



Henrico Division of Fire Firefighter Capabilities Form

Henrico County
Division of Fire
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Please Print Clearly

FIREFIGHTER TO FILL OUT THIS BOX PRIOR TO HEALTH CARE PROVIDER (HCP) VISIT

FIREFIGHTER SCAN & EMAIL TO FIRELIGHTDUTY@HENRICO.US

Firefighter Name: _____ Today's Date: _____
Work Location: _____ Shift: _____ Supervisor: _____ Date of Injury: _____
Type of Health Condition: Worker's Compensation: _____ Personal: _____ (Check One)

HEALTH CARE PROVIDER (HCP) PLEASE COMPLETE **STEPS 1 - 4** AT VISIT

PLEASE RETURN FORM TO FIREFIGHTER AT END OF EXAM OR CONSULTATION.

STEP 1: Is the Firefighter able to return to a **FULL DUTY** work status?

(Defined Below)

YES: _____ (IF YES PROCEED TO **STEP #4**) NO: _____ (IF NO PROCEED TO **STEP #2**)

FULL DUTY Status Defined: A Firefighter/EMT eligible for Full Duty work status must be able to perform essential job duties such as firefighting, emergency medical services and hazardous situation mitigation without restrictions. Full Duty essential job functions occur over a 24-hour shift and include but are not limited to, walking, running, climbing, crawling, balancing, crouching, stooping, kneeling, pulling, pushing, lifting, carrying, dragging, lowering, and chopping. These essential job functions are often performed in high stress environments. Full Duty work status includes the ability to drive large vehicles, function with little rest, and lift 50 pounds frequently and up to 180 pounds as necessary. A Full Duty Firefighter/EMT should be able to wear firefighting gear and utilize a Self-Contained Breathing Apparatus (SCBA). Working as a Firefighter/EMT is considered to be a very physically and mentally demanding occupation according to the U.S. Department of Labor's criteria and as such an employee in a Full Duty status shall be able to work as a Firefighter/EMT without any physical or psychological restrictions or limitations.

STEP 2: Is the Firefighter able to return to a **LIGHT DUTY** work status?

(Defined Below)

YES: _____ (IF YES PROCEED TO ****RESTRICTIONS IN NEXT BOX**) NO: _____ (IF NO PROCEED TO **STEP #3**)

LIGHT DUTY Status Defined: A Firefighter/EMT eligible for Light Duty work status is able to perform Non-firefighting/EMT job duties such as and limited to routine civilian clerical work or administrative jobs lasting up to but not more than an 8 hour work day 8:00AM to 4:30PM, Monday - Friday. Light Duty Non-Firefighter/EMT job functions for a Firefighter/EMT include such activities as sitting, standing, walking, housekeeping, driving, inventory, record keeping, instructing, stocking or delivering supplies, installing smoke detectors, writing/typing and answering telephones. No Light Duty status work assignments involve responding on emergency calls, firefighting activities, emergency medical services, hazardous situation mitigation or take place on an emergency scene.

**** RESTRICTIONS:** If the Firefighter is eligible for Light Duty work status specifically describe or list any restrictions that the Firefighter must follow while working in a Light Duty status.

Some restrictions include, but are not limited to standing, lifting, lowering, bending, stooping, kneeling, pushing, pulling, sitting, and medication side effects.

Examples: "No lifting > 25 lbs + no sitting for > 45 mins every hour." OR "Must keep (L) arm in sling when working + elevate (L) foot when seated." OR "limited to 8 hours of work at a time, unable to respond to emergency calls."

(Proceed to **STEP 3** after listing **RESTRICTIONS**)

STEP 3: Length of Restrictions: _____

Examples: "Until next appointment on X Date" OR "Until X Date" OR "X Days, Weeks, Months"

Date Eligible for **LIGHT DUTY** Work Status: _____ Date Eligible for **FULL DUTY** Work Status: _____

(Anticipated)

(Anticipated)

(Proceed to **STEP 4** after completing THIS STEP)

**** PLEASE RETURN FORM TO FIREFIGHTER AT END OF EXAM OR CONSULTATION. ****

STEP 4: Treating Facility: _____ Phone: _____

Treating HCP: _____ Treating HCP: _____

(Print Name)

(Signature)