

Firefighter Medical Exam

(to be completed by licensed physician, or MD)

Name: _____
Height: ____' ____" Weight: _____ lbs. Student is able to send verbal messages ☐ yes ☐ no Vision
Status: Right Eye: 20/____ Left Eye: 20/____ Corrected: _____
Blood Pressure: ____/____ Pulse Rate: _____

	Normal	Abnormal	If abnormal, explain
1. Skin	☐	☐	_____
2. Head & Neck	☐	☐	_____
3. Eyes	☐	☐	_____
4. Ears, Nose, Throat	☐	☐	_____
5. Teeth & Mouth	☐	☐	_____
6. Lungs & Chest	☐	☐	_____
7. Cardiovascular	☐	☐	_____
8. Abdomen & Lymphatics	☐	☐	_____
9. Genitalia/Hernia	☐	☐	_____
10. Orthopedic Screening:			
a. Upper Extremities	☐	☐	_____
b. Lower Extremities	☐	☐	_____
c. Spine & Back	☐	☐	_____
11. Neurological	☐	☐	_____

Tests and/or Vaccinations

- a. Tetanus Booster Date: _____
- b. Hepatitis: Shot Dates: 1. _____
2. _____
3. _____

Additional comments: _____

Note: The student has provided me a copy of the "essential functions" for the program and he or she should be able to perform these functions.

This is to certify that on this _____ day of _____, _____, I performed the above limited examination of _____ and based upon the medical history given, and upon my evaluation, I am of the opinion that he/she IS _____ IS NOT _____ physically and medically able to participate in the Lorain County Fire Chiefs Fire Training program.

Signature: _____ Date: _____ Phone #: _____

Name: _____

Address: _____

Essential Functions of Firefighting, Based on NFPA 1582

- Performing fire-fighting tasks (e.g., hoseline operations, extensive crawling, lifting and carrying heavy objects, ventilating roofs or walls using power or hand tools, forcible entry), rescue operations, and other emergency response actions under stressful conditions while wearing personal protective ensembles and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged time periods
- Wearing a SCBA, which includes a demand valve–type positive-pressure face piece or HEPA filter masks, which requires the ability to tolerate increased respiratory workloads
- Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA
- Depending on the local jurisdiction, climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lb (22.6 kg) or more and carrying equipment/tools weighing an additional 20 to 40 lb (9 to 18 kg)
- Wearing fire protective ensemble that is encapsulating and insulated, which will result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102.2°F (39°C)
- Searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 lb (90 kg) to safety despite hazardous conditions and low visibility
- Advancing water-filled hoselines up to 2 1/2 in. (65 mm) in diameter from fire apparatus to occupancy [approximately 150 ft (50 m)], which can involve negotiating multiple flights of stairs, ladders, and other obstacles
- Climbing ladders, operating from heights, walking or crawling in the dark along narrow and uneven surfaces, and operating in proximity to electrical power lines and/or other hazards
- Unpredictable emergency requirements for prolonged periods of extreme physical exertion without benefit of warm-up, scheduled rest periods, meals, access to medication(s), or hydration
- Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens
- Critical, time-sensitive, complex problem solving during physical exertion in stressful, hazardous environments, including hot, dark, tightly enclosed spaces, that is further aggravated by fatigue, flashing lights, sirens, and other distractions
- Ability to communicate (give and comprehend verbal orders) while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility, and drenching from hoselines and/or fixed protection systems (sprinklers)
- Functioning as an integral component of a team, where sudden incapacitation of a member can result in mission failure or in risk of injury or death to civilians or other team members