



FIRE DEPARTMENT

9 METROTECH CENTER BROOKLYN, N.Y. 11201-5884

FDNY PHYSICAL PREPARATION PROGRAM MEDICAL CLEARANCE FORM

TO WHOM IT MAY CONCERN:

The New York City Fire Department will be conducting a Physical Preparation Program for the upcoming Candidate Physical Ability Test for Firefighter. The Physical Preparation Program will consist of ten to twelve sessions and be progressive in nature. The physical activities to be performed by the candidate may increase a candidate's risk of medical complications.

Medical conditions or illnesses that may be at risk are: muscular disorders, high blood pressure, infections, asthma, lung disease, diabetes, dehydration, alcoholism, anemia, gastro-intestinal disorders, seizure disorders, a history of heat stroke, electrolyte abnormalities, sickle cell disease or trait, cardiac disease, and current illness such as diarrhea, colds, flu, fevers.

In addition, the use of medications or drugs such as aspirin, non-steroidal anti-inflammatory agents, acetaminophen, ibuprofen, naproxen, decongestants, cold pills, inhalers, diuretics, stimulants, cocaine, heroin, marijuana, and other chemicals such as amphetamines, ephedrine, and steroids may increase a candidate's risk. The above listing of conditions is not intended to be a comprehensive list of the conditions that may place a candidate at risk.

Therefore, before a candidate will be permitted to participate in the physical training program, s/he must be examined by a physician and submit this form signed by the same physician stating that the candidate is medically fit for participation in the program. Below, is a brief description of the tasks associated with this training program.

- Event 1- Stair Climb. The candidate will wear a 75lb weighted vest while walking on a Stairmaster Stepmill at 60 steps per minute, for 3 minutes and 20 seconds.
- Event 2- Hose Drag. The candidate will wear a 50lb weighted vest and drag a length of 1¾ hose a total of 100 ft. to a marked area and then drop to a knee and pull one additional length into a marked box.

- Event 3 – Equipment Carry. The candidate will wear a 50lb vest and carry two saws, approximately 30lbs each, a total distance of 150 ft.
- Event 4 – Ladder Raise and Extension. The candidate will wear a 50lb vest and walk to the top rung of a 24 ft. extension ladder, lift the unhinged end from the ground, and walks it up until it is stationary against the wall. The candidate will then proceed immediately to a vertically pre- positioned and secured 24 ft. extension ladder and extends the fly section hand over hand until it is completely extended.
- Event 5 – Forcible Entry. The candidate will wear a 50lb weighted vest and use a 10lb sledgehammer to strike a spring loaded tension device until it is completely depressed.
- Event 6 – Search. The candidate will wear a 50lb weighted vest and crawl on hands and knees through a tunnel maze that is approximately 3 ft high, 4 ft. wide and 64 ft. in length.
- Event 7 – Victim Rescue. The candidate will wear a 50lb weighted vest and grasp a 165lb mannequin by the handles on the shoulder and drag it a total of 70ft.
- Event 8 – Ceiling Breach and Pull - The candidate will wear a 50lb weighted vest grasps a pike pole and pushes up overhead on a hinged door that weighs 60 lbs. The candidate then pulls down on a device that weighs 80lbs, five times. The candidate will repeat this entire sequence a total of four times.

I HEREBY CERTIFY THAT I HAVE READ THE ABOVE DESCRIPTION OF THE PHYSICAL TASKS INVOLVED IN THE FIREFIGHTER PHYSICAL PREPARATION PROGRAM.

Candidate's Name (Print)

Signature

List Number

I CERTIFY THAT THIS CANDIDATE IS MEDICALLY FIT TO PARTICIPATE IN THE ABOVEMENTIONED TRAINING PROGRAM.

Physician's Name (Print)

Physician's Signature

Physician's License #

Office Address

Phone

Date