



# County of Salem

## FIRE ACADEMY



**To:** All Department Chiefs  
**From:** Leroy Pierce, III  
**Ref.:** Medical Clearance Form – Fire Fighter One  
**Date:** November 23, 2015

Over the past several FF 1 programs, we have experienced recruits who, for various reasons or conditions, were in need of medical evaluation and in some cases transport to a medical facility. In a few of these cases, a pre-existing condition may have played a part in their medical situation. As most of you know, our Academy conducts a rigorous and demanding program, especially in the area of physical fitness and conditioning. We are highly committed in our efforts to foster a more healthy and fit fire fighter so that we are able to begin to stem the tide of stress related line of duty deaths. Additionally, in recent weeks, the Division of Fire Safety has urged Fire Academies to review their policies, procedures and documentation process in the area of medical clearances or physical examinations. Prior to the Division's communication, we had conferenced with the County's insurance broker and risk manager to discuss options in this area so as to insure the County, Academy and its staff are providing for the best platform from which to continue to set the benchmark in fire service education. We also have consulted, and now have as a direct resource, a certified athletic trainer who is providing valuable insight into firefighter fitness sessions, basing conditioning activities upon known skill sets required of the front line firefighter. This individual has previous experience as a firefighter, which brings a very different viewpoint to the table than the "normal" athletic trainer.

Attached to this memo / communique is the Fire Academy's newly instituted Medical Clearance Form which is to be completed by a medical professional conducting the physical examination of your firefighter recruit candidate. At this point the EKG is a highly recommended segment, but not a requirement. The form is a significantly pared down version of the Guideline document contained in the NFPA 1582 Standard. It is very similar in content / provisions to the NJ State Relief Association document, while at the same time offers the medical professional information necessary to properly conduct a medical clearance examination, based upon the job performance requirements of the front line fire fighter. Should you have questions or concerns feel free to contact me regarding this new policy / document.

***"The Difference Starts Here"***

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