

MISSISSIPPI STATE FIRE ACADEMY

Physical Examination Release Form

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Student Name:	_____	Last 4 Digits of SS# _____
Sponsoring Fire Dept:	_____	
Physician Examination Date:	_____	
Physician's Name:	_____	
Office Address:	_____	

Phone Number:	_____	Fax Number: _____

This document must be signed on page two (2) by either a Medical Doctor or a Doctor of Osteopathy per (2022, NFPA 1582 4.14).

The medical doctor or doctor of osteopathy shall consider the physical, physiological, intellectual, and psychological demands of the occupation when evaluating the student's ability to perform the essential job tasks per 2022, NFPA 1582 5.1.1:

*The duties of a firefighter include, but may not be limited to essential job tasks and performances of these activities:

1. Wearing personal protective equipment (PPE) and self-contained breathing apparatus (SCBA) while performing firefighting tasks (e.g., hose line operations, extensive crawling, lifting, and carrying heavy objects, ventilating roofs or walls using power or hand tools, forcible entry), rescue operations, and other emergency response actions under stressful conditions, including working in extremely hot or cold environments for prolonged time periods.
2. Wearing the respirators required by the jurisdiction (e.g., N-95, half-face elastomeric, PAPR, SCBA), which includes a demand-valve-type positive-pressure facepiece or filter respirator, achieving a successful fit-test and tolerating increased respiratory workloads.
3. Exposure to toxic fumes, irritants, particulates, biological (i.e., infectious) and nonbiological hazards, or heated gases, despite the use of PPE and SCBA.
4. Climbing at least six flights of stairs or walking a similarly strenuous distance and incline in jurisdictions without tall buildings while wearing PPE and SCBA, commonly weighing 40–50 lb. (18–23 kg) and carrying equipment/tools weighing an additional 20–40 lb. (9–18 kg).
5. Wearing PPE and SCBA that is encapsulating and insulated, will result in significant fluid loss that frequently progresses to clinical dehydration and can elevate core temperature to levels exceeding 102.2°F (39°C).
6. Working alone while wearing PPE and respirators required by the jurisdiction, searching, finding, and rescue-dragging or carrying victims to safety in hazardous conditions and low visibility.

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7. While wearing PPE and SCBA, advancing water-filled hose lines up to 1 3/4 in. (45 mm) in diameter from fire apparatus to occupancy [approximately 150 ft (50 m)], which can involve negotiating multiple flights of stairs, ladders, and other obstacles.
8. While wearing PPE and SCBA, climbing ladders, operating from heights, walking, or crawling in the dark along narrow and uneven surfaces that might be wet or icy, and operating in proximity to electrical power lines or other hazards.
9. Unpredictable, prolonged periods of extreme physical exertion as required by emergency operations without benefit of a warm-up period, scheduled rest periods, meals, access to medication(s), or hydration.
10. Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens.
11. 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.
12. Ability to communicate (i.e., give and comprehend written or verbal orders) while wearing PPE and respirators required by the jurisdiction, under conditions of high background noise, poor visibility, and drenching from hose lines or fixed protection systems (e.g., sprinklers).
13. Functioning as an integral component of a team, where sudden incapacitation can result in mission failure or in risk of injury or death to members of the public or other team members.
14. Working in shifts, including during nighttime, that can extend beyond 12 hours.
15. Performing EMS tasks, such as CPR or lifting or moving patients, while wearing PPE and respirators required by the jurisdiction.

*Source: Elements taken from (2022, NFPA 1582 5.1.1).

Driving Emergency Vehicles	Rescue Operations	Walking-lateral mobility
Bending	Crouching	Standing
Kneeling	Pushing	Running
Gripping with hands and fingers	Sense of touch	Climbing ladders
Comprehending voice communications	Close vision	Side vision, depth perception
Giving verbal communication	Finger dexterity	Administering emergency care
Lifting, carrying, dragging zero to 200 lbs.	Walking, rough terrain	Stooping
Sitting	Standing long periods	Twisting body
Pulling	Crawling	Reaching
Climbing stairs	Hearing alarms	Color identification
Far vision	Night vision	Operating passenger vehicles
Elevated temperatures above 250°		

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Certification Statement

Student Name: _____ Exam Date: _____

Last 4 Digits of SS#: _____

NOTE: This document must be signed by either a medical doctor or a doctor of osteopathy per NFPA 1582.4.1.

I hereby certify that I have completed the physical examination of the student named above on the date indicated. After reviewing all information provided, including the list of firefighting duties and conditions, it is my medical opinion that this individual (check one):

_____ **Is** physically able to perform the duties of a firefighter and participate in the firefighting training course.

_____ **Is not** physically able to perform the duties of a firefighter and participate in the firefighting training course.

Physician's Name (typed or printed clearly): _____

Physician's Signature: _____ Date: _____

Medical Facility/Office: _____

Phone Number: _____

MISSISSIPPI STATE FIRE ACADEMY

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