



Monmouth County Fire Academy
1027 Hwy 33
Freehold, New Jersey 07728

Phone (732) 683-8857

Fax (732) 683-8978

Physical Clearance Form

Recruit: This form must be completed and signed by a physician. This form must be submitted to the Academy with the application.

To the Physician:

_____ has applied for admission into the County's Firefighter

Candidate Name Printed

1 Training Academy. The physical and emotional demands of the training require that the candidate be in good health, and to be able to perform the duties outlined in the attached pages without limitations. Please read the attached job description and decide if the candidate is physically capable of performing the duties as described without limitations. Please indicate your determination herein.

Name of Candidate: _____

Address: _____ City: _____

Department: _____ Phone: _____

Evaluating Doctor (Printed) _____

Address: _____ City: _____

Phone: (_____) _____

Exam Date: _____

Note: DO NOT disclose any exam records or notes concerning this patient, nor any particular details encompassed in HIPPA Regulations.

Physician's Certification

I, _____ have evaluated the above referenced Firefighter 1 Candidate. I

Physician's Name Printed

hereby certify that he/she May _____ May Not _____ participate in Firefighter Recruit Training as described in the attached job description, without limitations or restrictions. Doctor must also initial each page of job description.

Signature of Physician: _____ Date: _____

Place Physician Stamp here
Date: _____

Administrative

Date Received by Academy: ____/____/____

Class Number: _____

Firefighter Recruit Job Description

1) OVERVIEW

- a) Performs tasks outlined below while wearing Personal Protective Equipment (PPE)
 - *PPE weighs approximately 60 pounds (dry), including*
 - i) *Protective boots, pants, coat, hood, helmet and gloves as well as a respirator*
 - ii) *The use of a respirator obscures vision, limits peripheral vision and presents limitations based on a recruit's physical and psychological conditioning.*
- b) Works in environments considered to be Imminently Dangerous to Life and Health (IDLH)
 - i) *High temperatures >200' F*
 - ii) *Carbon Monoxide/Carbon Dioxide*
 - iii) *Particulate Matter*
- c) Climbs ladders and operates at heights exceeding 20' in full PPE
- d) Climbs stairs up and/or down five flights while performing various tasks listed below, while in full PPE
- e) Operates in elevated noise levels up to or exceeding 90 dB
- f) Operates in dark or smoke-obscured atmospheres

2) RESPONSE

- a) Proceeds to assigned apparatus upon receipt of simulated calls for service.
- b) Dons personal protective equipment as described above before and at simulated emergency scenes.

3) ON-SCENE COMMUNICATION: Communicates at the emergency scene to ensure safety as well as appropriate coordination of apparatus and personnel.

- a) Receives information regarding the assignment of personnel and apparatus from the instructors
- b) Communicates with other fire personnel at simulated emergency scenes regarding size-up and conditions, etc.

4) HYDRANT/PUMP OPERATIONS: Connects or hooks up apparatus to fire hydrant using couplings, hoses, spanner wrenches, and other tools. (*Hose weights of up to 60 lbs. per 50' section dry, 485 lbs.wet*)

- a) Opens and flushes hydrant to ensure it is functional.
- b) Connects and lays supply line from supply to the apparatus.

5) HOSE (AND EXTINGUISHER) OPERATIONS: Stretches line or uses extinguisher to deliver water, foam, and other extinguishing agents to emergency scene.

- a) Determines type (size) and number of lengths of hose needed for operation.
(*Hose weights from 17-28 pounds per 50' lengths, to 55 to 135 pounds charged per 50' length, average four lengths*)
- b) Pulls hose out of hose bed.
- c) Determines proper nozzle and nozzle setting.
- d) Connects hose lines to nozzles.
- e) Connects to standpipe when necessary/appropriate.
- f) Flakes out hoseline prior to charging or during extinguishment to ensure proper operations.
- g) Locates seat of fire or other hazard
- h) Operates ladder pipe on aerial ladder to apply water to structures on fire.
- i) Uses extinguisher to extinguish, contain and/or control incident.
(*Extinguisher weights of 10-35 pounds charged*)

6) MANUAL LADDER OPERATIONS: Carries, raises, extends and climbs manual ladders to perform search, rescue and other operations.

- a) Determines manual ladder type and size needed at incident scene.
- b) Determines proper placement of manual ladder at scene.
- c) Carries raises and positions manual ladder at simulated incident scene.
(*Ladder weights of 22 pounds to 135 pounds*)
- d) Anchors and secures manual ladder (i.e., tying off) at scene.
- e) Climbs manual ladder to perform search, rescue, and other operations.

Doctor's Initials: _____

- 7) **FORCIBLE ENTRY:** Pries open, cuts, or performs forcible entry to doors, to search for and rescue victims and provide access to the emergency scene using a variety of hand and power or hydraulic tools.
 - a) Determines best location for forcible entry.
 - b) Cuts through surfaces using power or hydraulic tools.
 - c) Gains entry into structures using axes, sledge hammers, battering rams, halligan tool and other forcible entry tools. (*Tool weights of 20-30 pounds*)
 - d) Pries open doors in structures using pry bars, halligan tools, bolt cutters and other tools.
 - e) Removes locks or hinges from doors using sledgehammers, battering rams, axes or other forcible entry tools.

- 8) **VENTILATION:** Opens or breaks windows, chops or cuts holes in roofs, breaches walls or doors, and aims fog stream out of window or hangs fans in windows or doors to remove heat, smoke, and/or gas from structures or entrapments.
 - a) Determines best location for venting structure based on location of hazard and fire personnel, roof type, and building construction.
 - b) Opens windows and other points of entry manually or by using pry bars, halligan tools, and other tools, to ventilate structure.
 - c) Breaks windows and other points of entry using axes, ladders and other tools, to ventilate structure.
 - d) Cuts open walls, roof and other structures to ventilate structure.
 - e) Uses fans for positive and negative pressure. (*Fan weights of 30-60 pounds*)

- 9) **SEARCH:** Searches assigned area in order to locate victims and to obtain further information about incident, following standard search procedures.
 - a) Determines search procedure or strategy needed to accomplish objectives.
 - b) Searches structures for seat of fire location or other hazards.
 - c) Searches floor or area of fire while crawling on all fours, looking for conscious or unconscious victims, sweeping assigned search areas with arms, legs, and tools.
 - d) Work together as a team/company to maintain personnel accountability.
 - e) Removes simulated victims from hazardous environments using carries and drags (*Victim weights range from 90 – 180 lbs.*)
 - f) Hoists or lowers victims or fire personnel using ropes, knots, and rescue hardware and harnesses.
 - g) Places victims onto stretchers, backboards, baskets, etc.

- 10) **SALVAGE:** Moves and covers furniture, appliances, merchandise and other property; and redirects water in order to minimize damage using salvage covers, rope, and other tools.
 - a) Spreads salvage covers over property.
 - b) Moves furniture and/or other objects to protect from water or other damage. (*Furniture / Objects weight range from 10-75 lbs.*)

- 11) **OVERHAUL:** Utilizing various hand tools (*10-15 pounds*) and Thermal Imaging Cameras
 - a) Searches for and extinguishes any hidden fires.
 - b) Simulates removal of burned or smoldering debris from buildings.

- 12) **CLEAN-UP/PICK UP:** Picks up, cleans and returns equipment to vehicle and rolls or folds hose, so that the Company can be placed back in service.
 - a) Backs lines out of structures. (*see hose weights above*)
 - b) Rolls and holds hoses after use and returns them to appropriate vehicle.
 - c) Cleans and returns all tools, equipment, supplies and property in usable condition to appropriate vehicles.
 - d) Cleans the apparatus.

- 13) **EQUIPMENT MAINTENANCE:** Checks, cleans, and maintains personal gear and equipment to ensure proper and safe operation.
 - a) Places turnout gear on or near apparatus.
 - b) Checks all hand tools, generators, equipment and power tools for proper function
 - c) Checks and performs ordinary maintenance on other portable equipment

- 14) **STATION MAINTENANCE AND DUTIES:** Checks, cleans, and maintains Academy facilities. This may include the performance of routine housekeeping chores.
 - a) Cleans apparatus bay floors and rooms.
 - b) Cleans and maintains Academy grounds.

Doctor's Initials: _____