

# New Hampshire Department of Safety

## Division of Fire Standards and Training & Emergency Medical Services

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## Medical Release Form

### Medical Release timeframes:

- Training courses: Cannot be older than three (3) years from the last day of class in which the student is enrolled
- CPAT: Cannot be older than one (1) year prior to the date of the CPAT exam

### Sign offs:

- Affiliated Students: May have their Chief or their designee sign off or have a health care provider sign off. No additional documentation is required
- Non-affiliated students: Are required to have a health care provider sign off

### APPLICANT INFORMATION:

Name: _____	EMS License # or NELP # _____
Organization name: _____	Birth date: (mm/dd/yyyy) _____

After referring to the "Essential Job Tasks and Student Activities", on page 2 of this form, I am fully aware of the risks and hazards associated with fire, rescue and hazardous materials training, including but not limited to burns, heat stroke, heart attack, heat exhaustion, falls and other related injuries, or death, and I choose to voluntarily participate in the activity with full knowledge that said activity may be hazardous.

Signature: \_\_\_\_\_

**DIRECTIONS: Only ONE of the sections below needs to be completed.**

### (A) FIRE DEPARTMENT SIGN-OFF: (Affiliated students only)

**NOTE: This section MUST be signed by the Chief of the department or their designee.**

I verify that the applicant listed above meets the medical and physical requirements set forth by my agency and is fit-for-duty to perform the functions of a firefighter.

Printed Name: _____	Chief or designee: _____
Signature: _____	Date: _____
Official name of fire service organization: _____	

**OR...**

### (B) HEALTH CARE PROVIDER SIGN-OFF: (Affiliated or non-affiliated students)

**NOTE: This section MUST be completed and signed by a physician or other licensed healthcare professional.**

After referring to the "Essential Job Tasks and Student Activities", on page 2 of this form, I verify the applicant is fit-for-duty to perform the functions of a firefighter. (no other documentation required)

Printed Name: _____
Signature: _____
Date: _____ Phone: _____
Official Name of Healthcare Agency: _____
Address: _____
_____
_____

**Appendix A-**  
**Essential Job Tasks (NFPA 1582) and**  
**Description of Student Activities**

1. Performing firefighting tasks (e.g. hose line operations, extensive crawling, lifting, carrying heavy objects, ventilating roofs or walls using power or hand tools, and forcible entry), rescue operations and other emergency response actions under stressful conditions while wearing personal protective ensembles and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged time periods.
2. Wearing an SCBA, which includes a demand valve-type positive-pressure face piece or HEPA filter masks, which requires the ability to tolerate increased respiratory workloads.
3. Exposure to toxic fumes, irritants, particulates, biological(infectious) and non-biological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA
4. Climbing six or more flights of stairs while wearing fire protective ensemble weighing at least 50 lbs. or more carrying equipment/tools weighing an additional 20 to 40 lbs.
5. Wearing fire protective ensemble 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 degrees F (39 degrees C).
6. Searching, finding and rescue-dragging or carrying victims ranging from newborns up to adults weighing over 200 lbs. to safety despite hazardous conditions and low visibility.
7. Advancing water-filled 2 ½ "diameter hose lines from fire apparatus to occupancy (approx. 150'), which can involve negotiating multiple flights of stairs, ladders and other obstacles.
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.
9. Unpredictable emergency requirements for prolonged periods of extreme physical exertion without benefit of warm-up, scheduled rest periods, meals, access to medication(s), or hydration.
10. Operating fire apparatus or other vehicles in emergency mode with emergency lights and sirens.
11. Critical, time-sensitive, complex problem solving during physical exertion in stressful, hazardous environments, including hot, dark, tightly enclosed spaces, that is further aggravated by fatigue, flashing lights, sirens, and other distractions.
12. Ability to give and comprehend verbal orders while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility, and drenching from hose lines and/or fixed protection systems (sprinklers), hear alarm signals, hear and locate the source of calls for assistance from victims or other firefighters.
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 other team members.

A student will be required to wear fire protective clothing and SCBA in hazardous, but controlled atmospheres, perform firefighting and rescue operations that expose them to extreme heat, toxic products of combustion and hazardous materials. They will be required to lift and operate equipment and heavy machinery, carry and raise ladders, and climb ladders up to 100' in height. Students may achieve heart rates of 85 to 100% of their maximum capacity during training operations.