



To: All AMR Contra Costa County Employees
From: Janice Nath-Studzinski, Administrative Supervisor
Date: September 29, 2022
RE: Q4 2022 F.R.O.S.T. FIT Testing Dates

FIT Testing dates have been set for the 4th Quarter which begins October 1st and ends December 31st.

All employees with the last name beginning **W-Z** or if you have not tested in this calendar year, are required to FIT Test during this time. All below scheduled dates for F.R.O.S.T will be at Concord Operations:

- **Tuesday October 4th 0900-1600**
- **Thursday October 20th 0900-1600**
- **Friday November 4th 0900-1600**
- **Wednesday November 16th 0900-1600**

F.R.O.S.T. representatives are generally not available from 1200-1300 due to a lunch hour on all above listed dates.

To eliminate on-site testing time, all necessary paperwork can be filled out prior to your arrival to Concord Ops. These documents are available at each deployment center.

The Department of Motor Vehicles has available an online system for the Medical Examiners reports to now be submitted electronically. Upon having this documentation completed, you may submit your MEC report via the following link:

<https://www.dmv.ca.gov/portal/dmv-virtual-office/medical-examination-report/>

It is suggested you submit at least 2 weeks prior to the expiration of your current MEC. Be certain to also forward your confirmation page to: Rebecca.Middleton@gmr.net.

****NOTE: Wednesday November 16th is the last scheduled day FROST will be on-site at the local Operations for 2022. There are no additional testing dates for this calendar year.**

Thank you in advance.