

# BOISE FIRE DEPARTMENT MEDICAL RELEASE FORM

Doctor: Prior to releasing an employee to regular/full duty assignment, please complete this form.

Patient Information			
Date:	Patient Name:	Date of Injury:	
Initial Medical Appointment:		Diagnosis:	
Next Medical Appointment:		Worker's Comp? <input type="checkbox"/> Yes <input type="checkbox"/> No	
Full Duty Release			
<p><b>Operations and Training Division</b> personnel are required to be mentally alert and maintain sufficient flexibility, strength and endurance to perform a variety of labor-intensive and demanding duties to mitigate all types of emergencies including, but not limited to, emergencies involving fire/rescue situations. Normal duty assignments may be illustrated by the following:</p>			
1.	Performing firefighting tasks including hoseline operations, extensive crawling, lifting and carrying heavy objects, ventilating roofs or walls using power or hand tools, rescue operations and other emergency response actions under stressful conditions while wearing personal protective ensembles (PPE) and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged time periods.		
2.	Wearing SCBA, including a demand value-type positive pressure face piece or HEPA filter mask which requires the ability to tolerate increased respiratory workloads.	8.	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.
3.	Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases despite the use of PPE and SCBA.	9.	Unpredictable emergency requirements for prolonged periods of extreme physical exertion without benefit of warmup, scheduled rest periods, meals, access to mediation, or hydration.
4.	Depending on the local jurisdiction, climbing six or more flights of stairs while wearing PPE weighing at least 50 lbs. (22.7 kg) or more and carrying equipment/tools weighing an additional 20 to 40 lbs (9 to 18 kg).	10.	Operating fire apparatus or other vehicles in an emergency mode with emergency lights and sirens.
5.	Wearing PPE 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).	11.	Critical, time-sensitive, complex problem solving during physical exertion in stressful, hazardous environments including hot, dark, tightly enclosed spaces that is farther aggravated by fatigue, flashing lights, sirens and other distractions.
6.	Searching, finding and rescue-dragging or carrying victims ranging from newborns to adults weighing over 200 lbs (91 kg) to safety, despite hazardous conditions and low visibility.	12.	Ability to communicate (give and comprehend verbal orders) while wearing PPE and SCBA under conditions of high background noise, poor visibility and drenching from hoselines and/or fixed protection systems (sprinklers).
7.	Advancing water-filled hoselines up to 2 ½ in (64 mm) in diameter from fire apparatus to occupancy 150 ft (46 m) which can involve negotiating multiple flights of stairs, ladders and other obstacles.	13.	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 team members.
<p><b>Recruits and Probationary Firefighters</b> are required to meet the physical fitness standards including completion of a 1.5 mile run in 11:30 minutes on the following timelines:</p> <ol style="list-style-type: none"> <li>1. Fire Recruit Academy: 4 weeks, 8 weeks, 12 weeks and completion of Firefighter I Certification (approx. 4 months)</li> <li>2. Probationary firefighters: 8 months and 12 months</li> </ol>			
<p><b>Fire Prevention and Logistics personnel</b> are required to be in good health, physical stamina and agility, including the physical strength sufficient to safely lift and move heavy objects, endurance to do continuous work under all conditions of weather, atmosphere and presence of probable hazards is routinely required; ability to climb stairs and ladders, work and maneuver in confined spaces, and operate motor vehicles; also, conditions 2, 3, 9, 10, 11, and 12 from above.</p>			
<p>Is the current condition of the employee such that he/she is in the physical condition to perform the job responsibilities defined above? Yes _____ Effective Date: _____ No _____ <b>(If no, please complete the Modified Duty section on Page 2)</b></p>			
Additional Information:			

\_\_\_\_\_  
Doctor's Signature

\_\_\_\_\_  
Doctor's Full Name (please print)

\_\_\_\_\_  
Telephone Number

**Modified Duty Release**

Limited-Modified Duty assignments may be available to assist the employee in returning to their normal assignment prior to this injury/illness/condition. In consideration for this assignment, please be advised that these assignments may require some standing, bending, lifting, stretching, walking and sitting. Some assignments may necessitate driving a vehicle. Work hours may vary but normal hours are Monday-Friday from 0800 to 1700 hours.

Is the current condition of the employee such that he/she is able to function in the modified duty areas mentioned above, all or in part? (If part, list restrictions below.)

Yes \_\_\_\_\_ Effective date: \_\_\_\_\_ Total hours per day: \_\_\_\_\_  
No \_\_\_\_\_

Please identify any restrictions placed upon the employee concerning this modified duty assignment:

\_\_\_\_\_  
Doctor's Signature

\_\_\_\_\_  
Doctor's Full Name (please print)

\_\_\_\_\_  
Telephone Number