

FIRE FIGHTER I ACADEMY  
LOS MEDANOS COLLEGE  
2700 E. LELAND RD., PITTSBURG, CA 94565

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PHYSICAL EXAMINATION FORM

PATIENT'S NAME: \_\_\_\_\_ AGE \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_

Based upon my examination and a review of his/her medical history, the student should be able to participate in typical tasks which require strength, agility and endurance which firefighters are called upon to perform at a fire scene.

While wearing firefighter's coat, helmet, and breathing apparatus (total weight of about forty-five pounds) the student should be able to perform the following tasks:

1. Operate forcible entry tools and equipment at ground level, from ladders and on roof tops.
2. Carry, raise and lower straight and extension ladders of up to 40 feet I length.
3. Connect and operate hydrants, hose, nozzles, fittings and other hose devices.
4. Manually lift and carry injured persons.
5. Use self-contained breathing apparatus.
6. Run 1 \_ miles.

\_\_\_\_\_  
PHYSICIAN'S SIGNATURE

\_\_\_\_\_  
DATE

Based upon this examination, this student should not participate in the Academy for the following reasons:

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PHYSICIAN'S SIGNATURE

\_\_\_\_\_  
DATE