

MEDICAL RECOMMENDATION for MOUNTAIN T.O.P. EMPLOYEE

Return this completed form to:

Mountain T.O.P., Inc.
P.O. Box 128
Altamont, TN 37301

931-692-3999

To Physicians and Their Staff:

This person is an employee at Mountain T.O.P., Inc.. The job includes physical activity such as **lifting lumber & working on minimal sleep** and requires the individual to be outside in a variety of weather conditions. Our year-round staff and the employee's work supervisor use the information provided on this form to guide their interface with the employee. The employee can provide their job's description and list of essential functions to you. If you question the person's suitability for their job, please talk with them about your concerns and develop a plan to address that concern. You can also speak to one of our camp professionals by calling **931-692-3999**. Thank you!

These medications are stocked in our camp's First Aid Kit and will be used to manage illness and/or injury of this employee.

CROSS OUT those that are contraindicated for this person.

- Acetaminophen
- Aloe
- Bismuth Chew Tabs
- Calamine Lotion
- Chlorpheniramine maleate
- Diphenhydramine
- Hydrocortisone Cream
- Ibuprofen
- Kaopectate
- Cough Drops
- Ivy Dry
- Tolnaftate
- Topical Antibiotic Cream
- Pseudoephedrine

Name of Staff Member: _____ Date of Birth: _____

1. List the chronic health problems of this employee: None

Asthma Diabetes

Allergies Other: _____

2. List the prescription medication(s) this person will take while at camp; provide a medical order for administration.

None needed while at camp.

a. _____

b. _____

c. _____

3. List the allergies (food, medication, etc) of this person No known allergies

a. _____ Intolerance Anaphylaxis

b. _____ Intolerance Anaphylaxis

c. _____ Intolerance Anaphylaxis

Note: Our expectation is that the employee will have an EpiPen and know how to use it if anaphylaxis is part of the individual's health profile.

4. Describe other treatments needed by this person to do their job None needed

5. Describe any significant physical findings regarding this person and/or describe any limitations that may impact the employee's job performance.

No significant findings.

6. We may have neglected to ask about something you feel is needed to adequately address this person's health needs. If so, please add your comments below.

No additional comments needed.

Your Signature: _____

Date: _____

By signing this form, you are telling us that, in your opinion, this person is both physically and emotionally ready to participate as an employee at our camp except as noted in your comments.