

## Garland Fire Academy

### Physical Examination Release Form

Fire Academy Cadet \_\_\_\_\_ is preparing to attend the Garland Fire Academy. This Academy is designed to expose the applicant to all of the rigors of fire suppression. The Cadet will be involved in, but not limited to, the following examples of severe physical exertion:

- ✓ Physical training consisting of running, sit-ups, pushups, etc.
- ✓ Extensive use of Self Contained Breathing Apparatus (SCBA)
- ✓ Working in Personal Protective Equipment weighing in excess of 50 pounds
- ✓ Working in extreme temperatures in excess of 300 degrees F
- ✓ Climbing ladders in excess of 75 feet
- ✓ Lifting and carrying heavy equipment including but not limited to hose, fans, and other such items to include 150 pound training dummies
- ✓ Working in very confined spaces
- ✓ Similar form of physical exertion

**To the Physician:**

The Cadet will be challenged physically and mentally during the Garland Fire Academy. They will be required to lift and carry bodies; lift and carry ladders; lift and carry auto extrication equipment; work in an environment over 300 degrees F; rain; cold; wind; snow and ice. They will be required to do this work with approximately 75 pounds of Personal Protective Equipment on them for up to four (4) hours each day. The Cadet must be in physical condition to accomplish and sustain this type of physical rigor throughout the academy.

In my medical opinion, Firefighter Cadet \_\_\_\_\_

\_\_\_\_\_ **IS MEDICALLY AND PHYSICALLY CAPABLE**

\_\_\_\_\_ **IS NOT MEDICALLY AND PHYSICALLY CAPABLE**

of attending and participating in the rigorous physical activity of the Garland Fire Academy.

\_\_\_\_\_  
Physician

\_\_\_\_\_  
Date

Office Address: \_\_\_\_\_

\_\_\_\_\_

Office Phone: \_\_\_\_\_