



Joe Fox, R.F.
State Forester

ARKANSAS FORESTRY COMMISSION

3821 West Roosevelt Road Little Rock, Arkansas 72204-6396
(501) 219-6359 FAX: (501) 312-7051

A85.400(c)

OUT OF STATE FIRE DETAILS

ARDUOUS LEVEL

MEDICAL CLEARANCE STATEMENT

Employee Name: _____

DOB: _____

Firefighter (Arduous Level)

Duties involve fieldwork requiring physical performance above-average endurance and superior conditioning. These duties may include an occasional demand for extraordinarily strenuous activities in emergencies under adverse environmental conditions and over extended period of time. Requirement includes running, walking, climbing, jumping, twisting, bending and lifting more than 50 pounds; the pace of the work typically is set by the emergency situation. Unusual Fatigue Factors: Work is performed in a forest environment in steep terrain where surfaces may be extremely uneven, rocky, covered with thick vegetation, etc.

_____ Based on my physical examination findings, the above-named employee is cleared to participate in the Arduous Fitness Test. (3 Miles/45 Pound Pack/45 Minutes)

_____ Based on my physical examination findings, the above-named employee is NOT cleared to participate in the Arduous Fitness Test.

Printed Name of Qualified Medical Provider

Signature of Qualified Medical Provider

Date

Office telephone and fax

Address City State Zip Code

Return this original form to:

Arkansas Forestry Commission
Human Resources Department
#1 Natural Resource Drive
Little Rock, AR 72205