



Hampton Division of Fire & Rescue Medical Release Form

It is highly recommended that all applicants have current Tetanus, Measles, Mumps, Rubella and Polio vaccinations, as well as Tuberculosis and Acquired Immune Deficiency Syndrome (AIDS/HIV) testing. If not already vaccinated, Hampton Division of Fire & Rescue will provide the Hepatitis-B vaccination series. Hampton Division of Fire & Rescue also conducts annual Tuberculosis screenings.

By signing below, I hereby authorize the physician I have selected to complete a required physical examination that is a part of the application process for service as a volunteer Firefighter and/or Emergency Medical Technician (EMT) for the City of Hampton and to release all relevant information to the Hampton Division of Fire & Rescue, regardless of whether the information provided is favorable or unfavorable to my application.

Signature of Volunteer Applicant

Date

For the Physician

Please check the appropriate box below:

- I have conducted a physical examination of the applicant who endorsed this release above. After reviewing the results of his/her physical examination and the Essential Job Functions for the position of Volunteer Firefighter and/or EMT attached herewith, I certify that _____ is in good general health and is physically capable of performing the referenced essential functions and physical requirements.
- I have conducted a physical examination of the applicant who endorsed this release above. After reviewing the results of his/her physical examination and the Essential Job Functions for the position of Volunteer Firefighter and/or EMT attached herewith, I certify that _____ is not suited at this time to perform the tasks of a Volunteer Firefighter and/or EMT and/or is not able to perform the listed essential functions and physical requirements.

Signature of Physician

Date

Physician's Name: _____

Address: _____

Phone Number: _____

Comments: _____

Hampton Division of Fire & Rescue
Essential Functions and Physical Requirements
Volunteer Firefighter and/or Emergency Medical Technician

FF	EMT	Essential Job Functions
X	X	Participates in training which involves firefighting and/or rescue procedures
X	X	Carries and utilizes heavy tools and appliances
X		Individually carries, lays out and connects fire hoses, as well as directs streams of water onto fires
X		Wears and utilizes Self-Contained Breathing Apparatus (SCBA), which weighs approx. 35 lbs.
X	X	Enters hazardous environments wearing protective equipment which weighs approx. 43 lbs.
X	X	Removes patients from hazardous environments
X		Raises and climbs ground ladders of various heights (10 – 45 feet)
X		Performs salvage operations at fire scenes
X		Extinguishes fires with handheld extinguishers and/or hose lines
X	X	Sustains exposure to infectious patients by air and/or blood borne pathogens
X	X	Carries and loads patients onto stretchers and into ambulances

	Physical Requirements for Firefighters and Emergency Medical Technicians
Lifting	Frequently lifts objects and persons that weigh more than 100 lbs.
Carrying	Frequently carries objects and persons that weigh more than 100 lbs.
Climbing	Ascends and descends ladders up to 105 feet and stairs up to 10 stories
Balancing	Maintains equilibrium to prevent falling from hazardous positions
Crawling	Accesses small spaces; in a fire scene, moves on hands and knees for long distances
Dexterity	Requires mobility in hands and fingers to perform a variety of intricate tasks
Stooping	Bends at the hips to pick up objects and/or persons
Reaching	Extends arms and hands in various directions
Speaking	Orally communicates in an effective manner
Hearing	Perceives the nature of distinct sound in an effective manner
Touching	Feels objects or materials to perceive attributes in an effective manner
Seeing	Visually perceives the physical environment in an effective manner, to include: <ul style="list-style-type: none"> • Acuity of vision at 20 feet or more • Acuity of vision at 20 inches or less • Acuity of vision in the middle ranges • Adequate depth perception in judging space and distance relationships • Peripheral vision to adequately perceive environment to the left, right, above and below while eyes are fixed on a point • Color vision adequate to identify and distinguish various colors
Smelling	Adequately perceives distinct odors, such as natural gas, smoke, gasoline, flammable materials, etc.