



MCFRS Officers Meeting

Fire and Rescue Occupational Medical Services

FROMS



2018 Line Officers Meetings



MCFRS Preferred Injury Treatment Process

- Consider sending any minor work related injuries to FROMS: No burns, fractures, or chest pains.
- Can usually see patients quickly & immediately start care process.
- Can complete some of the administrative processes and documentation, easing approval and the payment process.
- Staff can walk personnel through the care process and coordinate return-to-work.
- If injured personnel are not able to come to FROMS or choose not to, please email Capt. Glazier immediately so he can make contact asap.





Megan Lautz - Nutrition

- Station Visits
 - 20 minute roundtable discussion + individual coaching sessions
- Recruit Class/CPAT Mentoring
 - Nutrition presentations
 - Recruit post-workout canteen (fig bar + protein shake)
- Individual Nutrition Consults
 - By appointment – email Megan.Lautz@montgomerycountymd.gov



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Dr. Zingman 240-777-5185

- **NEW! Injury Urgent Care at FROMS**

- On-site diagnosis and treatment of muscle/back sprains, contusions, lacerations
- X-rays on site, Immediate referrals for MRI/Ortho/Neurosurg as needed
- Call Ahead to make sure Dr. Z is in that day

- **Injury Follow-Up**

- By appointment when possible

- **Injury Prevention**

- Station Visits
- 12 Ways to Fitness
- Injury Prevention at FROMS by appointment only

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DID YOU KNOW?

Heart disease is responsible for almost half of line of duty death. Your annual physical is designed to optimize performance and health.

Scott E. Goldstein
Montgomery County Fire Chief



Fire/Rescue Occupational
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