This is a description of the physical and mental stresses to which a Student Firefighter is subjected to in the COS Basic Firefighter I Academy. Your judgment is needed in your areas of expertise as to the student’s capacity to perform the required duties. In your conclusion, take into account the long-range outlook for his/her ability to perform these duties safely without significant increased risk of injury to his/her self or others because of a medical condition.

The Student Firefighter is a member of a fire crew and works under the close supervision of a Fire Technology Instructor to perform the full range of fire fighting duties in the suppression of building and vegetation fires. The student will also perform rescue from cars, buildings and machinery using various hand and hydraulic tools.

Specifically, the Student Firefighter;

- Connects, lays, and operates hose lines.
- Enters burning areas and structures with charged hose lines.
- Operates and climbs ladders, makes forcible entry into buildings, and ventilates buildings.
- Uses hand tools and fire equipment to contain and suppress fire.
- Operates portable hydraulic rescue tools, assembles and utilizes rope rescue systems, builds wood shoring systems for structures and trenches and conducts simulated salvage operations.
- Assists in building, grounds, and equipment maintenance and repair.
- Inspects and cleans fire hose and equipment.
- Sharpens fire tools, paints equipment, and performs general housekeeping duties.

The Student Firefighter must have the ability to;

- Read and write English at a level required for successful job performance.
- Perform heavy physical work, follow oral and written directions, write legibly, and exercise good judgment in hazardous fire-suppression activity.
- Analyze situations accurately and take effective action.
- Adhere to the physical fitness training program established for the academy, including but not limited to running, weight training and calisthenics
- Get along with others.
- Tolerate heavy smoke, dust, intense heat and exposure to cold and wet environments.
- Work in an IDLH (Immediately Dangerous to Life and Health) atmosphere while utilizing an SCBA (Self Contained Breathing Apparatus) for extended periods of time.

Because the Student Firefighter is directly involved in fire fighting, the individual must have the
willingness to work long hours while the academy is in session.

Structural fire fighting is an integral part of the duties and the individual should possess color vision sufficient to discriminate between electrical cable, pipe color-coding and other color coded warnings.

The individual must possess:

- Visual acuity (Snellen) of not less that 20/100 without correction in each eye corrected to not less than 20/30 in one eye.
- Color vision as noted above.
- Hearing adequacy within speech frequency (uncorrected).
- Normal use of both hands and both feet.
- Physical strength and agility.
- Weight in proportion to height.
- No more than mildly susceptible to poison oak.

**CATEGORY I - ARDUOUS PHYSICAL WORK**

Duties involve fieldwork requiring physical performance calling for above-average ability, endurance, and conditioning. Duties include occasional demand for extraordinarily strenuous activities in simulated emergencies, under adverse environmental conditions, and over extended periods of time. Duties require cross country running, weight training, walking, difficult climbing, jumping, twisting, bending and lifting over 25 pounds.

I have reviewed the above Student Fire Fighter job description and understand that my signature declares the patient is physically fit to participate/return to class.

____________________________________  ____________________
Doctor’s Signature  Date