



# Marine Institute Medical Form for Technical Certificate in Fire Rescue

**Note to Physician.**

You are being asked to evaluate an individual who is applying for the Marine Institute’s Technical Certificate in Fire Rescue. The applicant must undergo a medical assessment to determine whether the individual is medically fit for safe and effective performance in the program. The medical evaluation of the applicant shall include a medical history, examination, and any laboratory tests required to detect physical or medical condition(s) that could adversely affect their ability to safely perform the essential job tasks outlined on page 2 of this form. This evaluation is based on the guidance established by the National Fire Protection Association Technical Committee on Occupational Safety and Health (\*NFPA1582-2013).

*The physician’s examination must be completed within 12 months prior to the Program Start Date and remains valid for 2 years. The medical certificate must cover the entire duration of the Program. If any injury occurs after the medical examination, the applicant must promptly inform the Marine Institute, as it could impact the current medical's validity. The Marine Institute retains the right to require the student to undergo a new medical examination in such circumstances.*

Applicant Name: \_\_\_\_\_ Student #: \_\_\_\_\_ Phone No: \_\_\_\_\_

Address: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

**This questionnaire is to be completed by a physician following their medical examination of the above applicant.**

Are there any factors that would affect the applicant’s suitability to complete the Technical Certificate in Fire Rescue ?

**Note:** Please refer to the outline of physical stressors for the programs that are outlined on the second page of this medical form.

**Physician declaration:**

After completion of an examination of the individual named above, it is my opinion that the “applicant” is

**Medically Fit**  or **NOT Medically Fit** ,

to undergo a rigorous physical training program with full regard to all the stressors indicated on the reverse side of this form.

Comments:

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**Date of Examination:** \_\_\_\_\_ **Physicians Signature:** \_\_\_\_\_

Physician Contact Information: (Please Print)

Physician Name: \_\_\_\_\_

Business Phone: \_\_\_\_\_

Clinic Address: \_\_\_\_\_

Please return the form to:

Office of the Registrar  
PO Box 4920, 155 Ridge Road  
St. John’s, NL A1C 5R3, or  
[admissions@mi.mun.ca](mailto:admissions@mi.mun.ca)

For information or questions call:

709-778-0380 or 1-800-563-5799

**Note to Physician:**

The application will be subject to extensive medical evaluation and must meet stringent health requirements when they enter the firefighter profession. The purpose of the information in this medical report is to identify any potential health concerns so both the Marine Institute and the applicant are fully informed. Please refer to the reverse of this form for a brief description of the physical stressors that impact a student while attending this program.

## **Information for Physician Regarding the Physical Requirements of Marine Institute's Technical Certificate in Fire Rescue**

Firefighting entails a unique set of conditions that need to be considered in evaluating the medical fitness of applicants. These may include (depending upon the duties of the particular FF position):

- unpredictable periods of maximal physical exertion (e.g., climbing stairs with over 50 pounds of PPE and 20 to 40 pounds of equipment);
- use of encapsulating and insulated personal protective equipment (PPE) that can result in significant fluid loss and dehydration;
- exposure to extreme environmental temperatures;
- during emergency responses with limited access to food, water, and medications for prolonged periods of time;
- emergency response driving with the responsibility for others in the vehicle;
- critical, time-sensitive complex problem solving in hazardous environments;
- unpredictable meal schedules;
- control of one's emotions under stress;
- functioning as a team where sudden incapacitation can result in mission failure or risk of injury or death to civilians or other team members.

### **14 Essential Job Tasks of Firefighters**

1. While wearing personal protective ensembles and self-contained breathing apparatus (SCBA), performing firefighting tasks (e.g., hoseline operations, extensive crawling, lifting and carrying heavy objects, ventilating roofs or walls using power or hand tools, forcible entry), rescue operations, and other emergency response actions under stressful conditions, including working in extremely hot or cold environments for prolonged time periods.
2. Wearing an SCBA, which includes a demand valve-type positive-pressure facepiece or HEPA filter mask, which requires the ability to tolerate increased respiratory workloads.
3. Exposure to toxic fumes, irritants, particulates, biological (infectious) and nonbiological hazards, and/or heated gases, despite the use of personal protective ensembles and SCBA.
4. Depending on the local jurisdiction, climbing six or more flights of stairs while wearing a fire protective ensemble, including SCBA, weighing at least 50 lb (22.6 kg) or more and carrying equipment/tools weighing an additional 20 to 40 lb (9 to 18 kg).
5. Wearing a fire protective ensemble, including SCBA, 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°F (39°C).
6. While wearing personal protective ensembles and SCBA, searching, finding, and rescue-dragging or carrying victims ranging from newborns to adults weighing over 200 lb (90 kg) to safety despite hazardous conditions and low visibility.
7. While wearing personal protective ensembles and SCBA, advancing water-filled hoselines up to 2 1/2 in. (65 mm) in diameter from fire apparatus to occupancy [approximately 150 ft (50 m)], which can involve negotiating multiple flights of stairs, ladders, and other obstacles.
8. While wearing personal protective ensembles and SCBA, climbing ladders, operating from heights, walking or crawling in the dark along narrow and uneven surfaces that might be wet or icy, and operating in proximity to electrical power lines 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 an 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, which is further aggravated by fatigue, flashing lights, sirens, and other distractions.
12. Ability to communicate (give and comprehend verbal orders) while wearing personal protective ensembles and SCBA under conditions of high background noise, poor visibility, and drenching from hoselines and/or fixed protection systems (sprinklers).
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.
14. Working in shifts, including during nighttime, which can extend beyond 12 hours.