

Certification by Physician

Firefighter-EMS – Lieutenant – Captain

Essential Functions of the Employee Classification

Physician Guidance: This is an example of the essential job functions this employee must be able to perform. Using the Health History, Clinical Evaluation and your own medical judgment to in effect certify that the employee listed above is physically fit and able to perform said all functions under stressful conditions.

- Wears fire protective ensemble, including SCBA, 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 degrees F.
- May be exposed to toxic fumes, irritants, particulates, biological (infectious) and non-biological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA.
- Climbs stairs (usually no more than three flights) while wearing fire protective ensemble, including SCBA, weighing at least 50 pounds or more and carrying equipment/tools weighing an additional 20 to 40 pounds.
- Connects/hooks up apparatus to fire hydrant and operates pumps to supply water at the appropriate pressure and volume using hydrant wrenches, couplings, hoses, spanner wrenches, and other tools; monitors control panel; adjusts and maintains water pressure by adjusting pressure relief valve or automatic pressure governor.
- While wearing personal protective ensembles and SCBA, advances water-filled hose lines up to 2.5 inches (65 mm) in diameter from fire apparatus to seat of fire/occupancy (approximately 150 feet [50 m]), which can involve negotiating multiple flights of stairs, ladders, and other obstacles.
- Carries, determines position, raises and extends manual ladders at incident scene. Stabilizes ladder trucks and elevates and operates aerial ladders and platforms while watching for power lines, trees and other overhead obstructions.
- While wearing personal protective ensembles and SCBA, walks or crawls in the dark along sometimes narrow and uneven surfaces that may be wet or icy to search for and locate victims, and to obtain information about the incident. Rescue-drags, carries or hoists victims (ranging from newborns up to adults weighing over 200 pounds) to safety despite hazardous conditions and low visibility. Searches structure for seat of fire or other hazards.
- Locates seat of fire or other hazard (i.e., gas leak) by observing, listening, or smelling for smoke, sounds, flames, gas, vapors, etc.
- Works in unpredictable emergency environments for prolonged periods of extreme physical exertion without benefit of warm-up, scheduled rest periods, meals, or access to medication(s), or hydration.
- Performs work involving 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.
- Operates fire apparatus or other vehicles in an emergency mode with emergency lights and sirens; selects the most direct and expeditious route to alarm site; maneuvers and positions apparatus at incident scene.
- Performs work that involves communicating (giving and comprehending verbal orders) while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility and drenching from hose lines or fixed protection systems (sprinklers).
- Functions as an integral component of a team in which sudden incapacitation of a member can result in mission failure or risk of injury or death to civilians or other team members.
- Performs emergency medical services consistent with level of certification and department policy, requiring a high degree of independent decision making under stressful and time-pressured circumstances, and involving exposure to communicable diseases, interacting with people who are traumatized or who have learning, developmental, psychological, or behavioral disorders, and other unpredictable and potentially dangerous environments.
- Assesses the nature of the patient's condition and makes decisions to determine the appropriate emergency medical treatment in accordance with protocols and guidelines. This includes the use of vision, hearing and touch to observe details such as changes in color, presence of odors, distinguishing the location and type of injury, listening to and distinguishing lung sounds, heart tones, and blood pressure using a stethoscope in noisy environments, or reading the small print on medication labels or gauges on oxygen regulators and blood pressure cuffs.
- Uses standard precautions to eliminate or minimize exposure (respiratory or contact) to body fluids that could be considered potentially infectious wherever possible.
- Performs rescues from hazardous sites such as auto accidents and collapsed buildings. Pries, breaks, or cuts structures or vehicles to free victims using manual and mechanical equipment.

FITNESS FOR DUTY CERTIFICATION

Employee: _____ Date: _____

I have reviewed the accompanying "Physicians' Guidance Regarding Medical Clearance as a Fire Rescue Employee" and the essential functions of the position and make the following recommendation for his/her continued participation in this position.

- Medically able to perform essential job duties without restrictions.
- Not Medically able to perform essential job duties.
- Medical able to perform essential job duties with restrictions.

Restrictions

Signature of Health Care Provider _____ Date _____

Print Name of Health Care Provider _____ Phone Number _____

Type of Practice _____

Address _____

Return to:
Caroline Fire and Rescue
Attention: Deputy Chief Mark Garnett
233 West Broaddus Ave.
Bowling Green, VA 22427
804-633-9832 (fax)