Note to applicant: Both pages of
the following form must be completed and forwarded to the Alabama Fire College and Personnel Standards Commission within **30 DAYS** after date of employment. *Recruit School requirements – see note

PHYSICAL STATEMENT

The Physical and Medical examination should be conducted for the purpose of detecting or determining the presence of deficiencies or abnormalities which would reasonably be expected to limit the abilities of the applicant to satisfactorily and safely perform all the duties associated with firefighting. (Code of AL 36-32-1 thru 36-132-12; chapter 360-x-1 and as outlined in NFPA 1582).

The Essential Functions of Firefighting listed below are meant to serve as a reference resource for physicians when determining the fitness of a candidate for firefighting duties. The Essential Functions of Firefighting are meant to define and to give a broader understanding of the physical requirements demanded of firefighters. The Essential Functions of Firefighting are merely meant to be used as an aid for physicians when determining the physical status of a candidate.

Essential Functions of Firefighting

- Performing fire-fighting 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

- Wearing a SCBA, which includes a demand valve–type positive-pressure face piece or HEPA filter masks, which requires the ability to tolerate increased respiratory workloads

- Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA

- Depending on the local jurisdiction, climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lb (22.6 kg) or more and carrying equipment/tools weighing an additional 20 to 40 lb (9 to 18 kg)

- 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°F (39°C)

- Searching, finding, and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 lb (90 kg) to safety despite hazardous conditions and low visibility

- Advancing water-filled hoselines up to $2^1/_2$ in. (65 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

- 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

- 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

- Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens

- 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

- 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)

- 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

I have examined _____
Applicant's Full Name – Print

and as a physician licensed to practice in the State of Alabama due hereby certify that the applicant is in good health and physically fit for the performance of the duties of a firefighter as outlined in NFPA 1582.

Last 4 digits of Applicant's SSN: __ __ __ __

_____
Physician's Signature Date of Examination

_____
Physician's Name – Printed

_____
Name of Practice

_____
Address Office Number

_____
City State Zip

*NOTE TO RECRUIT SCHOOL CHIEFS: Chiefs in charge of recruit schools must not allow the enrollment of any trainee who has not submitted to the AFC a successful completion of CPAT form, copy of trainee's Notice of Employment or Sponsorship Letter, and a Physical Statement. These forms are due at the AFC at least 72 hours prior to the first day of Recruit School.