

Physical Testing for Fire

Dear Reader:

The following document was created from the MTAS website ([mtas.tennessee.edu](https://www.mtas.tennessee.edu)). This website is maintained daily by MTAS staff and seeks to represent the most current information regarding issues relative to Tennessee municipal government.

We hope this information will be useful to you; reference to it will assist you with many of the questions that will arise in your tenure with municipal government. However, the *Tennessee Code Annotated* and other relevant laws or regulations should always be consulted before any action is taken based upon the contents of this document.

Please feel free to contact us if you have questions or comments regarding this information or any other MTAS website material.

Sincerely,

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The fire management consultants with the UT Municipal Technical Advisory Service (MTAS), have noted that one of the biggest problems in fire service today is that in too many instances firefighters are allowed to remain on the job even when they are medically and physically unable to perform the essential functions of the job. The same can be said for police officers who may be physically unable to perform the essential functions of their jobs.

Municipalities and fire departments have NFPA 1583: *Standard on Health-Related Fitness Programs for Fire Department Members* [1] to use as a guide for establishing a physical fitness program. NFPA 1583 establishes the minimum requirements for the development, implementation, and management of a health-related fitness program (HRFP) for members of the fire department involved in emergency operations.

It should be a matter of public policy that every police and fire department takes appropriate measures to significantly reduce deaths that may be related to stressful occupations. It also should be obvious to every local government decision maker that a physically able firefighter or officer is the best way to protect the health and safety of the public and the life of the firefighter or officer sworn to carry out his public safety responsibilities. Let us take a look at the reluctance of many cities to deal with physical ability for police and firefighters.

Links:

[1] <https://www.nfpa.org/codes-and-standards/all-codes-and-standards/list-of-codes-and-standards/detail?code=1583>

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