



Fire Fighter Training Program Medical Release Form

To the applicant: Please complete pages 1 to 4 of this questionnaire and take it with you to the medical examination by your physician.

****Please note that this document is only valid if completed within one year of your program start date.****

Date: ____/____/____

Name:

Provincial
Health
Care#

FAMILY NAME GIVEN NAME(S)

Date of birth: ____/____/____

Age

Gender: M ____ F ____

Address:

Phone:

City:

Postal Code:

Present health:

1. Good with no medical complaints.

2. Symptoms or medical complaints

3. Are you presently on any treatment for any medical condition? YES NO

If YES please explain

Activity related problems:

Have you experienced any of the following conditions related to work or exercise?

- 1. back problems
- 2. chest pain
- 3. dizziness
- 4. fainting
- 5. muscle or joint problems
- 6. irregular heart beat
- 7. wheezing
- 8. other

Please explain _____

Illnesses, operations, hospitalizations, or injuries:

Date	Problem	Treatment	Outcome
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Medications:

Please list any medications you are taking on a regular basis.

Allergies:

Drug allergies: _____

Other allergies: _____

Past medical history:

Have you had any of the following conditions?

- 1. Heart disease
- 2. High blood pressure
- 3. Lung disease including asthma
- 4. Kidney disease
- 5. Diabetes
- 6. Bowel disease
- 7. Cancer
- 8. Emotional illness
- 9. Epilepsy
- 10. Head injury, loss of consciousness
- 11. Fractures, joint or muscle problems
- 12. Surgery
- 13. Back problems
- 14. Missing organs (e.g., eye, kidney)
- 15. Tendonitis, carpal tunnel, whitehand
- 16. Worker's compensation injury/illness

If you have had any of the above please explain. _____

Occupational exposure:

Have you or do you require use of protective equipment at any time to carry out your job duties (SCBA, respirator, noise protection)? Detail _____

Have you ever worked in an area with exposure to noxious or toxic chemicals, gases, ionizing radiation (x-ray, gamma ray, etc.), radiant energy (UV, infra-red)? Describe _____

Have you ever been required to change jobs or locations due to work conditions or exposures? Describe _____

Have you ever had a hazardous substance exposure requiring treatment or time off work? If you have, please describe. _____

Have you ever had a work injury requiring time off work? If yes, please describe. _____

Family History:

Have any close family members (parents, siblings) had any illnesses? **YES NO**
(e.g., heart disease, high blood pressure, stroke, diabetes, cancer, alcoholism, other)

Relation	Living	Age	Present Health	Deceased	Age	Cause
Father	_____	_____	_____	_____	_____	_____
Mother	_____	_____	_____	_____	_____	_____
Brothers & Sisters	_____	_____	_____	_____	_____	_____
	_____	_____	_____	_____	_____	_____

Lifestyle:

Smoking: Do you smoke? **YES NO**
 If YES how many per day? _____
 If NO did you smoke in the past? **YES NO**
 If YES when did you quit? _____ months / years ago.

Alcohol: Do you drink alcohol? **YES NO**
 If YES, on average how many per week?
 Beer (bottles) _____ Spirits (oz.) _____ Wine (oz.) _____

Exercise: Do you exercise on a regular basis? **YES NO**
 If YES please complete the table below:

Activity	Intensity (Hard/Easy)	Exercise Time	Times per week

Has a physician ever suggested that you be restricted from physical activity? **YES NO**
 If YES please explain.

Consent for independent medical examination and release of information:

The above information is correct and complete to the best of my knowledge.

I _____, hereby consent to a medical examination by

Dr. _____, who then has my consent to send a report of the findings to Emergency Training Centre, Lakeland College (Vermilion, AB). I further authorize any physician who has attended or examined me to release full details of my medical status to the above named physician upon their request.

Signature of applicant: _____

Date: _____

Witness: _____

Date: _____

Medical Examination For Physician Use Only

The purpose of this document is to ensure that the applicant is medically fit to undertake live-fire training. A brief summary of the physical demands for the training courses is provided below. Further information may be obtained by contacting the Office of the Registrar at Lakeland College at (780) 853-8672.

Summary of Physical Demands:

This program includes both theoretical and practical study of structural/industrial firefighting, as well as a structured, credited physical training class, instructed by a qualified Certified Exercise Physiologist. The practical component normally includes multiple days of simulated fire suppression exercises where students are exposed to the physical demands normally associated with firefighting work. During a typical practical day, students may experience 4-6 training scenarios. Each scenario involves between 15-60 minutes of exposure to severe environmental and physical stress.

The physical training class (for the Emergency Services Technology program only) runs 3 times a week for an hour each session. The workouts are designed to stress all of the body's energy systems of aerobic, anaerobic, and muscular strength/endurance to peak limits. Workouts range from high intensity circuits, 5-10 km runs, 20 km bikes, hill/bleacher training, swimming, and industry specific training (Fire-Fit-Combat Challenge Simulation). Some of the major stressors are outlined below in more detail:

1. Tolerating extreme fluctuations in temperature while performing duties. Students are required to perform physically demanding work in hot (up to 150°C or 400°F), humid (up to 100%) atmospheres while wearing personal protective equipment that significantly impairs thermoregulation.¹ (Core body temperatures can reach up to 40°C after 20 min of hard work).
2. Wearing firefighting clothing and equipment that weighs at least 22 kg (50 lb) while performing firefighting work.¹
3. Performing physically demanding work while wearing positive pressure self-contained breathing apparatus (SCBA) which presents a significant resistance to expiratory flow and may reduce peak exercise ventilation by approximately 15%.^{1,2}
4. Making rapid transitions from rest to near maximal exertion without warm-up periods.¹
5. Operating in environments of high noise, poor visibility, limited mobility; at heights; and, in enclosed or confined spaces.¹
6. Using hose, ladders, and manual or power tools that weigh up to 45 kg (100 lb).^{3,4}
7. High levels of energy expenditure that are estimated to average approximately 8-10 METS^{4,5} and may exceed 12 METS.¹ Completion of Stage 3 of the Bruce treadmill protocol (3.4 mph and 14% grade) or running at 6.0 mph on level ground is equivalent to about 10 METS.
8. High levels of cardiovascular stress as evidenced by average heart rates of 70% of the age-predicted maximum during training scenarios with brief, repeated periods of near maximal heart rate (90+%).⁶

¹National Fire Protection Agency. (2003) *Standard 1582, Medical Requirements for Fire Fighters and Information for Fire Department Physicians*. Quincy, MA: National Fire Protection Association.

²Eves ND, Jones RL, Petersen SR (2005) The influence of the self-contained breathing apparatus (SCBA) on ventilatory function and maximal exercise. *Canadian Journal of Applied Physiology* 30(5): 507-519.

³DOT Occupational Codes. (1993) Selected Characteristics of Occupations Defined in the Revised Dictionary of Occupational Titles, U.S. Dept. of Labor, U.S. Government Printing Office, Washington, D.C.

⁴Gledhill, N., and Jamnik, V. K. (1992). Characterization of the physical demands of firefighting. *Canadian Journal of Sport Science*. 17: 207-213.

⁵Sothmann, M., Saupe, K., Jansenof, D., Blaney, J., Fuhrman, S. D., Woulfe, T., Raven, P., Pawelczyk, J., Dotson, C., Landy, F., Smith, J. J., and Davis, P. (1990). Advancing age and the cardiorespiratory stress of fire suppression: determining a minimum standard for aerobic fitness. *Human Performance*. 3: 217-236.

⁶Dreger, RW, Petersen, SR, Dlin RA. *Heart rate responses to firefighter training*. Final report submitted to the Alberta Fire Training School, March 2002.

**Medical Examination
For Physician Use Only**

Name _____ Date of Birth: ____/____/____

Height _____ in. _____ cm.

Weight _____ lb. _____ kg.

Vision:

Far: uncorrected R 20 / ____ L 20 / ____ corrected R 20 / ____ L 20 / ____

Near: uncorrected R 20 / ____ L 20 / ____ corrected R 20 / ____ L 20 / ____

Colour: Normal _____ Impaired _____ Colour Test Used _____

Plates _____ Errors _____

Visual Fields (confrontation): Full _____ Impaired _____

Hearing:

R Normal _____ Impaired _____

L Normal _____ Impaired _____

Blood Pressure: _____ / _____ mmHg.

Pulse: _____ bpm

	Normal	Abnormal	Not Examined	Findings	Follow-up Suggested
General Assessment					
E.N.T.					
Pulmonary					
Cardiovascular					
Abdomen					
Musculoskeletal					
Genitourinary					
Neurological					

Comments on physical examination:

Medical Examination
For Physician Use Only

Additional Tests (only if indicated):

Laboratory:		Imaging:	Function:
<input type="checkbox"/> Kidney	<input type="checkbox"/> Liver Function	<input type="checkbox"/> Chest Xray	<input type="checkbox"/> PFT
<input type="checkbox"/> CBC	<input type="checkbox"/> LIPIDS	<input type="checkbox"/> Ultrasound	<input type="checkbox"/> EST Test
<input type="checkbox"/> SMA ₁₂	<input type="checkbox"/> HIV	<input type="checkbox"/> Other	<input type="checkbox"/> Other
<input type="checkbox"/> GGT	<input type="checkbox"/> ECG		
<input type="checkbox"/> Glucose	<input type="checkbox"/> Audiogram		
<input type="checkbox"/> Urine	<input type="checkbox"/> Toxicology	Other:	
<input type="checkbox"/> Drug	<input type="checkbox"/> Other	_____	

Comments on follow-up examination:

Medical Clearance

I have examined _____ and am satisfied that this individual is medically fit to participate in the fire training course described above.

Physician's name: _____

Address: _____

Telephone: _____

Physician's signature: _____

Date: _____

The costs associated with completion of this form are the responsibility of the applicant.