

Fitness-for-Duty Medical Certification

Employee Name: _____

Rank or Position: _____

PART A: INSTRUCTIONS TO EMPLOYEE

Prior to returning to work, you must provide a Fitness-for-Duty Medical Certification verifying that you are able to return to work, if you have job-related restrictions and the duration of any restrictions. Please take this Fitness-for-Duty Medical Certification form to your health care provider for completion. Your health care provider should return the completed Certification to you to be delivered to the Fire Chief.

Date Leave Commenced: _____

PART B: TO BE COMPLETED BY EMPLOYEE'S HEALTH CARE PROVIDER

Instructions: Please complete all sections in order for the District to determine if the employee is able to return to duty. The employee's job description is attached to this form.

I certify that on _____ (date), the above-named employee is able to resume performing the functions of his/her position with no restrictions. (ASSURE CURRENT JOB DESCRIPTION IS ATTACHED)

If employee is not yet able to return performing the functions of his/her position with no restrictions, please complete the following:

The above-named employee will be able to return to work with no limitations on _____ (date).

I certify that from _____ (date) to _____ (date) the above-named employee will be:

unable to perform the physical requirements of his/her work; or

is medically incapacitated: totally partially (if partially medically incapacitated, complete the following):

Restrictions:

Provider's Name: _____

Provider's Business Address: _____

Type of Practice/Medical Specialty: _____

Provider's Phone #: _____ Provider's Fax #: _____

Signature - Health Care Provider

Date

FIREFIGHTER WORK DESCRIPTIONS

Structural Firefighting:

Work description:	Interior structural firefighting		
Expected physical work effort:	Heavy		
Work duration and frequency of heavy work before rest from respirator use:	Based on air supply in SCBA; averages 20 min. work period before rest using respirator may extend to time allowed by two SCBA air supply bottles (approx 40 min). Work period may extend to 4 or more hours beyond that which requires respiratory protection.		
Environment temperature extremes, work duration:	Routine 68-140 (F)	*	Unlimited
	Ordinary 140-572 (F)	**	20-27 min
	Emergency 572-1832(F)	***	30 sec to 4 min
Protective Clothing and equipment worn: Weight:	Structural Clothing Ensemble: helmet, hood, ear flaps, coat, gloves, pants and rubber boots. 25 pounds		
Type and weight of respirator to be used: Weight:	Typical 30 minute duration SCBA, facepiece regulator. 22-25 pounds		
Hearing protection:	Sound level less than 85 dba (24 hr TWA).		

*Routine describes conditions where one or two objects such as a box or waste basket are burning in a room.

* *Ordinary describes temperatures encountered in fighting a serious fire or being next to a "flashover" room.

** *Emergency describes conditions in a severe and unusual exposure, such as those caused inside a "flash-over" room or next to a fire front. In such conditions firefighting protective clothing and equipment provides only 15-30 seconds of protection to escape.

Wildland Firefighting:

Position Descriptions:	Task Force Leader Strike Team Leader Single Resource Boss Firefighter 1 (Squad Boss) Firefighter II
Work Description:	Wildland firefighting
Expected physical effort:	Arduous. Duties involve field work requiring physical work performance calling for above-average endurance and superior conditioning. These duties may include an occasional demand for extraordinarily strenuous activities in emergencies under adverse environmental conditions and over extended periods of time. Requirements include running, walking, climbing, jumping, twisting, bending, and lifting more than 50 pounds; the pace of work typically is set by the emergency situation. (Requires a Max V02 of 45).
Work duration and frequency of heavy work before rest:	Total work period on the fire line may be up to 10 hours.
Environment Temperature extremes, work duration:	Routine 68-140 (F) Unlimited Ordinary 140-572 (F) 10-12 hours Emergency 572-XXX (F) Less than 10 minutes
Protective Clothing and equipment worn:	Wildland clothing ensemble: helmet, hood, goggles, long sleeve shirt, gloves, pants, leather boots, fire shelter; may be worn over station work uniform.
Weight:	10 - 12 pounds
Type and weight of accessories to be carried: Weight:	Water containers (43 lb), radio (2 lb), fusee pack (2 lb), day pack. (10-20 lb). 18-28 pounds
Hearing protection:	Sound level less than 85 dba (24 hr TWA).

Support function at the emergency scene:

Work position:	Rehab or Staging
Expected physical work effort:	Medium to light
Environment temperature extremes, work duration:	Routine 68-140 (F) *Unlimited
Protective Clothing ensemble:	Coveralls or Protective Clothing, Structural Clothing helmet, hood, ear flaps, coat, gloves, pants, rubber boots (PPE).
Weight:	PPE: 22-25 pounds
Weight:	Coveralls and work boots: 10 pounds.
Type of respirator:	None for members working in Rehab, Staging etc.
Hearing protection:	Sound level less than 85 dba (24 hr TWA)

Support function at the fire station:

Work description:	Washing, loading hose, cleaning and returning equipment to service, filling SCBA air bottles, disinfecting and decontaminating equipment.
Expected physical work effort:	Medium to light
Work duration:	Indeterminate
Environment:	Protected
Protective Clothing:	Coveralls, work shoes, jeans, gloves
Weight:	10 pounds
Hearing Protectors:	None

EMS Worker (First Aid, First Responder, EMT, Paramedic)

Work description:	Rendering emergency medical care, lifting patient to backboard, stretcher, gathering patient information.
Expected work effort:	Medium to heavy. Lifting and carrying patients in conjunction with at least one other employee weights of up to 300 pounds, Carrying equipment with weights up to 30 pounds. Traversing a variety of surfaces and elevations.
Work duration:	Typically less than 15 to 20 minute intervals, may be repeated multiple times over a 24 hour period.
Environment:	Below 0' F to 110' F. Occurs both indoors and outdoors. May involve tight spaces.
Protective clothing:	Coveralls, tyvek suit, surgical gloves, eye protection.
Respiratory protection:	HEPA, Type N-95, N-100 mask
Hearing protection:	None normally required.