



# ARKANSAS FORESTRY COMMISSION

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

Joe Fox, R.F.  
State Forester

A85.400(e)

## OUT OF STATE FIRE DETAILS

### LIGHT LEVEL

## MEDICAL CLEARANCE STATEMENT

Employee Name: \_\_\_\_\_

DOB: \_\_\_\_\_

Firefighter (Light)

Duties mainly involve work with occasional exertion requiring basic good health. Activities may include climbing, standing, operating a vehicle and long hours of work, as well as some bending or light lifting. Individuals almost always can govern the extent and pace of their physical activity. 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 Light Fitness Test (1 Mile Walk/ 16 Minutes)

\_\_\_\_\_ Based on my physical examination findings, the above-named employee is NOT cleared to participate in the Light 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