

U.S. Army Corps of Engineers (USACE)
DIVER MEDICAL INSTRUCTIONS AND AUTHORIZATION

For use of this form, see ER 385-1-86; the proponent agency is CESO.

DATA REQUIRED BY THE PRIVACY ACT OF 1974

Authority ER 385-1-86, EM 385-1-1, and OSHA subpart T.
Principal Purpose To communicate the authorization of divers for duty.
Routine Uses Information will be shared with the Division/District/Center/Lab Diving Coordinator.
Disclosure Voluntary, however an incomplete form will prohibit the employee from diving.

DO NOT include medical information on this document - Document in accordance with Privacy Act

Diving Physician Instructions: If you have any reservation about the fitness of the candidate/diver to perform rigorous work underwater at depths of up to 110 FSW, then order the medically appropriate tests and specialist consultations to provide data for your clinical fitness for duty decision.

USACE EMPLOYEE INSTRUCTIONS:

Medically Cleared: I will retain a copy of this document and provide it to my Designated Diving Coordinator.

Medically NOT Cleared: I may submit a letter to request an exception to policy in writing within 30 days of the determination by the Diving Physician to USACE Headquarters at hqmedical@usace.army.mil

Applicant Last Name	Applicant First Name	Applicant Middle Name
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Home District	Duty Station Location
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Type of Examination

Initial - New or Break-In-Service: Complete ALL Sections Periodic (all ages) - Annually: Complete Only Sections 1 & 3

SECTION I - COMPLETE FOR ALL EXAMINATIONS (DO NOT INCLUDE REPORT HERE)

Report of Physical Examination: **In Addition to the items listed below, complete a vital signs, cardiovascular, neurology, vision, musculoskeletal, EENT, behavioral, GI, and an overall wellness examination.**

Report of Medical History

Lab: Complete Blood Count (CBC)	Spirometry or Pulmonary Function Test
Lab: Complete urinalysis	Audiogram
Lab: Complete Chemistry (CMP) with HbA1C	12-Lead resting EKG
Lab: Lipid screening	

IF body fat percentage is >23% for males or >34% for females and the Framingham Assessment of Cardiac Risk (published by Grundy et al., 1999) is Moderately-Above Average Risk or High-Risk, THEN complete a cardiac treadmill, a nuclear, or an echocardiographic stress test to 13 METS by Bruce protocol. A successful stress test is valid for a 5-year period, assuming there is no change in cardiac risk.

SECTION II - REQUIRED ADDITIONAL TESTS FOR INITIAL EXAMINATIONS: (DO NOT INCLUDE REPORT HERE)

Sickle Cell screening (only once)	Chest x-ray report
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SECTION III - CERTIFICATIONS:

APPLICANT CERTIFICATION: I will notify my Diving Physician of any changes to my health status that are frequent or last over 8 days. I will also notify my District Diving Coordinator of temporary conditions (<7 days) that require me to be unfit for diving.

If I am found not medically cleared for diving duty, I understand that I am NOT to provide the Diving Physician's disqualification note to my District Diving Coordinator.

Applicant Name	Date	Applicant Signature
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DIVING PHYSICIAN CERTIFICATION: I certify I am a Licensed Physician and hold one of the below competencies:

- I completed formal training that includes the medical assessment of fitness for duty for working divers.
 I have not completed formal training but am knowledgeable and competent in the medical assessment of fitness for duty for working divers.

I have reviewed the attached medical information and have found the applicant named above to be:

- Medically cleared for full working diving duty
 NOT Medically cleared for diving duty. **Please specify the reason(s) in a sealed medical note to the employee.**

DO NOT PROVIDE THE MEDICAL NOTE TO YOUR DISTRICT DIVING COORDINATOR

Diving Physician Name (Required)	Date	Diving Physician Signature
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**U.S. ARMY CORPS OF ENGINEERS
WORKING DIVER
MEDICAL STANDARDS SUMMARY**

Diving Physician: Thank you for the examination and medical recommendation for fitness of the U.S. Army Corps of Engineers employee to successfully work in a working dive environment. This is **NOT A SCUBA DIVER** examination but an examination to assess the fitness of the candidate to dive using a hardhat surface supplied air system and perform rigorous work underwater in cold temperatures. **If you have any reservations about the fitness of the candidate to perform rigorous work underwater, please order the medically appropriate tests and specialist consultations to provide data for your fitness for duty decision.**

Medical Risk to Working Diving Operations:

Certain conditions are considered to potentially disqualify working diving based on the excessive risk to the diver, the team, and/or the mission. Included here are the general medical conditions that affect the ability to dive in a safe manner. The list is not intended to be all-inclusive, and failure to specify a particular condition under this section does not imply the condition is compatible with safe diving. This is a summary, if you wish to have a copy of the full medical standards or have a question email hqmedical@usace.army.mil.

Functional requirements for working diving:

1. Consideration shall be given to the individual's fitness for duty in terms of the function required prior to the diving operations, during the diving operations, and after the diving operations.
2. The individual must possess the abilities, and have the capacity to perform all functions, required by a working diver, as follows:
 - a. Use all fine motor skills required for small/delicate tool work.
 - b. Use all gross motor skills required for large/heavy tool work.
 - c. Communicate effectively using hand signals/rope signals/verbal commands.
 - d. Safely wear all diving garments/gear for hardhat diving operations.
 - e. Possess sufficient health to safely swim 500 yards without stopping, while only using a forward stroke and without using any swim aids such as a dive mask, fins, snorkel, or flotation device.
 - f. Safely work in no-light/low-light conditions and confined spaces.
 - g. Possess equilibrium sufficient for safe walking, swimming, and working diving.
 - h. Withstand hyperbaric environment (not prone to barotrauma of the ear, lung, GI).
 - i. Withstand the decompression environment (not prone to gas embolism/DCS).
 - j. Always maintain full consciousness (not prone to loss of consciousness).
 - k. Maintain a fully-health state (not having diseases that diving could worsen).
 - l. Is mentally resilient, highly adaptable to change, and calm under pressure.

General Medical Conditions that warrant disqualification:

1. Any chronic or acute medical condition or medication that treats a medical condition, which affects the physical performance, adaptability to the depth environment, sound judgment, is progressive in its course, is unpredictable, or may be worsened by the individual's dive activities.
2. Any condition, which poses a potential threat to the health and safety of the individual, their dive team, or the mission.
3. Any condition, which could potentially require any medical management or medical treatment that is beyond the capabilities of a person trained in basic first aid.