



Marlboro Volunteer Fire Department Company 20

14815 Pratt Street, Upper Marlboro, MD 20772

Mailing Address, Marlboro VFD, PO Box 195, Upper Marlboro, MD 20772

Phone: Co. 20 301-883-7720 / 301-952-0938 Fax: 301-952-8942

Prince George's County Fire Commission, Physical Process

All operational volunteer applicants must be able to complete a medical and physical examination that includes blood work, urinalysis, drug screening, X rays, hearing test, lung capacity, and a 12-minute treadmill stress test

DIRECTIONS TO CONCENTRA MEDICAL CENTER FOR TESTING

All physicals will be administered at CONCENTRA MEDICAL CENTER, Ebony Cepeda-Weaver is the contact. 4451Parliament Place, Suite F, Lanham, Maryland 20706, Phone: (301) 459-9117, Fax: (301) 453-1478

From the capital beltway, Take exit 19A to merge onto US-50 E, Take exit 8 for MD-704/M.L. King, Jr Hwy, Turn right onto Parliament Place, Take the first Right onto Parliament Place, follow that around and Turn left onto Parliament Place, Concentra will be on your right

ALL TESTING WILL BE DONE AT THIS LOCATION and SHOULD TAKE LESS THAN (4) FOUR HOURS TO COMPLETE

CLOTHING

Please wear appropriate clothing (Sweat Pants, loose clothing) and running shoes for this appointment as you will be required to complete a treadmill stress test that involves walking quickly / running.

SPECIAL INSTRUCTIONS

PRIOR to the day of your exam you are required to "FAST" (no eating/drinking anything but a sip of water for required meds 8 hours) before your scheduled time or until completion of your blood work.

AFTER your blood work has been taken, CONCENTRA will allow you to bring snacks and a drink to have before your treadmill test – IT IS IMPORTANT to eat or you will not have the energy needed to pass you test, Protein / Protein products are recommended.

***The treadmill stress test can be a grueling test of endurance, if you need to practice here are the inclines, speed and times so you can practice before scheduling your appointment.**

<i>SPEED</i>	<i>INCLINE DEGREES</i>	<i>TIME FRAME</i>
<i>1.7 mph</i>	<i>10</i>	<i>0 - 3 mins</i>
<i>2.4 mph</i>	<i>12</i>	<i>3 - 6 mins</i>
<i>3.2 mph</i>	<i>14</i>	<i>6 - 9 mins</i>
<i>4.2 mph</i>	<i>16</i>	<i>9 - 12 mins</i>

At the end of the 12th minute there will be a brief period where the treadmill will decrease the incline and come to a slow stop

All applicants are to report directly to CONCENTRA at their scheduled appointment time. PLEASE BE ON TIME!

If your physical process does not start within 45 minutes of your appointment time, please contact the Prince George's County Fire Commission Office at 301-583-1914 or 301-583-1941

****IMPORTANT**** If you have any pre-existing medical conditions or take medication for any reason during this process, please have something in writing from your doctor to present to the Concentra staff in order to help aid in the process time and in the evaluating of "passing" your physical