

SPECIAL TEAMS FOG MANUAL – CHECKLIST #14-S
 EFFECTIVE 02/01/10 REVIEWED 6/23/21
HAZARDOUS MATERIALS PPE PHYSICAL EVALUATION FORM

Pulse Scale		
Age	70%	85%
20	154	187
25	140	170
30	137	166
35	133	162
40	130	157
45	126	153
50	123	149
55	119	145
60	116	140
65	112	136

Weight Differential Scale			
Entry #	Exit #	Entry #	Exit #
100	>97	210	>204
110	>107	220	>213
120	>116	230	>223
130	>126	240	>233
140	>136	250	>243
150	>145	260	>252
160	>155	270	>262
170	>165	280	>272
180	>175	290	>281
190	>184	300	>291
200	>194	310	>301