

MEDICAL RELEASE TO FIRE & RESCUE/EMS DUTIES DALLAS FIRE DEPARTMENT

Listed below are routine fire ground duties that all Firefighters are subject to performing, whether or not they are assigned to a mobile intensive care unit. A Firefighter **should not be released to full duty if there would be any restriction placed on his performing any of the limited tasks.** While this list is not exhaustive, it does include a variety of typical duties. These duties are performed in all weather conditions, including extreme heat and cold, while wearing approximately 50 pounds (weight before saturation with water) of required protective clothing, including helmet, firefighting bunker pants and coat, and self-contained breathing apparatus. At a working fire, the listed duties would normally be performed for a minimum of 30 minutes and frequently last for several hours.

Typical duties:

Lifting, from both overhead and dead weight positions, a variety of equipment (e.g., hose, ladders, fans, rescue saws, portable lights). When assistance is available, one person's share of weight load would commonly be 36–40 lbs. However, it is not uncommon for a Firefighter to carry equipment weighing 65 lbs. or more without assistance. (Weights cited are **in addition** to the 50 lbs. of protective clothing.)

- Climbing ladders with a charged hose line, another ladder (14'–16'), or other equipment weighing 30–40 lbs. in addition to the 50 lbs. of protective clothing.
- Welding an axe, shoveling burned debris, moving furniture, bending, twisting, pushing and pulling, frequently from awkward positions.
- Assisting another Firefighter in advancing 250 feet of 1-3/4" hose with 200 gallons/minute pressure (i.e., 101 lbs. of force at the nozzle and 360 lbs. weight from hose and water, in addition to the 50 lbs. of protective clothing).
- Upward thrusting of "pike poles" into ceilings to open up access to attics.
- Crawling through and performing tasks in confined spaces (e.g., scuttle holes, small window openings, or attics).
- Walking on roofs and other (often wet) surfaces where footing is precarious and/or in smoke-charged rooms with very limited visibility carrying equipment and/or performing emergency tasks.
- Climbing several flights of stairs carrying hose, rescue saws, ladders, other equipment weighing as much as 65–75 lbs. per Firefighter, in addition to the 50 lbs. of protective clothing.