



CAL FIRE PHYSICAL/MENTAL STRESS JOB DESCRIPTION

FIREFIGHTER I

A DESCRIPTION IS GIVEN BELOW OF THE PHYSICAL AND MENTAL STRESSES TO WHICH A FIREFIGHTER I 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.

Firefighter I's work, as a temporary employee, under the close supervision of a Captain or Engineer, to do the heavy physical work involved in firefighting as a member of a fire crew. The primary purpose of the Firefighter I is to fight fires as a member of a fire crew using tools and equipment such as a shovel, axe, McLeod, Pulaski, and back pump. However, during the periods when there are no fires, the Firefighter I must perform certain other related duties in order to build and maintain the organization at a high degree of efficiency. The individual must keep physically fit for the rigorous duties of fighting wildland fires, as a member of a large striking force. A large part of the training to efficiently perform these duties will be conducted "on the job". Formalized training is given to the Firefighter I's in the techniques of fire control, as far in advance as possible of the time that they are called upon to perform this very hazardous and difficult type of work.

When the Firefighter I is not on the fire line, additional projects may involve clearing trails, cutting brush, assisting in building repair, and grounds and equipment maintenance and repair; inspect, clean and repair fire house and equipment; sharpen fire tools, paint equipment and buildings, perform semi-skilled or laboring construction work, and perform general station housekeeping and kitchen duties.

When assigned to an emergency incident, the Firefighter I is expected to have the endurance to perform arduous physical tasks in emergency situations throughout the state. The Firefighter I 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 firefighter must be capable of responding to the above demanding stressful situations at all times.

A Firefighter I must have visual acuity (Snellen) of not less than 20/100 without correction in each eye, corrected to not less than 20/30 in one eye; must have color vision sufficient to correctly identify vehicles and have color vision adequate to successfully perform the duties as measured by the Ishihara Pseudo-Chromatic Plate Test; hearing adequacy within speech frequencies (uncorrected); and full use of both hands and feet. The individual must have the necessary strength and agility required for extensive bending, stooping, and squatting, and must have no more than a mild susceptibility to poison oak. The Firefighter I must be able to work in situations where heat is intense, in addition be able to tolerate heavy smoke, dust and exposure.

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.

<p>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.</p>	
EMPLOYEE NAME (PRINT)	WORK UNIT
MEDICAL PROVIDER'S NAME (PRINT)	DATE
MEDICAL PROVIDER'S SIGNATURE	
ADDRESS (PRINT)	
TELEPHONE	