



## **CAL FIRE PHYSICAL/MENTAL STRESS JOB DESCRIPTION**

### **FIRE CAPTAIN (B)**

A DESCRIPTION IS GIVEN BELOW OF THE PHYSICAL AND MENTAL STRESSES TO WHICH A FIRE CAPTAIN (B) MAY BE SUBJECTED TO AT CAL FIRE. YOUR JUDGMENT AS TO THE EMPLOYEE'S CAPACITY TO PERFORM THE REQUIRED JOB DUTIES IS NEEDED. IN YOUR CONCLUSION, PLEASE TAKE INTO ACCOUNT THE LONG-RANGE OUTLOOK FOR CONTINUED PERFORMANCE, AND THE EMPLOYEE'S ABILITY TO SAFELY PERFORM THESE DUTIES WITHOUT SIGNIFICANT INCREASED RISK OF INJURY TO SELF OR OTHERS BECAUSE OF MEDICAL CONDITION.

A Fire Captain (B) is expected to have the endurance to perform arduous physical tasks while assigned to emergency incidents such as wildland fires, floods, rescues, etc.

While responding to an emergency incident, the Fire Captain (B) may be required to drive up to 10 hours and then immediately be assigned to a fireline for an 11- to 14-hour shift. Should he/she be assigned the night shift, the Fire Captain (B) would be required to sleep during the day to be ready for the following night shift. Day sleeping, combined with high temperatures (100+), smoke, insects, and noise, makes rest quite difficult to obtain. Normal regularity of meals becomes impossible in these situations also due to the times of shifts, etc.

Supervising 11-17 inmates and/or wards on a daily basis can be very stressful, but when an emergency requires his/her response, the Fire Captain (B) must be able to meet the above demanding stressful situations.

A Fire Captain (B) must have visual acuity (Snellen) of not less than 20/100 without correction in each eye, corrected to not less than 20/30 in one eye and have color vision adequate to successfully perform the job as measured by the Ishihara Pseudo-Chromatic Plate Test; hearing adequacy within speech frequencies (uncorrected); and full use of both hands and feet. He/she must have the necessary strength and agility required for extensive bending, stooping, and squatting. He/she must have no more than a susceptibility to poison oak. He/she must be able to work in situations where heat is intense. He/she must be able to tolerate heavy smoke and in some cases, high winds.

He/she has to handle the psychological stress of constantly being mentally ahead of and alert to his/her inmates while they are under his/her charge. A Fire Captain (B) will have to carry tools, and is usually required to carry a backpack with a fire shelter. He/she must also be prepared to handle rescue and flood control emergencies during weather extremes and lead his/her crew on maintenance and construction projects in the rural wildland areas of the state. Most of the normal day-to-day assignments are located in steep, mountainous terrain and are performed in all types of weather from hot and dry to snow and freezing temperatures.

The incumbent may be required to wear respiratory protection equipment (including self-contained breathing apparatus (SCBA)). The use of such equipment may place a physiological burden on the incumbent that varies with the type of equipment used, the job and workplace conditions in which the equipment is used, and the medical status of the incumbent. As such, Cal/OSHA requires that the incumbent be annually medically cleared to be fit-tested for respiratory protection equipment. This clearance process consists of a comprehensive medical evaluation including a review of the incumbent's medical history, a complete physical examination, and vision, hearing, spirometry, and exercise treadmill tests.

The incumbent typically is required to perform psychologically stressful and/or physically demanding duties consistent with firefighting, disaster response, and emergency medical response, including working in isolated areas, walking or running on uneven rough terrain, and remaining on duty 24 hours or longer without a break while performing these duties.

**CATEGORY I - ARDUOUS PHYSICAL WORK**

Duties involve field work requiring physical performance calling for above average ability endurance, and superior conditions, including occasional demand for extraordinarily strenuous activities in emergencies, under adverse environmental conditions, and over extended periods of time; requires running, walking, difficult climbing, jumping, twisting, bending and lifting over 25 pounds; and the pace of work is typically set by emergency situations.

THE UNDERSIGNED CERTIFIES THAT HE/SHE HAS READ THE CAL FIRE PHYSICAL/MENTAL STRESS JOB DESCRIPTION FOR THE EMPLOYEE NAMED BELOW AND THAT IN HIS/HER JUDGMENT THE EMPLOYEE HAS THE CAPACITY TO PERFORM THE REQUIRED DUTIES, HAS TAKEN INTO ACCOUNT THE LONG-RANGE OUTLOOK FOR CONTINUED PERFORMANCE, AND THE EMPLOYEE IS ABLE TO SAFELY PERFORM THESE DUTIES WITHOUT SIGNIFICANT INCREASED RISK OF INJURY TO SELF OR OTHERS BECAUSE OF MEDICAL CONDITION.

EMPLOYEE NAME (PRINT)

WORK UNIT

MEDICAL PROVIDER'S NAME (PRINT)

DATE

MEDICAL PROVIDER'S SIGNATURE

ADDRESS (PRINT)

TELEPHONE