

## CAL FIRE PHYSICAL/MENTAL STRESS JOB DESCRIPTION



### FIRE CAPTAIN (A)

A DESCRIPTION IS GIVEN BELOW OF THE PHYSICAL AND MENTAL STRESSES TO WHICH A FIRE CAPTAIN (A) IS SUBJECTED TO AT CAL FIRE. YOUR JUDGMENT IS NEEDED AS TO THE EMPLOYEE'S CAPACITY TO PERFORM THE REQUIRED DUTIES. IN YOUR CONCLUSION, TAKE INTO ACCOUNT THE LONG-RANGE OUTLOOK FOR CONTINUED PERFORMANCE, AND THE EMPLOYEE'S ABILITY TO SAFELY PERFORM THESE DUTIES WITHOUT SIGNIFICANT INCREASED RISK OF INJURY TO SELF OR OTHERS BECAUSE OF MEDICAL CONDITION.

The Fire Captain (A) is the key person in any fire crew system, on the fireline or with a work crew. In fire control stations, the Fire Captain (A) supervises other fire personnel and acts as a station manager and supervises all of the activities of a fire crew. The Fire Captain (A) is responsible to organize and present to the crew, a training program covering the fundamentals of the duties they will perform. Also, the Fire Captain (A) is responsible for seeing that the station and all of its facilities, including fire engines and other automotive equipment assigned to the station, are properly maintained. The Fire Captain (A), when dispatched, takes action on wildland, structural, and industrial fires. Also, the Fire Captain (A) directs the efforts of fire crews toward the most rapid and practical emergency control techniques. A Fire Captain (A) may be required to drive long distances.

On initial attack fire situations, in the absence of the Battalion Chief, the Fire Captain (A) acts as Incident Commander to size up the fire, properly deploy personnel and equipment, and aggressively follow a plan of action to keep the fire acreage small, and also assist in the preparation and maintenance of education sessions, makes inspection of property, premises (except the interior of dwellings) and equipment for compliance with fire prevention laws.

Due to critical periods of a fire season, a Fire Captain (A) may be required to travel long distances throughout the state; and upon arrival perform necessary fireline assignments lasting 24 hours or more. When assigned to an emergency incident, the Fire Captain (A) is expected to have the endurance to perform arduous physical task on emergency situations throughout the state. The Fire Captain (A) may be assigned to the night shift and required to sleep during the day to be ready for the following night shift. Day sleeping due to the times of shift change, combined with high temperature (100 degrees F), smoke, dust, and noise, makes rest quite difficult to obtain. Normal regularity of meals becomes impossible in these situations; also, the Fire Captain (A) must be capable of responding to the above demanding stressful situations at all times.

During the declared fire season, there may be periods of several weeks during which no stressful situations occur; and then at a moments notice, a Fire Captain (A) could be assigned to an emergency assignment that would demand all the necessary resources to cope with the emergency situation. The Fire Captain (A) must be able to speak and write effectively, think clearly, and use good judgment; willingness to live and work in isolated areas from population centers, and to work on weekdays, weekends, and holidays, willingness to remain on duty 24 hours a day, as required. The incumbent should possess color vision sufficient to discrimination between electrical cable and pipe color coding; and color vision sufficient to correctly identify vehicle colors; and visual acuity (Snellen) of not less than 20/100 without correction in each eye, corrected to not less than 20/30 in one eye; hearing adequacy within speech frequencies (uncorrected); physical strength and agility; weight in proportion to height; and no more than mildly susceptible to poison oak; normal use of both hands and feet.

The incumbent may be required to wear respiratory protection equipment (including self-contained breathing apparatus (SCBA)). The use of such equipment may place a physiological burden on the incumbent that varies with the type of equipment used, the job and workplace conditions in which the equipment is used, and the medical status of the incumbent. As such, Cal/OSHA requires that the incumbent be annually medically cleared to be fit-tested for respiratory protection equipment. This clearance process consists of a comprehensive medical evaluation including a review of the incumbent's medical history, a complete physical examination, and vision, hearing, spirometry, and exercise treadmill tests.

The incumbent typically is required to perform psychologically stressful and/or physically demanding duties consistent with firefighting, disaster response, and emergency medical response, including working in isolated areas, walking or running on uneven rough terrain, and remaining on duty 24 hours or longer without a break while performing these duties.

**CATEGORY I - ARDUOUS PHYSICAL WORK**

Duties involve field work requiring physical performance calling for above-average ability, endurance, and superior condition, including occasional demand for extraordinarily strenuous activities in emergencies, under adverse environmental conditions, and over extended periods of time; requires running, walking, difficult climbing, jumping, twisting, bending and lifting over 25 pounds; and the pace of work is typically set by the emergency situation.

THE UNDERSIGNED CERTIFIES THAT HE/SHE HAS READ THE CAL FIRE PHYSICAL/MENTAL STRESS JOB DESCRIPTION FOR THE EMPLOYEE NAMED BELOW AND THAT IN HIS/HER JUDGMENT THE EMPLOYEE HAS THE CAPACITY TO PERFORM THE REQUIRED DUTIES, HAS TAKEN INTO ACCOUNT THE LONG-RANGE OUTLOOK FOR CONTINUED PERFORMANCE, AND THE EMPLOYEE IS ABLE TO SAFELY PERFORM THESE DUTIES WITHOUT SIGNIFICANT INCREASED RISK OF INJURY TO SELF OR OTHERS BECAUSE OF MEDICAL CONDITION.	
EMPLOYEE NAME (PRINT)	WORK UNIT
MEDICAL PROVIDER'S NAME (PRINT)	DATE
MEDICAL PROVIDER'S SIGNATURE	
ADDRESS (PRINT)	
TELEPHONE	