



Thyroid/Other Endocrine

By supplying this document to your office, the employee requests that you complete this document related to their diagnosis, prognosis, and treatment and grants permission to send to, and discuss with, the Medical Officers of the United States Forest Service, Fire Medical Qualifications Program Office.

Part A: To be completed by employee.

Employee Name: _____

Indicate Work Capacity Test/Fitness Level: Light ☐, Moderate ☐, Arduous ☐.

Date of Birth: _____

Home Unit/Forest: _____

Part B: To be completed, as applicable, by the medical provider.

Questions may be directed at the Medical Qualifications Program Office at **208-387-5635**.

FAX completed document to **866-338-6630**.

Diagnosis: Hypothyroidism/Hashimoto's Thyroiditis ☐, Hyperthyroidism/Grave's Dz ☐,

Addison's Dz ☐, Diabetes Insipidus ☐, Panhypopituitarism ☐, Other: _____

Is the employee's condition currently controlled, static and stable, with good compliance of ongoing care and treatment? YES ☐, NO ☐. If **no**, explain: _____

Complete medication list and the indications for their use: _____

Is there any concern that the employee may be at risk for seizures, cardiac abnormality, or dehydration and exertional heat illness? NO ☐, YES ☐. If **yes**, explain: _____

List any surgeries for any diagnosis above, including date of surgery and date of return to full, unrestricted, work duties: _____

Diabetes insipidus: Frequency of hyponatremia episodes and date of last one: _____

COMPLETE FOR ALL EMPLOYEES: Given that the employee may be performing their fire duties for 16 hours per day, up to 21 days in a row, in a wildland fire environment where there may be daily exposure to: Temperatures greater than 100 Fahrenheit or below 32 degrees Fahrenheit; Altitudes greater than 5000 feet; Constant exposure to smoke and dust; Irregular meals; Limited personal hygiene facilities; Interrupted and irregular sleep schedules; With definitive care greater than an hour away, are there any restrictions on the employee performing their fire duties under these conditions? NO ☐, YES ☐. If **yes**, specify restrictions: _____

Date form completed: _____

Medical Provider Signature: _____

Printed Name of Medical Provider: _____

DO ☐, MD ☐, NP ☐, PA ☐, Other: _____

Address: _____

Include office stamp here

Office Phone Number: _____

Office Fax Number: _____

General Description of Work Capacity Test/Fitness Levels

Arduous: review the Essential Functions and Work Conditions of a Wildland Firefighter here: <https://www.fs.usda.gov/sites/default/files/2023-03/Functions-and-Conditions-of-FFT2.pdf>. “Duties involve field work requiring physical performance calling for 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 periods. Requirements include running, walking, climbing, jumping, twisting, bending, and lifting more than 50 pounds; the pace of work typically is set by the emergency condition.” —NWCG 310–1

Arduous Work Capacity Test: a 3-mile hike with a 45-pound pack over level terrain in 45 minutes

Moderate: frequently lift/push/pull up to 25 pounds, occasional lift/push/pull up to 50 pounds; “Duties involve field work requiring complete control of all physical faculties and may include considerable walking over irregular ground, standing for long periods, lifting 25 to 50 pounds, climbing, bending, stooping, squatting, twisting, and reaching. Occasional demands may be required for moderately strenuous activities in emergencies over long periods. Individuals usually set their own work pace.” —NWCG 310–1

Moderate Work Capacity Test: a 2-mile hike with a 25-pound pack over level terrain in 30 minutes.

Light: frequently lift/push/pull up to 10 pounds, occasional lift/push/pull up to 25 pounds; “Duties mainly involve office-type work with occasional field activity characterized by light physical exertion requiring basic good health. Activities may include climbing stairs, standing, operating a vehicle, and long hours of work, as well as some bending, stooping, or light lifting. Individuals almost always can govern the extent and pace of their physical activity.” —NWCG 310–1

Light Work Capacity Test: a 1-mile hike over level terrain with no load in 16 minutes.

-NWCG Standards for Wildland Fire Position Qualifications, PMS 310-1.

<https://www.nwcg.gov/publications/pms310-1/nwcg-standards-for-wildland-fire-position-qualifications-pms-310-1>