

RETURN TO DUTY FORM

To be completed by physician, psychologist or appropriate licensed health care professional.

District rules state that Emergency Responders must be "Fit for Duty", that is, able to perform the essential functions of their position. The Emergency Responder you have been treating/attending has the position of an **Emergency Responder**, and thus has a high need for fitness/health.

Relative to the condition for which you have been treating/ attending/ seeing this Emergency Responder, your signature at the bottom of the page indicates you are releasing him/her for duty and that he/she should be capable of (please check a box on each line):

Yes	No	NA*	Functional Capability
			Jump off a raised area 3 to 4 feet high
			Drive a motor vehicle or apparatus weighing up to 34 tons under emergency response conditions
			Carry on his/her back, a self-contained breathing apparatus weighing approximately 35 pounds while carrying 100 pounds of hose on his/her shoulder for up to several minutes at a time
			Work at heights such as on roof tops or ladders where a sense of balance is needed
			Crawl on his/her hands & knees
			Climb up and down ladders and stairs with tools and/or equipment weighing up to 50 pounds
			Drag or pull heavy objects such as a person weighing up to 200 pounds, over various floor surfaces and/or terrain
			Work in ambient temperatures of 100 to 150 degrees F wearing protective clothing and a self-contained breathing apparatus on his/her back
			Work in a confining area such as an attic or crawl space of a structure
			Grip, lift and carry equipment and/or tools with gloved hands from the ground which may weigh up to 100 pounds
			Use tools to pull down ceilings or walls requiring his/her arms to be above head level
			Cut or chop holes in roofs, walls and floors using an axe or power saw
			Lift and carry a ladder weighing 75 pounds off a truck or from the ground
			Does the emergency responder's current emotional or physical condition in any way endanger themselves or others in the performance of essential functions?
			Is the emergency responder required to take medication that would cause them to become dizzy, disoriented or drowsy during their performance of essential functions?
			Are there any known physical or emotional limitations that could result in sudden or unexpected inability to perform essential functions?

*NA indicates the injury/illness does not impact the functional capability.

Defined essential functions for an Emergency Responder are included in the *District Policy 3-15 "Emergency Responder Fit for Duty Status"*. Should you need a consultation regarding physical condition and other information on an Emergency Responder's job activities please contact [WESTCARE MEDICAL CLINIC at \(360\) 357-9392](tel:3603579392).

Relative to the condition (injury, illness) for which I have been treating / seeing / attending the person named below, he/ she is:

- Approved to return to duty effective ____/____/____ (date)
- Approved for duty with restrictions (list restrictions on separate sheet)
- Not approved to return to duty.
- Unable to make a determination regarding returning to duty.

Name of Patient: _____

Name of LHCP: _____

Signature of LHCP: _____ Date: ____/____/____