

## *Columbia County FireFighter Physical Program Instructions*

Select the appropriate informational forms from the list below based on your requested Firefighter Classification. These forms should be completed prior to arrival on the date of your scheduled physical

Based on your chosen classification the following information should be completed:

### **Interior Firefighter**

- Page 2 and first half of page 3, pages 5,6,7, and 8.
- There is a 2 minute stair climb included as part of this physical. Please have proper footwear to perform the stair climb.

### **Exterior Firefighter**

- Page 2 and first half of page 3, and page 5.
- There is a 2 minute stair climb included as part of this physical. Please have proper footwear to perform the stair climb.

### **Fire Police**

Page 2 and first half of 3, and page 5.

**PLEASE NOTE: If you have history of an abnormal EKG and/or have previously required clearance from a medical specialist, it is highly recommended that you bring copies of your prior medical records.**