



**MEDICAL EXAMINATION
BUREAU OF FIRE STANDARDS & TRAINING**

THE EXAMINING PHYSICIAN SHOULD BE AWARE OF THE TYPE OF PHYSICAL ACTIVITIES THE STUDENT WILL BE PERFORMING DURING FIREFIGHTING TRAINING. THE EXAMINATION SHOULD REVEAL ANY CONDITION OR DEFICIENCY WHICH WOULD INTERFERE WITH THE PERFORMANCE OF DESCRIBED ACTIVITIES. OF MAJOR CONCERN IS IF THE SAFETY OR HEALTH OF THE STUDENT WOULD BE COMPROMISED BY PERMITTING HIM/HER TO ENGAGE IN THE DESCRIBED TRAINING DUE TO ANY PRE-EXISTING OR CURRENT MEDICAL CONDITION, INJURY, ILLNESS OR DEFICIENCY REVEALED DURING THE MEDICAL EXAMINATION.

ESSENTIAL FIREFIGHTING FUNCTIONS WHICH STUDENTS ARE EXPECTED TO PERFORM, ARE:

1. WEAR PERSONAL PROTECTIVE EQUIPMENT THAT WEIGHS APPROXIMATELY 50 POUNDS WHILE PERFORMING FIREFIGHTING TASKS WHICH WOULD INCLUDE THE LIFTING, CARRYING, AND RAISING OF HEAVY GROUND LADDERS, USING HEAVY EQUIPMENT AND TOOLS TO PERFORM FORCIBLE ENTRY OR VEHICLE EXTRICATION, WORKING WITH HEAVY HOSE LINES THAT HAVE CONSIDERABLE REACTION.
2. PERFORM THE TASKS DESCRIBED IN ITEM #1 AND OTHER PHYSICALLY DEMANDING WORK WHILE WEARING POSITIVE PRESSURE BREATHING EQUIPMENT WITH 1.5 INCHES OF WATER COLUMN RESISTANCE TO EXHALATION AT A FLOW OF 40 LITERS PER MINUTE.
3. WORK FOR LONG PERIODS OF TIME, REQUIRING SUSTAINED PHYSICAL ACTIVITY AND INTENSE CONCENTRATION.
4. MAKE RAPID TRANSITIONS FROM REST TO NEAR MAXIMAL EXERTION WITHOUT WARM-UP PERIODS.
5. TOLERATE EXTREME FLUCTUATIONS IN TEMPERATURE WHILE PERFORMING DUTIES. MUST PERFORM PHYSICALLY DEMANDING WORK IN HOT (400°F) HUMID (100%) ATMOSPHERES WHILE WEARING EQUIPMENT THAT SIGNIFICANTLY IMPAIRS BODY-COOLING MECHANISMS.
6. PERFORM A VARIETY OF TASKS ON SLIPPERY, HAZARDOUS SURFACES, SUCH AS ROOFTOPS OR FROM LADDERS.
7. RELY ON SENSES OF SIGHT, HEARING, SMELL AND TOUCH TO HELP DETERMINE THE NATURE OF THE EMERGENCY, MAINTAIN PERSONAL SAFETY, AND MAKE CRITICAL DECISIONS IN A CONFUSED, CHAOTIC, AND POTENTIALLY LIFE-THREATENING ENVIRONMENT THROUGHOUT THE DURATION OF THE OPERATION.

- 3. CARDIOVASCULAR SYSTEM
- 4. RESPIRATORY SYSTEM
- 5. GASTROINTESTINAL SYSTEM
- 6. GENITOURINARY SYSTEM
- 7. ENDOCRINE AND METABOLIC SYSTEMS
- 8. MUSCULOSKELETAL SYSTEM
- 9. NEUROLOGICAL SYSTEM

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IF THERE ARE ANY ABNORMALITIES NOTED DURING THE EXAMINATION OR EKG, A WRITTEN CLARIFICATION OF THE EXTENT AND TYPE OF ABNORMALITY MUST ACCOMPANY THE MEDICAL EXAMINATION. IT IS IN THE BEST INTEREST OF THE STUDENT THAT THE EXAMINING PHYSICIAN CAREFULLY NOTE ALL ABNORMALITIES WHICH MIGHT PREDISPOSE THE STUDENT TO INJURY OR AGGRAVATION OF THE CONDITION BECAUSE OF THE NATURE OF THE TASKS REQUIRED OF A FIREFIGHTER STUDENT.

COMMENT ON ABNORMALITIES: _____

BASED ON THE RESULTS OF THIS MEDICAL EVALUATION, THE STUDENT
 _____ **MEDICALLY FIT TO ENGAGE IN FIREFIGHTER TRAINING.**
IS – IS NOT

 PHYSICIAN'S NAME (PRINT)

 PHYSICIAN'S SIGNATURE

 DATE

 PHYSICIAN'S OFFICE ADDRESS

 TELEPHONE NUMBER