

UNITED STATES
DEPARTMENT OF THE INTERIOR
BUREAU OF LAND MANAGEMENT

State Office

District Office

**PHYSICAL REQUIREMENTS FOR FIREFIGHTER AND SMOKEJUMPER POSITIONS
SUPPLEMENT TO SF-78**

Instructions to Physician: The duties of firefighter and smokejumper positions require sustained, arduous physical exertion under rigorous conditions. Persons will be subject to extreme physical danger and to irregular and protracted hours of work. This form lists the specific physical requirements for these positions. Please review the physical condition of your patient on every item listed on this form. Record any comments you may have on conditions we should be aware of on the reverse side of this form. It is essential that you review your patient on every item listed and that we have all of the following information recorded here or on the SF-78:

Patient's Name		Height	Weight
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Uncorrected Distant Vision	Corrected Distant Vision	Blood Pressure	Pulse
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FUNCTION	PHYSICAL REQUIREMENTS	WITHIN NORMAL LIMITS	
		YES	NO
EYESIGHT	a) Uncorrected distant vision at least 20/100 Snellen in one eye and 20/200 in the other. b) Corrected distant vision at least 20/20 Snellen in one eye and 20/30 in the other. c) Evidence of acute or chronic eye disease. d) Corrected near vision: can read typewritten materials. e) Can distinguish basic colors.		
EARS	Evidence of acute or chronic disease of external, middle or internal ear. Without hearing aid: ability to hear 0-25 decibels, each ear; hear normal spoken voice at 20 feet, each ear, and the whispered voice at 15 feet, each ear.		
NOSE, MOUTH & THROAT	Evidence of acute or chronic disease or other nasopharyngeal conditions which interfere with distinct speech or free breathing.		
TEETH	Evidence of gross dental infection or Vincent's disease; sufficient teeth, natural or prosthetic, to ensure proper incision and mastication of food.		
LUNGS	Evidence of acute or chronic lung disease which impairs pulmonary function.		
HEART & BLOOD VESSELS	(Based on medical history and in-office examination.) Evidence of organic heart disease, valvular disease, coronary heart disease, cardiac enlargement, angina pectoria, cardiac arrhythmia or irregularity other than sinus arrhythmia. Blood pressure, regulated or not, between 100-150 systolic and 60-90 diastolic. Pulse rate at rest between 50-100.		
ABDOMEN	Evidence of acute or chronic diseases; significant enlargement of the liver or spleen; hernia which would interfere with lifting, stretching or bending; history of gastric or duodenal ulcers.		
GENITOURINARY/METABOLIC	(Based on macroscopic and microscopic urine analysis.) Evidence of acute or chronic genitourinary disease; acute or chronic prostatitis; large and/or painful varicocele or hydrocele with functional impairment; diabetes.		
SPINE, PELVIS, SACROILIAC & LUMBOSACRAL JOINTS	Evidence of restricted mobility of spine and pelvis joints; significant abnormal curvature of the spine or malfunction of the parts; spondyloisthesis.		
EXTREMITIES	Evidence of abnormal number, form, proportion, or movement of the extremities; loss of arm, hand, leg, foot, thumb, fingers, toes; unstable or weak joints.		

(Continued on Reverse)

FUNCTION	PHYSICAL REQUIREMENTS	WITHIN NORMAL LIMITS	
		YES	NO
NERVOUS SYSTEM	Evidence of mental, nervous, organic or functional neuro-psychiatric disorders likely to interfere with performance; epilepsy; paralysis or paresis, muscular atrophies or dystrophies which would interfere with performance.		
SKIN	Evidence of excessive scarring or debilitating acute or chronic skin disease which would interfere with performance.		
OTHER DEFECTS	Evidence of diseases or defects not mentioned above which would interfere with performance of position.		

COMMENTS ON ITEMS ABOVE:

Physician's Signature	Date
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