



Montgomery Fire/Rescue

FIREFIGHTER FIT-FOR-DUTY ASSESSMENT

Reference 2018 version of NFPA 1500

Chapter 11, subsection 11.7 "Fitness for Duty Evaluation"

Member Name: _____
Last MI First Suffix

Rank: _____
Firefighter Sergeant Lieutenant Captain District Chief
Circle appropriate rank

Condition of Concern: _____
Employee must fill in Condition of Concern

The Physical and Medical examination shall be conducted for the purpose of detecting or determining the presence of deficiencies or abnormalities, which would reasonably be expected to limit the abilities of the firefighter to satisfactorily and safely perform all duties associated with firefighting.

The Essential Functions of Firefighting listed below are meant:

- To serve as a reference for physicians when determining the fitness of a firefighter to perform firefighting duties.
- To define and to give a broader understanding of the physical requirements demanded of firefighters.
- To be used as an aid for Physicians when determining the physical status of a firefighter.

*This form will be used for annual physicals and when determining the fit-for-duty status of firefighting personnel for on and off-duty injuries/illnesses. Members who fall under the standards of this form include the ranks of District Fire Chief, Captain, Lieutenant, Sergeant and Firefighter.

Performing firefighting tasks (e.g. hoseline operations, extensive crawling, lifting and carrying heavy objects, ventilation 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 periods.

The following is a description of the Essential Functions of Firefighting. The Physician must evaluate the employee's ability to perform each of these functions without limitations. To ensure each function has been considered, the Physician must check the proper box beside each function to identify the employee's ability to perform that function.

- 1) Wearing a Self-Contained Breathing Apparatus (SCBA), which includes a demand valve-type positive-pressure facepiece or HEPA filter masks, which requires the ability to tolerate increased respiratory workloads. Yes
 No

- 2) Exposure to toxic fumes, irritants, particulates, biological (infectious) and non-biological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA. Yes
 No

- 3) Climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lbs. or more and carrying equipment/tools weighing an additional 20 to 40 lbs. Yes
 No

- 4) Wearing fire protective ensemble that is encapsulation and insulated, which will result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102° F (39° C). Yes
 No

- 5) Searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 lbs. to safety despite hazardous conditions and low visibility. Yes
 No

- 6) Advancing water-filled hoselines up to 2½ in. (65 mm) in diameter from fire apparatus to occupancy [approximately 150 ft.], which can involve negotiating multiple flights of stairs, ladders, and other obstacles. Yes
 No

- 7) Climbing ladders, operating from heights, walking or crawling in the dark along narrow or uneven surfaces, and operating in proximity to electrical power lines and/or other hazards. Yes
 No

- 8) 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. Yes
 No

- 9) Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens. Yes
 No
- 10) Critical, time-sensitive, complex problem solving during physical exertion in stressful, hazardous environments, including hot, dark, tightly enclosed spaces that are further aggravated by fatigue, flashing lights, sirens, and other distractions. Yes
 No
- 11) 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). Yes
 No
- 12) 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. Yes
 No
- 13) Able to immediately complete the department's Annual Physical Fitness Test which requires: a 1.5 mile run or 2 mile walk, 1 minute of sit-ups and 1 minute of push-ups. Must be able to perform these tasks with an acceptable score as determined by preset times and repetitions as stipulated in the department's fitness policy. Yes
 No
- 14) Able to immediately complete the department's Annual Job Task Assessment within 9 minutes 30 seconds, which requires: ¹⁾wearing protective gear and air pack weighing approximately 75 lbs, ²⁾climbing five flights of stairs with 35 lbs of hose, ³⁾hoist a section of hose weighing 40 lbs with a rope, ⁴⁾swing a sledgehammer driving a 165 lb steel beam five feet, ⁵⁾drag a water charged 1.75 diameter hose 100 feet, and ⁶⁾drag a 175 lb. dummy 100 feet. Yes
 No
- 15) Able to emotionally and mentally handle the psychological and physiological stresses created by responding to and managing fire and medical emergencies. Yes
 No
- 16) Able to work in shifts, including during nighttime that can extend beyond 12 hours. (MFR Suppression, EMS and Non-APOST Investigators members work 24-hour shifts; members assigned administrative duties within Inspections/Investigations, Training and Administration Divisions work 8 hour shifts). Yes
 No

TREATING PHYSICIAN'S STATEMENT

I have examined _____,
Firefighter's Full Name - Print

and as a physician licensed to practice in the State of Alabama due hereby certify that the firefighter is in good health and physically fit for the performance of the **Essential Functions of Firefighting** with no restriction or limitations of duty as outlined in the currently adopted NFPA 1582.

Treating Physician's Signature

Date of Examination

Physician's Printed Name

Name of Practice

Street Address

City

State

Zip

Office Number

Montgomery Fire/Rescue Physician ONLY

As the designated Fire/Rescue, NFPA Compliance Physician, I have reviewed this form and the treating Physician's statements and patient treatment and determine that the above-mentioned firefighter's NFPA 1582 compliance status is as follows:

In Compliance

Not in Compliance

MFR Physician Signature