



# OGLETHORPE COUNTY FIRE RESCUE STANDARD OPERATING PROCEDURES/GUIDELINES

**TITLE: Medical Health and Physical Fitness Policy**

**SECTION/TOPIC: Administration**

**ISSUE DATE: January 11, 2021**

These SOPs/SOGs are based on FEMA guidelines FA-197

## 1.0 SCOPE

- 1.1 This guideline is applicable to all firefighters responding to fires or involved in fire drills.

## 2.0 PURPOSE:

- 2.1 Oglethorpe County Fire Rescue recognizes and adheres to minimum standards for Physical Fitness according to NFPA 1583: Standard on Health-Related Fitness Programs for Fire Department Members.

## 3.0 GENERAL INFORMATION

- 3.1 All firefighters and fire officers shall have on file a copy of their Medical Statement.
- 3.2 Facial hair that interferes with the proper seal of self-contained breathing apparatus (SCBA) shall not be allowed.
  - 3.2.1 Neatly trimmed sideburns and mustaches are permitted provided they do not interfere with the use of protective clothing or equipment.
- 3.3 Each station shall actively attempt to identify and limit the exposure to contagious diseases in the performance of the duties.
  - 3.3.1 Gloves shall be used when handling any patient or accident victim.
  - 3.3.2 Face shields/eye protection shall be utilized when the possibility of blood or air-borne pathogens can enter the eyes.
  - 3.3.3 Fire personnel who come into contact with blood or body fluids shall notify his/her Station Chief immediately after the incident has concluded and complete an Infection Exposure Incident Report.
- 3.4 Oglethorpe County Board of Commissioners shall maintain a Workers Compensation Program and Supplemental Insurance Policy for all firefighters and fire officers from the time the person receives the alarm until they return to their home in a reasonable time.
  - 3.4.1 Also, when firefighters are conducting fire related duties, i.e.: training, preventive maintenance, etc.; they will be covered.
- 3.5 If an injury requires immediate medical attention, the injured firefighter and/or fire officer shall be transported to the nearest medical facility for treatment.
  - 3.5.1 It is the responsibility of the senior fire officer at the scene to immediately inform the Fire Chief of any injury to a firefighter or fire officer.
  - 3.5.2 An accident/first incident report will be filled out, along with a brief statement of what happened and submitted to the Fire Chief within 24 hours of the accident.
- 3.6 Firefighters are prohibited from wearing pierced jewelry at emergency scenes.
- 3.7 While representing Oglethorpe County Fire Rescue, fire personnel shall act in a professional manner.

- 3.8 Fire personnel should not curse or smoke while at emergency scenes.
  - 3.8.1 If a member must smoke, they should move away from the emergency scene.
- 3.9 While representing Oglethorpe County Fire Rescue, fire personnel shall dress appropriately, especially at public events such as fire prevention programs, parades, the fire stations, etc.
  - 3.9.1 Appropriate dress is to be determined by the Station Chief.