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*Please upload this page to your Kilgore College Fire Academy Application or email to kcfa@kilgore.edu.

FIREFIGHTER MEDICAL EXAMINATION CERTIFICATE

Last Name: _____ First: _____ Middle: _____

Date of Birth: _____ Social Security #: _____

Address: _____

_____
City State Zip

I certify that I have completed my examination of the examinee and I have concluded that on this date, the examinee has had:

□ PHYSICAL EXAM

And is to be found physically sound and free from any defect which may adversely affect the performance of duty appropriate to the type of license sought. *(*See attached *Overall Strengths Demands Required for Firefighters)*

□ Passed

□ Failed because of the following conditions/concerns:

Physician/Physician Assistant/Chiropractor Information:

_____
Name State License Number

Mailing Address: _____
Street City State Zip

Office Phone Number: _____

_____
Date Signature of Physician, Physician Assistant, or Chiropractor

This declaration is not public information and is valid unless withdrawn or invalidated, and is valid only if signed by a licensed physician, physician assistant, or chiropractor.

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Overall Strength Demands Required for Firefighters

The following criteria are descriptions of the overall strength demand requirements that firefighters are medically and physically capable to perform.

PHYSICAL DEMAND	DESCRIPTION
Standing/Walking	On concrete, asphalt, burned out buildings to investigate fire sites; to demonstrate equipment when giving speeches.
Vision	To operate equipment; perform rescue operations.
Hearing/Talking	Communicate during rescue and fire fighter operations; communicate on the radio and in person with the public; diagnose equipment problems.
Lifting/Carrying	Protective gear (20-26 lbs.) self-contained breathing apparatus (27 lbs.); ladders up to 24 feet long (64 lbs.); fan (50 lbs.); fire extinguisher (40-45 lbs.); jaws and power unit (60 lbs. each).
Pushing/Pulling	Red line – 20 lbs. of exertion; hose – 45 to over 50 lbs. of exertion; close valve – 55 lbs. of exertion; for CPR – 35 lbs. of force.
Reaching	For fan, jaws, and power unit in cramped confined space; to lift ladders – 60 inches; for fire extinguishers – 20 inches; for deluge gun – up to 80 inches; for extension ladder – 72 inches; for Hurst tool and power unit – 42 inches; to use ceiling hook to pull ceilings and to wash apparatus.
Handling	To connect hoses; use ladders; use small tools; open and close valves; handle victims.
Fine Dexterity	To draw pre-fire plans, use chemical monitors; fill out reports; tie ropes and knots; administer emergency medical treatment.
Foot control	To drive, push gas and brake pedal – 30 lbs. of exertion; to operate stretcher – 20 lbs. of exertion.
Bending	To fold, couple, and uncouple fire hoses; move equipment and tools; administer first aid.
Twisting	To operate hose streams; put on self-contained breathing apparatus; communicate on vehicle; raise and lower scene lights on van and trucks.
Climbing/Balancing	On ladders, stairs, or fire vehicle to obtain equipment; to walk on rafters, and in attics; to use hose stream.

Machines, Tools, Equipment and Work Aids

Chain saws, smoke ejectors, generators, self-contained breathing apparatus, fire pumps, nozzles, axes, pike poles, ladders, ropes, Hurst tool and power unit, hoses, deluge gun, halligan tool, stretcher, oxygen, electrical cords, spanner wrench, emergency medical equipment, and hydrant wrench andcomputer.

Environmental Factors

Exposed to extreme heat in burning structures; work outside in all types of weather and high humidity. Exposed to chemicals, exhaust fumes, smoke, burning buildings, noise from truck engines, jaws and power units, saws, sirens and air horns. Operate power saws, jaws, and power unittool.