

WESTVILLE FIRE DISTRICT NO. 1
23 W. OLIVE STREET, WESTVILLE, NEW JERSEY 08093

PHYSICAL FITNESS REQUIREMENTS FOR INTERIOR FIRE FIGHTING

POLICY# S & T 2.1
DATE ADOPTED 5/22/97
DATE REVISED 10/26/10

PURPOSE OF POLICY: **TO ASSURE THAT ONLY TRAINED AND PHYSICALLY QUALIFIED MEMBERS OF THE WESTVILLE, NJ FIRE DEPARTMENT PARTICIPATE IN INTERIOR FIRE FIGHTING**

1. The Westville, NJ Fire District No. 1 Board of Fire Commissioners shall assure that all firefighters of the Westville, NJ Fire Department performing interior structural fire fighting, are physically capable of performing the tasks they are trained to do by the Westville Fire Department, under the supervision of the Westville Fire District.
2. A physical must be taken in accordance with guidelines issued by the NFPA and will be funded by the Westville Fire District No. 1, if not covered under the individual's own personal insurance policy.
3. It will be the responsibility of the Fire Department to keep records for each individual member proving they have been found physically fit and capable of performing interior fire fighting. It will be the Fire Chief's responsibility to report to the Board of Fire Commissioner's any Fire Department member who has not met this requirement, and to take whatever action is required to restrict that member from participating in interior fire fighting.
4. It will be the responsibility of the Fire Chief, or highest ranking officer on location of a fire emergency, to insure that individuals participating in interior fire fighting are qualified to do so.
5. **PHYSICAL EXAMINATION GUIDELINES:**
 - AGE-** minimum of 18 years of age for senior membership
 - EYES-** must be in accordance with State of New Jersey, Department of Transportation-CDL certification guidelines
 - HEARING-** loss of hearing acuity so as to be unable to perceive sounds within normal voice range with or without hearing aid
 - NOSE-** any significant nasal obstruction to free breathing not subject to correction by surgery

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NECK- problems resulting from (a) goiter; (b) limited range of motion, which prohibits turning, extension of free movement of the neck; (c) tracheotomy-existing openings at the lower portion of the neck connecting the windpipe to the outside environment for the purpose of easy breathing

PULMONARY- problems resulting from loss or removal of a lung –(a) any pulmonary disorder which would limit the applicant's ability to perform; (b) pulmonary function test below normal; 9c) chronic obstructive pulmonary/asthma.

CARDIO PULMONARY SYSTEM- problems resulting from heart disease or cardiomegaly

PERIPHERAL VASCULA SYSTEM problems resulting from (a) varicose veins; (b) aneurysms; (c) lymph edema; (d) thrombophlebitis; (e) arteriosclerosis obliterans; (f) Bueger's Disease; (g) Raynaud's Disease; (h) Aterio-Venous Fistula; (i) high blood pressure, not able to be corrected or controlled by medication. Acceptable blood pressure reading should be as follows; systolic not higher than 150 but not lower than 90; diastolic maximum should be 100 mmhg, minimum 50mmhg.

ABDOMEN- problems resulting from (a) organomegaly; (b) signs of tenderness in an area; (c) presence of masses such as hernias of various types.

GENITOURINARY SYSTEM- Problems arising from (a) presence of abnormal masses; (b) abnormal discharges from any of the orifices; (c) active venereal diseases; (d) parasitic diseases; (e) varicocele and varices; (f) hydrocele.

MUSCULO-SKELETAL SYSTEM- problems arising from (a) congenital malformation; (b) limitation of motion; (c) impairment of function of the hands; (d) deformities of the spine, pelvis or extremities.

OTHERS- problems arising from (a) disqualification for psychiatric conditions must be determined by local agencies; (b) allergic conditions which is chronic and incapacitating; (c) severe anemia; (d) active peptic ulcer; (e) diabetes; (f) history of epilepsy or seizures other than documented febrile convulsions in childhood; (g) alcoholism or drug addiction; (h) removal of vital organs; (i) any other condition not listed above which would render the individual incapable of performing their duties as a fire fighter.