

HEAT MRAP TRAINING PARTICIPANT SCREENING SHEET

NAME (LAST, FIRST MI) _____ SSN: _____ RANK: _____

UNIT _____ AGE _____ DATE OF LAST PHYSICAL _____

TRAINING: INITIAL/REFRESHER _____ MEDICAL STATUS (Profiles): _____

- | | | |
|--|---|---|
| 1. Have you been physically ill in the last two weeks? | Y | N |
| 2. Have you taken any medications in the last 24 hours? | Y | N |
| 3. Are you presently under any medical treatment or (aircrews) have you been medically grounded in the last 30 days? | Y | N |
| 4. Have you had any shots or immunizations in the past 12 hours? | Y | N |
| 5. Have you had any dental work in the past seven days? | Y | N |
| 6. Have you donated blood in the last seven days? | Y | N |
| 7. Have you had less than your normal amount of sleep in the last two nights? | Y | N |
| 8. Have you had any alcohol in the last 12 hours? | Y | N |
| 9. Have you changed your eating habits in the last 24 hours? | Y | N |
| 10. Do you have any physical condition which might be aggravated by this training? | Y | N |
| 11. Have you had any back or joint trouble in the last 30 days? | Y | N |
| 12. Have you had any head, neck, back, or any major previous bone fracture? | Y | N |
| a. If so, have you been released for such activity by a Competent Medical Authority? | Y | N |
| 13. For women: Are you pregnant? | Y | N |
| 14. Do you have any physical condition not noted above? | Y | N |
| 15. Have you ever had a traumatic experience in vehicles and/or do you have any fear associated with being in a tactical vehicle, such as a HMMWV? | Y | N |
| 16. Is there any reason why you should not participate in training today? | Y | N |
| 17. Have you previously requested to drop from any MET/egress training? | Y | N |

Note: If you marked **yes** to any one of these questions, please provide explanation in the section below identifying by number the question to which the reference is made.

If my medical status should change during this course of training, I will immediately report my status to the Lead HEAT Instructor.

Signature

Date