



The **ACADEMY**

South Bay Regional Public Safety Training Consortium
3095 Yerba Buena Road, San Jose, CA 95135 ♦ Phone (408) 270-6458 ♦ Fax (408) 238-0286

South Bay Recruit Firefighter Academy Post Injury/Illness Medical Clearance Form

Dear Physician,

The individual you are examining has been requested to obtain a Medical clearance so that they may participate in the SBRPSTC Fire Academy. This training academy consists of physical conditioning activities (“hands on”) skills related to fire fighting training. The Physical Conditioning Program consists of certain physical performance tests and a program of vigorous physical conditioning. Physical conditioning occurs a minimum of 1 hour per day, two days per week, for 14 weeks. Listed below are the descriptions of both the physical performance tests and the content of the physical conditioning program.

PHYSICAL PERFORMANCE TESTS

In the skills related to firefighter activities, the individual will be performing heavy lifting, climbing, chopping and carrying activities while on the ground, on ladders, on stairways and on roofs and other elevated locations. The candidate will be wearing fire resistive clothes including coat, pants and boots and a 35 lb. breathing apparatus.

PHYSICAL DEMANDS

A Fire Academy Recruit requires very high activity levels. Walk on uneven or slippery surfaces. Dexterity and coordination to handle fire equipment, apparatus and large and small tools; occasional lifting of objects weighing up to 100 lbs.; strength to move the weight of an average human body; reach for items above the head and below the feet; climb up and down ladders carrying hand tools; enter confined spaces and other areas; agility to move quickly and easily including the ability to crawl, stoop or bend with weight loading the body; visual acuity sufficient to read gauges and observe conditions at emergency sites in a variety of lighting conditions, including bright light, low light and low visibility conditions.

WORKING CONDITIONS

Training and interaction with others under stressful conditions. Work in outdoor and indoor environments with intermittent to frequent exposure to a variety of extreme temperature conditions. Work under significant risk conditions such as fire and injury. Occasional work in confined areas. Work is typically performed as part of a team. Exposure to hazardous materials.

SPECIAL CONDITIONS & REQUIREMENTS

Recruits must maintain the physical endurance, muscular strength, and agility to satisfactorily perform the essential functions of Fire Fighter, specifically including but not limited to stooping, lifting and/or carrying heavy objects, running, walking on uneven surfaces, climbing ladders, pulling heavy hoses, wearing heavy equipment, and crawling; while wearing up to 150 lbs. of personal protective equipment.

PHYSICAL REQUIREMENTS

The work requires arduous physical exertion, such as regular and recurring running, walking, hiking bending shoveling, chopping, throwing, lifting; walking or climbing over rocky areas or other uneven surfaces, cutting own path through dense vegetation, and in mountainous terrain while operating hand and power tools for long durations and while carrying over 50 pounds of gear. The work frequently involves long hours of work,

complex decision making. In many situations, the duration of the activity contributes to the arduous nature and physical and mental demands of the job.

Daily physical fitness conditional workouts will be required. The program of physical conditioning involves exercise focusing on cardiovascular endurance (aerobics), muscular strength and endurance. The intensity of the various exercises is individualized to the extent possible and is increased throughout the course of the conditioning program.

Standing: Remaining on one's feet in an upright position at work station without moving about.

Walking: Moving about on foot.

Sitting: Remaining in the normal seated position.

Lifting: Raising or lowering an object from one level to another includes upward pulling.

Carrying: Transporting an object, usually holding it in the hands or arms, or on the shoulder.

Pushing: Exerting force upon an object so that the object moves away from the force (includes slapping, striking, kicking, and treadle actions).

Pulling: Exerting force upon an object so that the object moves toward the force (includes jerking).

Balancing: Maintaining body equilibrium to prevent falling when walking, standing, crouching, or running on narrow, slippery or erratically moving surfaces; or maintaining body equilibrium when performing gymnastic feats.

Crawling: Moving about on hands and knees or hands and feet.

Medium Work: Lifting 50 lbs. max. with frequent lifting and/or carrying of objects weighing up to 25 lbs.

Heavy Work: Lifting 100 lbs. maximum with frequent lifting and/or carrying of objects weighing up to 50 lbs.

Very Heavy Work: Lifting objects in excess of 100 lbs. With frequent lifting and/or carrying of objects weighing 50 lbs. or more.

HEALTH RISK ASSESSMENT FITNESS EVALUATION

1. Three-Minute Step Test Recovery

This test will be performed using a bench 16 inches high. The recruit is asked to step up and down on the box, one foot at a time, at a pace of 24 times per minute. The timing may be kept with a metronome set at 96 beats/minute. The test is for three minutes. At the end of three minutes, the recruit is seated and his/her radial pulse is taken for 60 seconds. If the pulse does not recover to 100 or below after 30 minutes, further medical examination will be necessary by a physician prior to allowing the employee to continue with testing events and/or return to duty.

2. Abdominal Sit-ups

This test measures muscular endurance in the abdominal muscle group. Muscular endurance is the ability of the muscle(s) to contract repeatedly for a particular amount of time. Much evidence exists of the correlation between poor abdominal muscle development, excessive fat tissues and lower back problems.

The recruit has one minute to do as many sit-ups as possible. The recruit may elect to have a partner hold down his/her feet. The partner is responsible for counting the number of sit-ups completed. The recruit may have his/her hands placed behind the head or on the chest, but must not be moved once the test begins. A sit-up is counted if the entire shoulder blade is lifted off the mat and returned to the starting position.

3. Push ups

This test also measures muscle endurance. A low level of muscle endurance indicates inefficiency in movement and a poor capacity to perform work. This test measures mainly the muscles of both the chest and upper arm, which are important in pushing, pulling, and controlling.

The recruit is asked to do as many pushups as possible without stopping. There is no time limit. A pushup is counted if the upper and lower arm make a 90-degree angle at the bottom of the pushup and the arms are fully extended at the top of the pushup. To assist the recruit in making a correct pushup, a partner shall make an upright fist below the recruit's chest. The partner then counts each repetition when the chest makes contact with the fist.

4. 1.5 Mile Run

This test is an excellent indication of the condition of the heart and lungs as it measures ones aerobic capacity or the ability of the heart and lungs to utilize oxygen.

5. Body drag-165 lb. Dummy 60 ft.

Walk briskly backwards and forwards (30' each way) while dragging 165 pounds (for time)

REPORTED INJURY OR CONDITION:

DIAGNOSIS/ASSESSMENT: _____

COMMENTS: _____

MEDICATION: _____

- Will not impair student during participating of above activities
- Will impair student during participation of above activities

RETURN TO FULL DUTY: DATE _____

PHYSICIAN SIGNATURE: _____ Date: _____

If no running/jogging is prescribed and subsequent activities are required in order to allow the Recruit Firefighter to heal, the doctor MUST provide an explanation. (i.e. must give prescribed distances in terms of time and/or mileage, please provide on separate page)

Name:	Male / Female
Social Security #:	Date of Birth:

Having reviewed the above-named person's medical history and having read the description provided of the SBRPSTC Fire Academy, and having personally examined the above named person, it is my professional opinion that:

(Please check and initial one of the following)

_____ It is highly unlikely that participation in this program will pose a significant medical risk to the above-named person.

_____ The above-named person should NOT participate in this program.

Physician's Signature

Date

Physician's Address

Physician's Phone Number
