

SOP 1121 ATTACHMENT 3 MEDICAL RELEASE FORM

Please check one:

Volunteer/Career Firefighter: Proceed to STEP 1 Employee: _____

Date of Injury: _____

Support Volunteer: Proceed to STEP 2

Description of Illness/Injury _____

Administrative Staff: Proceed to STEP 2

Step 1: Essential Job Functions include, but are not limited to, the following:

- Suppression of vehicle, building, and wild land Fires
- Connect, lay, drag, and operate hose lines.
- Enter a burning area or structure with charged hose line weighing 75 lbs.
- Make forcible entry into buildings using heavy hand tools (axe, sledgehammer, etc)
- Ventilate building using power and/or hand tools
- Operate and climb aerial ladder
- Lift, carry, position, and raise extension ladder weighing approximately 60 lbs.
- Do a variety of heavy physical work
- Work in areas of intense heat
- Wear respiratory protection equipment (including self-contained breathing apparatus (SCBA)
- Lead or assist in emergency medical response rescues
- Exercise sound judgment in hazardous fire-suppression, and critical incident, and medical response scenarios
- Analyze situations accurately and take effective action
- Work cohesively and compatibly in a Fire Station atmosphere

Many of the Essential Job Functions will require safety personnel to wear Full Firefighting PPE which includes turnout coat, pants with internal harness and suspenders, boots, gloves, nomex head protection, and helmet. They would also wear an SCBA, which includes a backpack, tank of compressed air, and positive-pressure mask over the entire face. Full Firefighting PPE and SCBA worn together generally weigh in excess of 50 lbs.

Due to the arduous physical and mental requirements of the job, incumbent safety personnel must be able to perform psychologically stressful and/or physically demanding duties consistent with firefighting, disaster response, and emergency medical response. These tasks require above-average ability, endurance, and superior conditioning; including occasional demand for extraordinarily strenuous activities in emergencies, under adverse environmental conditions, and over extended periods of time, including working in isolated areas, walking or running on uneven rough terrain, bending and lifting over 25 pounds, and remaining on duty 24 hours or longer without a break while performing these duties.

If job specific information is needed, a more detailed job description will be provided.

I have read the above essential duties for Volunteer/Career Firefighter and release to:

Full Duty without restrictions (Stop here, sign below, and fax to (831) 438-0383.

Modified Duty with restrictions (Do not sign and proceed to STEP 2)

Physician's Name: _____

Physician's signature: _____ Date: ____/____/____

SOP 1121 ATTACHMENT 3 MEDICAL RELEASE FORM

Step 2: Physical Capabilities

Sit	1	2	3	4	5	6	7	8	Not Restricted
Stand	1	2	3	4	5	6	7	8	Not Restricted
Walk	1	2	3	4	5	6	7	8	Not Restricted

Employee needs to alternate between sit/stand every _____ minutes / hours.

Injury occurred on the: Right Side _____ Left Side _____ Both Sides _____

Please check the amount of time that the injured worker is able to perform the particular task:

	Never	Occasionally (<33%)	Frequently (33-66%)	Continuously (67-100%)	N/A
Hand/Wrist work					
Grasping					
Pushing/Pulling					
Fine Manipulation					
Reach above Shoulder					
Bend/Twist					
Knee/Squat					
Climb Stairs					
Lifting 1-10 lbs.					
Lifting 11-20 lbs.					
Lifting 21-51 lbs.					
Lifting 50-100 lbs.					

Total number of hours / days the worker may work: _____ (if not indicated, a full work shift will be assumed)

Projected date employee can return to unrestricted duties: ____/____/____

Have you informed the injured worker of the work status report? Yes _____ No _____

I have read the above physical capabilities and release personnel to:

- Administrative Personnel**
Full Duty without restrictions (Please fax to (831) 438.0383)
- Modified Duty with Restrictions** (see above table for specifics)

Physician's Name: _____

Physician's signature: _____ Date: ____/____/____