



LISA M. GARRETT
DIRECTOR OF PERSONNEL

COUNTY OF LOS ANGELES

DEPARTMENT OF HUMAN RESOURCES

HEADQUARTERS
579 KENNETH HAHN HALL OF ADMINISTRATION • LOS ANGELES, CALIFORNIA 90012
(213) 974-2406 FAX (213) 621-0387

BRANCH OFFICE
3333 WILSHIRE BOULEVARD • LOS ANGELES, CALIFORNIA 90010
(213) 738-2211 FAX (213) 637-0820

Address all correspondence to:
OCCUPATIONAL HEALTH PROGRAMS
3333 Wilshire Boulevard, Suite 1000
Los Angeles, CA 90010
(213) 738-2187
Secure FAX (213) 784-1713

Name

Date of Birth

Your weight and body fat measurements exceed the standards for the position that you are applying for. Your current measurements are:

Weight _____ lbs. Body Fat _____ %

We recommend that you begin a diet and fitness program with the goal of obtaining either a weight of _____ lbs., or a body fat of 22% or less for men/ 33% or less for women.

Please be aware that we do not accept rapid weight loss methods that result in loss of more than 2 lbs. per week.

After you feel you have met either the weight or body fat standard, please return to the clinic that performed your pre-placement medical for a recheck. No appointment is needed; however, clinics may request a courtesy call prior to your visit.

You will not be medically cleared for employment until you meet the weight or body fat standard.

Signature of Applicant

Date