.
- **If you have been contaminated, you might contaminate others as well. Contamination is an "equal-opportunity" threat. You can spread hazardous material to your:**
 - Coworkers.
 - Family.
 - Friends.
 - Pets.
- **Of course, you would not deliberately spread hazardous materials.**
 - Depending on the type of chemicals that you are handling, you might be contaminated and not know it.
 - You need special help to detect contaminants that you would not be aware of.
- **That's why OSHA'S "Hazardous Waste Operations and Emergency Response" (HAZWOPER) standard requires that you participate in a medical surveillance program.**

DEFINITION OF MEDICAL SURVEILLANCE AND WHO MUST UNDERGO IT

- **But what is "medical surveillance", and how does it help you?**
 - Medical surveillance is a series of medical examinations and tests that OSHA has mandated must be given to employees who work in hazardous materials environments.
- **These examinations have two goals:**
 - To uncover potential threats to your health.
 - To provide you with timely medical treatment, should it be necessary.
- **According to the HAZWOPER regulations, you need medical surveillance if your job meets any of the following criteria.**
- **The first involves your risk of contamination.**

- Every chemical has a "permissible exposure limit" (PEL) that has been set by OSHA.
- The PEL is the maximum recommended exposure level for a hazardous substance.
- If you will be exposed to a chemical at or above its PEL on 30 or more days during a period of twelve consecutive months, you must participate in a medical surveillance program.
- **You must also undergo medical surveillance if:**
 - Your job requires you to wear a respirator on 30 or more days during a one-year period.
 - You are a member of a hazardous materials emergency response team.
 - You have developed health problems as a result of being overexposed to a hazardous substance.

FIVE CATEGORIES OF MEDICAL SURVEILLANCE EXAMINATIONS

- **Medical surveillance examinations fall into five categories:**
 - Pre-employment.
 - Periodic.
 - Termination or reassignment.
 - Emergency.
 - "Additional".
- **Pre-employment screening examinations provide basic information for monitoring your fitness over time.**
 - Think of it as a "snapshot" of the state of your health before you begin your job.
- **For as long as you work with hazardous materials, your company doctor will compare the findings of your pre-employment screening to later exam results.**
 - Information from the screening is also used to determine your ability to perform basic job functions, such as wearing respirators and chemical-protective clothing.
- **The purpose of periodic examinations is to:**
 - Monitor possible changes in the state of your health.
 - Determine what levels of exposure to hazardous materials you might have received while doing your job.
- **The results of these periodic examinations are compared to those of your pre-employment screening exam.**
 - In this way, any health problems that have developed can be caught early and dealt with.
 - OSHA recommends that these periodic exams be conducted at least every year and requires them at least once every two years.
- **You will also be given a medical surveillance examination if you leave your job or if you are reassigned to another site.**
 - If you have developed a medical problem that you didn't have prior to working with the hazardous materials at your site, the results of this exam will allow the doctor to determine what caused the illness as well as what type of treatment you need to receive.
- **If you need immediate medical help, and can't get out of a contaminated area, you will be given an emergency examination where you are.**
 - For example, if you were overcome by fumes and lost consciousness, your company doctor would examine you right where you had fallen, in order to quickly determine what was wrong with you, and whether or not you should be moved.
 - This emergency examination will also provide information for later treatment.
- **Some substances are more of a threat than others. Because of this, "additional examinations" over and above those required by OSHA may be necessary if you are working with these types of materials.**
 - Whether you receive such examinations depends on the specific substances that you deal with at your site.
- **Additional exams can include:**
 - Blood-pressure readings.
 - Neurological exercises.
 - Chest X-rays.
 - Providing blood, urine or stool samples for analysis.
- **No matter what type of medical surveillance examination you have, OSHA requires that every scheduled exam occur at a reasonable time and place.**
 - All job-related exams and tests will be carried out by a licensed physician.
 - All exams will be paid for by your employer.

THE WRITTEN MEDICAL OPINION

- **Following each medical examination, your employer will be provided with the physician's "written medical opinion." This contains:**
 - The results of the exam.
 - A description of any medical condition that would endanger your health if you worked around hazardous materials.
 - A list of job functions that, based on your physical condition, could cause sickness or injury.
 - An assessment of your ability to wear a respirator.
 - A statement that you have been informed of the results of the exam.

- **Your employer will not, however, be informed of any findings unrelated to your job.**
- You will receive a copy of the doctor's written opinion for your own records, including unrelated findings.

MEDICAL RECORDS

- **In addition to medical examinations, recordkeeping is a vital part of medical surveillance.**
- Keeping track of the health of everyone who may be exposed to hazardous materials would be impossible without it.
- **OSHA requires that your medical record include:**
- Your Social Security Number.
- Written opinions from your physician on the state of your health.
- Recommended limitations on your work activities.
- Information on treatments that you are receiving for any medical condition.
- **Your record also contains:**
- The results of all the medical examinations and tests that have been given to you since you began working with hazardous materials.
- A summary of any medical complaints that you might have made.
- Copies of any information that has been provided to your employer by your doctor.
- **The tests and exams required for medical surveillance might seem inconvenient.**
- But keeping tabs on the state of your health, and preventing others from becoming contaminated, is worth a small interruption every now and then!

HAZWOPER: Medical Surveillance Programs

ANSWERS TO THE REVIEW QUIZ

1. a

2. b

3. a

4. b

5. d

6. a

7. b

HAZWOPER: Medical Surveillance Programs
REVIEW QUIZ

Name _____ Date _____

The following questions are provided to determine how well you understand the information presented in this program.

1. If they aren't careful, it is easy for employees who handle hazardous materials to spread contamination to family and friends.
 - a. True
 - b. False

2. PEL stands for "potential environmental liability".
 - a. True
 - b. False

3. "Periodic medical examinations" are used to monitor changes in the health of a hazardous materials worker.
 - a. True
 - b. False

4. It is not necessary to have an "additional medical examination" if you are assigned to a new work site.
 - a. True
 - b. False

5. Which of the following tests may be necessary after handling hazardous materials?
 - a. Blood pressure
 - b. Neurological exercises
 - c. Chest X-rays
 - d. All of the above

6. After a medical examination, you will receive a copy of the doctor's written medical opinion.
 - a. True
 - b. False

7. OSHA does NOT require that your medical records include recommended limitations on your work activities.
 - a. True
 - b. False