

**Mississippi Fire Personnel Minimum Standards and Certification Board**  
**Physical Examination Release Form-04 (Rev 2/2018)**

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Student Name: \_\_\_\_\_ Last 4 Digits of SS#: \_\_\_\_\_

Sponsoring Fire Department: \_\_\_\_\_

Physician Examination Date: \_\_\_\_\_

Name of Doctor: \_\_\_\_\_

Office Address: \_\_\_\_\_

Phone Number: \_\_\_\_\_ Fax Number: \_\_\_\_\_

**This document must be signed on page two (2) by either a Medical Doctor or Doctor of Osteopathy per NFPA 1582 4.1.4.** 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.

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

- 1) Performing firefighting tasks (e.g. hoseline 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 while wearing personal protective ensembles and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged time periods.
- 2) Wearing an SCBA, which includes a demand valve-type positive-pressure facepiece or HELPA filter masks, which requires the ability to tolerate increased respiratory workloads.
- 3) Depending on the local jurisdiction, climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 pounds (22.6 kg) or more and carrying equipment/tools weighing an additional 20 to 40 pounds (9 to 18 kg).
- 4) Wearing fire protective ensemble 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 (39 degrees C).
- 5) Searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 pounds (90 kg) to safety despite hazardous conditions and low visibility.
- 6) Advancing water-filled hoselines up to 2-1/2 inches (65 mm) in diameter from fire apparatus to occupancy {approximately 150 feet (50 m)}, which can involve negotiating multiple flights of stairs, ladders, and other obstacles.
- 7) Climbing ladders, operating from heights, walking or crawling in the dark along narrow and uneven surfaces, and operating in proximity to electrical power lines and/or other hazards.
- 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.

# Mississippi Fire Personnel Minimum Standards and Certification Board

## Physical Examination Release Form-04 (Rev 12/2009)

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Student Name: \_\_\_\_\_ Exam Date: \_\_\_\_\_  
 Last 4 Digits of SS# \_\_\_\_\_

- 9) Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens.
- 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 light, sirens, and other distractions.
- 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).
- 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.

\*(Elements taken from NFPA 1582 5.1.1)

Other activities may include, but are not limited to the following:

Driving Emergency Vehicles	Rescue Operations	Walking-lateral mobility
Bending	Crouching	Standing
Kneeling	Pushing	Running
Gripping, 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 0-200 pounds	Walking, rough terrain	Stooping
Sitting	Standing long periods	Twisting body
Pulling	Crawling	Reaching
Climbing Stairs	Hearing alarms	Color ID
Far Vision	Night Vision	Operating passenger vehicles
Elevated temperatures above 250 degrees		

I hereby certify that I completed a physical examination of the above named student on the date identified above.

After reviewing all the information on these two pages, to include the list of firefighting duties and conditions, it is my medical opinion that this person **(check one)**

\_\_\_\_\_ **IS** \_\_\_\_\_ **IS NOT**

physically able to perform the duties of a fire fighter and participate in the Minimum Standards Training Course.

**Physician's Name (typed or printed clearly):** \_\_\_\_\_

This document must be signed by either a Medical Doctor or Doctor of Osteopathy per NFPA 1582 4.4.1.

**Physician's Signature:** \_\_\_\_\_

(Signature of M. D. or D. O.)

(Date)

Mississippi Fire Personnel Minimum Standards and Certification Board

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