PULMONARY FUNCTION TEST STATION

Q-1: What does this test entail? What is tested at the Pulmonary Function Test (PFT) station?

A-1: You will be instructed to exhale as hard as possible, a total of up to eight times. The three best results will be recorded as your results. Your capacity to forcibly exhale air in one second which is measured by the spirometer against certain predicted values. See the Bureau of Health Services Guidance for Firefighter Candidates Concerning Medical Assessment, which you can find on the FDNY’s Candidate Resources page. The spirometer tests your ability to expand your lungs and breathe out a full breath (Forced Vital Capacity) and the speed at which the air comes out (forced expiratory volume in first second of expiration).

Q-2: What PFT results may require further evaluation?

A-2: Further evaluation will be required if your capacity to forcibly exhale (FVC) and forcibly exhale air in one second (FEV1) is less than 80 percent of the predicted value for your height, gender and race or if the ratio of these two measures (FEV1/FVC) is less than 0.70.

Q-3: Why does my ethnicity matter for this Test?

A-3: Differences in lung capacity, based on race, have been recorded by the Third National Health and Nutrition Examination Survey (1988–1994) (NHANES III).