

MESA FIRE DEPARTMENT

Return to Duty Progress Report – Sworn

Revised 10/19/09

Physician Name: _____ Physician Phone Number: _____

Employee Name: _____

Contact: Emergency Services Captain (480) 644-4895

Fire Wellness Captain (480) 644-3072

Instructions: Please complete the section that applies.

Fax (480) 644-5160

MODIFIED WORK

The City of Mesa has a Transitional Work Program. This program allows an employee to return to work in a modified duty capacity when he/she cannot perform normal job functions. If this employee can perform modified work, please specify the physical limitation.

Maximum number of hours released to work: Per Day _____ Per Week _____

Physical Tolerance:

- Sit – (Hours/Minutes) _____
- Stand – (Hours/Minutes) _____
- Walk – (Hours/Minutes) _____
- Lift – (Maximum # of Pounds) _____
- Climb Stairs _____
- Driving _____

	Yes	No
Bend		
Crouch		
Squat		
Kneel		

Physician Comments: _____

May Begin Modified Duty Date : _____

Expected Date to Full Duty : _____

FULL DUTY

May Return to Full Duty on (date): _____

NO WORK STATUS

Employee cannot perform or function in any type of work activity.

Expected date employee can return to modified work: _____

Next Appointment: _____

Mesa Fire Department
Essential Structure Fire-Fighting Functions & Fitness Evaluation Components
Physician Reference

Firefighter Name: _____

Essential firefighter job tasks include;

1. Performing fire-fighting tasks (e.g. hoseline operations, extensive crawling, lifting and carrying heavy objects, ventilating roofs or walls using power tools, forcible entry), rescue operations, and other emergency response actions under stressful conditions while wearing personal protective ensembles (PPE) and self-contained breathing apparatus (SCBA), including working in extremely hot or cold environments for prolonged periods.
2. Wearing an SCBA, which includes demand valve-type positive pressure facepiece or HEPA filter masks, 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 PPE including SCBA.
4. Depending on the local jurisdiction, climbing 6 or more flights of stairs while wearing fire protective ensemble weighing at least 50 lb or more and carrying equipment/tools weighing an additional 20 to 40 lb.
5. Wearing fire protective ensemble that is encapsulating and insulated. Wearing this clothing 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. Searching, finding, and rescue-dragging or carrying victims ranging from newborns to adults weighing over 200 lb to safety despite hazardous conditions and low visibility.
7. Advancing water-filled hoselines up to 2.5 in. in diameter from fire apparatus to occupancy (approximately 150 ft); 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 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), further aggravated by fatigue, flashing lights, sirens, and other distractions.
12. Ability to communicate (give and comprehend verbal orders) while wearing PPE 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 injury or death to civilians or other team members.

Reference: NFPA 1582 Standard on Comprehensive Occupational Medical Program for Fire Department 2003 Edition

Annual Firefighter Fitness Evaluation includes;

1. Body Composition (body weight, body fat, body mass index, waist-to-hip measurements)
2. Aerobic Capacity (sub-maximum treadmill test requiring workloads of 85% of maximum heart rate)
3. Muscular Endurance & Strength (crunches, push up's and grip strength-dynamometer)
4. Flexibility (sit-and-reach)

I have read and reviewed the above list of essential firefighter duties. I have assessed this firefighter and believe he/she can perform these essential duties safely and without compromise.

Physician Signature: _____ **Date:** _____