



FIRE & EMS NEWS

July 2005

Volume 4 – Issue 1

Welcome to the latest issue of the Fire & EMS News! I hope each and everyone of you have a safe and sane fourth of July weekend!

Some of the highlights of this issue include:

- Happy Birthday to the Chabot College Fire & EMS News!
- Volunteer Firefighter Opportunity – San Ramon Valley Fire Protection District
- Volunteers needed around the Bay Area – EMS classes
- This month's written examination testing tips, courtesy of the Don McNea Fire School!
- FREE Firefighter Preparation Seminars at Chabot College!
- Paramedic school entrance exams – classes being held around Northern California!
- Firefighter employment opportunity – Sacramento Fire Department

HAPPY BIRTHDAY TO THE FIRE & EMS NEWS!

This issue marks the start of the fourth year of the Chabot College Fire & EMS News and I want to thank each and every one of you for making it happen and allowing it to continue. Your support and desire to become a firefighter or assist those that are aspiring to become firefighters keeps me motivated and makes me strive to do continue doing the most I can to help you be the best you can be.

Also, with this issue, there are now over 1,000 members on our email mailing list that receive this monthly newsletter in addition to other valuable fire service related information such as volunteer opportunities, fire and EMS related news stories, and pertinent career benefiting information. If you want more information on the email mailing list, go to the website at www.chabotfire.com and scroll down to the bottom of the main page.

NOTE: I typically send a few email items out per week. If you have not received anything from me in over a week, there may be a technical difficulty we need to deal with. Many times this can be prevented by adding my name – Steve Prziborowski and the email address I use to send stuff out – sprziborowski@aol.com to your address book, safe list, white list, trusted sender list, etc.

VOLUNTEER FIREFIGHTER TESTING OPPORTUNITY:
San Ramon Valley Fire Protection District

VOLUNTEER FIREFIGHTER
RECRUITMENT ANNOUNCEMENT

The [San Ramon Valley Fire Protection District](#) is currently accepting applications for the position of Volunteer Firefighter.

VOLUNTEER FIREFIGHTER PROGRAM

The Volunteer Firefighter Program utilizes volunteers to respond to emergencies and provide the District with an additional fire company when required. The program is also utilized to supplement shift coverage or assist in a variety of other capacities as required by the District.

The District utilizes trained citizens who are available for responses at any time that calls may occur. They must be able to work under extreme conditions for extended periods of time. All equipment and training is provided by the District.



In order to provide the most specialized and up-to-date training to Volunteer Firefighters, all training for the Volunteer Firefighter Program is conducted by personnel from throughout the District who are highly trained in various fields. Training takes place at regular drills twice monthly. Attendance is expected. Initial Volunteer Firefighter training is comprised of a 60 hour indoctrination academy that introduces the volunteers to the policies, procedures, skills, and standard operational methods utilized by the San Ramon Valley Fire Protection District.

In addition to providing high quality training to Volunteer Firefighters, the District also provides Volunteer Firefighters with the opportunity to participate in a Ride-Along Program, in which they, under the direction of a Company Officer, are able to utilize their skills and training in actual emergency situations.



The minimum qualifications for the position of Volunteer Firefighter are:

- Volunteers must maintain a residence within the San Ramon Valley Fire Protection District, Livermore, Pleasanton, Dublin, or within a 15 minute radius from the District.
- Must be eighteen years of age at time of application.
- Must possess a valid California Driver's License at all times.
- Must be physically able to perform duties and be in general good health.
- Must pass a DMV Class B physical subsequent to appointment.
- Must have a high school diploma or GED.
- Must have no felony convictions.

July 15th Final Filing

Please write or telephone the below-listed address or phone number to request a District Volunteer Application form as well as the Adverse Conduct information. You may also download an application form and conduct information from the District's website. All applications, current resume, and any other additional information, must be returned to the address listed below no later than 5:00 P.M., **July 15, 2005** (final filing date). **No applications will be accepted after the final filing date. No faxed applications will be accepted.**

San Ramon Valley Fire Protection District - Human Resources
1500 Bollinger Canyon Road
San Ramon, CA 94583
(925) 838-6627
www.srvfpd.dst.ca.us

The District will review application material and select the most qualified candidates to participate in the interview process which is tentatively scheduled for August 22 - 24, 2005.

ADVERSE CONDUCT INFORMATION

Outlined below is a partial listing of criteria that *may* disqualify a candidate from consideration of appointment or employment with the [San Ramon Valley Fire Protection District](#). This is not intended to be a full and complete list.

- Falsification/Omission of any portion of the application and/or resume.
- Current use of any illegal drug, including prescription drugs not prescribed to the applicant.
- Convicted of any domestic violence offense.
- Felony conviction to include felony traffic offenses.
- Convicted of Driving Under the Influence of Alcohol (DUI), Driving Under the Influence of Drugs (DUID), or Driving While Ability Impaired (DWAI) within the last three (3) years.
- Dishonorable or Bad Conduct Discharge from the United States Armed Forces.
- Theft, dishonesty, and any other character issues that may bring discredit to you and/or your employment with the District, in the event you were given an appointment or offer of employment.

You may undergo an in-depth background investigation as a result of your application for this position. In the event that your background investigation for this position should uncover information that you have, or are suspected of having been, engaged in illegal activities at this time, this information will likely bar you from further consideration for this position. Illegal activities may also be reported to the law enforcement agency having jurisdiction where they activity occurred.

FOR MORE INFORMATION, AND TO DOWNLOAD AN APPLICATION, GO TO:

www.srvfpd.dst.ca.us/volunteers/index.htm

The [San Ramon Valley Fire Protection District](#) is an equal opportunity employer and is compliant with the American with Disabilities Act (ADA).

EMS VOLUNTEER OPPORTUNITIES AROUND THE BAY AREA:

The [San Francisco Paramedic Association](#) is looking for volunteers for the following upcoming EMS related classes:

**Pre-Hospital Trauma Life Support Classes -
Volunteers Needed**

| | | |
|--|---|--------------------------|
| Dates / Locations / Times: | - Thursday August 18 | from 0715 to 0930 hours |
| | - Friday August 19 | from 1230 to 1730 hours |
| | NOTE: Both of the above classes will be held at the San Francisco General Hospital (2789 25 th Street, San Francisco) | |
| | - Wednesday September 21 | from 00715 to 0930 hours |
| | - Thursday September 22 | from 1230 to 1730 hours |
| NOTE: Both of the above classes will be held at the Bay Model Visitor Center in Sausalito (2100 Bridgeway, Sausalito) | | |

| | |
|---------------------------|--|
| You will receive: | Valuable experience watching paramedic level (or higher) students perform patient assessments. Learn from their plusses and minuses. You will also receive a free San Francisco Paramedic Association t-shirt and your choice of an SFPA rescue key chain or ALS field guide. |
| Your role: | As a volunteer, you will be moulded and designated to role-play a victim of a trauma emergency scenario. Please wear loose, old, comfortable clothing, as you may be on the floor for some scenarios. |
| Contact person(s): | Call the San Francisco Paramedic Association for more information or to sign-up at (415) 543-1161 (tell them Steve at Chabot sent you) or email them at director@sfparamedics.org or visit their website section on volunteer opportunities at www.sfparamedics.org/volunteer.htm |

Advanced Medical Life Support Classes - Volunteers Needed

| | |
|-----------------------------------|---|
| Dates / Locations / Times: | - Tuesday August 16 from 1230 to 1700 hours - Wednesday August 17 from 1030 to 1630 hours Both of the above classes will be held at the <u>Bay Model Visitor Center in Sausalito (2100 Bridgeway, Sausalito)</u> |
| You will receive: | Valuable experience watching paramedic level (or higher) students perform patient assessments. Learn from their plusses and minuses. You will also receive a free San Francisco Paramedic Association t-shirt and your choice of an SFPA rescue key chain or ALS field guide. |
| Your role: | As a volunteer, you will be designated to role-play a victim of a medical emergency scenario. Please wear loose, old, comfortable clothing, as you may be on the floor for some scenarios. |
| Contact person(s): | Call the San Francisco Paramedic Association for more information or to sign-up at (415) 543-1161 (tell them Steve at Chabot sent you) , register via email at director@sfparamedics.org or register and see more information on their website at www.sfparamedics.org/volunteer.htm |

FIREFIGHTER PREPARATION TIPS OF THE MONTH:

Here is a tip I would like to offer you that will help make you a better firefighter candidate:

When you get your EMT or Firefighter 1 Academy certificate, do not stop there. Make sure you do something to keep those skills up-to-date. Too many candidates get certificates to put on their resume and then do nothing to keep them up-to-date. Like anything else, if we don't use something, we lose it very quickly. It is not uncommon for an oral board panel to ask you a question similar to this, especially if you have a certificate that you are not using through paid or volunteer experience. Have a plan of action not just to answer their question, but to best prepare yourself for the job and the career.

THIS MONTH'S WRITTEN EXAMINATION TESTING TIPS –
Courtesy of the Don McNea Fire School

Some more firefighter testing tips courtesy of the [Don McNea Fire School](#)! This month's tips focus on the Written Examination:

TEST-TAKING TACTICS:

UNDERSTANDING THE TEST MAKER'S TACTICS

As a test taker, you will be more skilled if you know how a test maker thinks. Your test taking strategies must anticipate the test maker's strategies. With multiple-choice questions, the problem for the test maker is to create three bad answers for every good answer.

To appreciate the test maker's problems and to improve your own ability as a test taker, you should practice making up a few questions yourself. Here is some material to work with. Below is a short reading passage from a Fire Academy training manual, followed by four answer choices. As it appears below, all the answer choices are correct. You should try to come up with some other answer choices that would be wrong, or make some little changes in these answer choices so that they are no longer correct.

Sometimes it is necessary to cut holes in the roof or floors of a building to release bottled up heat and smoke. During roof or floor cutting operations, everyone in the vicinity of a saw in operation shall observe, as near as possible and practical, a 20-foot radius Circle of Danger. Only the Officer, the Operator and the Guide Man may enter this circle. All persons directly to the rear of the operating saw blade must be warned away, as the saw may throw debris 20 feet or more.

Side pressure or twisting of the blade when operating should be avoided. The saw should never be forced. If too much pressure is applied to the blade, the hazard of blade breakage (carbide tipped) or blade shattering (aluminum oxide or silicon carbide discs) is increased. A blade that breaks or shatters during cutting may cause serious injury to the Operator or others in the area.

Based on the information above, it would be most correct to say that:

- A) No one should be within 20 feet of the operating saw except the Officer, the Operator and the Guide Man.*
- B) Even someone who is 20 feet away can be in danger if the person is directly behind the saw when it is operating.*
- C) Carbide tipped blades will break, not shatter, if too much pressure is applied.*
- D) Side pressure may cause shattering of the blade if the blade is an aluminum oxide or silicon carbon disc.*

No doubt, you can think of many ways to make three of the above answer choices wrong. But you probably would not want to make an answer choice so obviously wrong that no one would ever choose it. There is no point making up answers if no one will choose them. The idea is to make an answer wrong, but still give it some appeal so that it will be an effective "distracter" from the right answer. Here are some test maker tactics for doing that:

1. Overstate the point. In the example, you could change 20 feet to 25 feet. Or you could say that side pressure will definitely or always cause the blade to break or shatter. Or you could insist rigidly on the 20-foot circle, forgetting that the rule says, "as near as possible and practical." Or you could say that the Officer must be in the circle instead of that he may be in the circle.
2. Ignore the fine points. In the example, you could substitute something general like "a safe distance" for the exact rule of 20 feet. Or you could ignore the detail that 20 feet may not be adequate for someone directly behind the saw. Or you might overlook the fact that these rules apply only when the saw is actually in operation.
3. Change just one detail. In the example, you could switch "breaking" and "shattering" for the different kinds of blades. Or you could switch the kinds of blades. You could change the rule about people directly behind the saw to make it people directly in front of the saw.
4. Provide some bait to make false answers attractive. An easy way to do this is to keep some exact words from the "fact pattern" in the false answers. Another way to do this is to make a two-part answer; start with something that is correct, then add something that is wrong. For the example, you might say, "Other firefighters should remain at least 20 feet away when practical, and the Operator should especially warn anyone directly in front of him."
5. Twist the meaning around. In the example you could say that the saw operator must go at least 20 feet from other people instead of the rule that other people must keep 20 feet from the saw operator. Or you might try saying that the saw cannot be used less than 20 feet from the edge of a roof.

Since 1950, Don McNea Fire School has prepared over 40,000 fire applicants with their entry level seminars and products. Fireprep.com has over 250 pages of FREE information and careers articles to help you reach your goal of becoming a firefighter.

Go to www.fireprep.com and register for their free fireprep e-mail newsletter that features career articles by the country's top entry level authors. You will also be informed at no cost of firefighter examinations given across the country.

While at our website don't forget to review our award winning 'Ultimate Firefighter Exam Package'. This product has helped hundreds of fire applicants finish in the top 2% of the exam process. Go to the link below to review the ultimate firefighter exam package. www.fireprep.com/ultimate_firefighter_exam.html

Don McNea Fire School

dmfireschool@aol.com

1-800-989-FIRE

www.fireprep.com

MORE FREE FIREFIGHTER PREPARATION SEMINARS!

Become a better firefighter candidate!

*****You are invited to attend a FREE seminars to help learn how to better prepare yourself to become a firefighter!*****

DATES: **Wednesday July 6, 2005**
 Wednesday July 20, 2005
(You are free to attend one or both of the seminars!)

TOPICS:

July 6 **A career in the fire service – do you really know what you are getting into?** Or are you being falsely led into a career that you might not actually enjoy? Too many students do not know what it takes to become a firefighter. Additionally, some do not actually have a clue of what the job entails and are actually disappointed when they do get hired because it is not what they expected. This will be a frank and honest discussion of what to expect before you get the job and once you've gotten the job.

July 20 **Oral Board Preparation** – overview of the oral board process and also the chance to perform a mock oral interview!

Instructor: Steve Prziborowski, Fire Technology Coordinator at Chabot College and Captain with the Santa Clara County Fire Department.

ADDED BONUS!!

Bring a copy of your resume and I will critique it for you free of charge, before the seminar or during one of the breaks (time permitting).

TIME: 6 p.m. to 9:00 p.m. each night
LOCATION: Chabot College
 25555 Hesperian Boulevard, Hayward, CA 94545
 Room 510 (in Building 500) **** Note – this is a room change****

REGISTRATION / MORE INFO: To register, email me at sprziborowski@chabotcollege.edu or if you do not have internet access, you can leave a message at (510) 723-6851. Thank you for your assistance; look forward to seeing you there!

Please visit the Chabot College Fire Technology website at www.chabotfire.com for more information on becoming a firefighter.

For directions to Chabot College, [CLICK HERE](#).

***PARAMEDIC SCHOOL ENTRANCE EXAMINATION INFORMATION –
Northern California Training Institute (Pittsburg)***

[Northern California Training Institute \(NCTI\)](#) is holding pre-entrance examinations for their upcoming Paramedic classes in:

- **Pittsburg (Los Medanos College)** - courses to be held on days *TBA*

Here is more information I downloaded from their website:

NCTI holds the HOBET entrance exam for all paramedic program placements. NO late arrivals are allowed at the exam. Please make arrangements to arrive early. All application information is accessible from the NCTI homepage at www.ncti-online.com – ***Please return all materials prior to the test date!***

COURSE DESCRIPTION

This course fulfills all of the training requirements set forth by the State of California for Mobile Intensive Care Paramedics. Upon successful completion of this course, students will be eligible to take the National Registry Exam which NCTI hosts throughout the year at our Roseville Campus. This certification can lead to employment in a wide range of fields, to include ambulance or fire paramedic, E.R. technician, special functions paramedic, sporting events, concerts, etc. NCTI is owned by American Medical Response, Inc. (AMR) and direct employment referrals are a benefit reserved for NCTI students.

TO QUALIFY FOR ADMISSION APPLICANTS MUST:

- Be at least 18 years of age
- Have a high school diploma or GED certificate
- Complete an approved Anatomy and Physiology course within the last 5 years
- Possess a current CPR card and a current EMT-1 or EMT II certification
- Applicants whose certification expires less than twelve (12) months prior to the enrollment date are also eligible

SCHEDULE OF TRAINING

PHASE I - (Didactic & Lab)

400 Hours (approx. 6 months)

Course days and times will be announced at a later date.

PHASE II - (Clinical Rotations)

160 Hours (approx. 2 months)

individually, as arranged for each student, at one of several acute care hospitals in the area.

Guaranteed placement by NCTI.

PHASE III - (Field Internships)

480-720 Hours (approx. 4 months)

Depending on experience and performance individually, as arranged for each student. ***Guaranteed placement by NCTI.*** ***(This is a key selling point when shopping around for paramedic schools!)***

DESIRABLE QUALIFICATIONS

General knowledge of first aid and the ability to handles stressful situations and/or prior experience as an EMT with an ambulance or fire service provider agency.

ADMISSION TESTING

\$50.00 entrance exam fee (non-refundable / non-transferable)

COURSE FINANCING

Tuition may be paid by check, money order, Visa, MasterCard, American Express, or Discover.

TESTING DATES & TIMES

For their **Paramedic Course** that will be held in Pittsburg (Los Medanos College), CA, and the examination dates are as follows:

- Friday July 22, 2005– 1:00 pm to 4:00 pm at their Livermore Classroom

FOR MORE INFORMATION - Visit their website at www.ncti-online.com – also, for links to those above tests and classes, [CLICK HERE](#).

This is not meant to be an endorsement or recommendation of their program. It is listed as a service and a resource for you to evaluate and determine on your own.

FIREFIGHTER EMPLOYMENT OPPORTUNITY – Sacramento City Fire Department

The [Sacramento City Fire Department](#) is one of the larger fire departments in the State. They operate out of 22 fire stations, protecting 458,000 people over 144 square miles. They are a full-service fire department that includes ALS transporting ambulance service. They will be testing quarterly for the position of **FIRE RECRUIT**.



- **August 20, 2005** **Cut off for filing for this test is July 22, 2005**
- **October 15, 2005** **Cut off for filing for this test is September 16, 2005**

Note: Cut-off deadlines and test dates are tentative and are subject to change without prior notification.

What is the position of fire recruit?

The [Sacramento City Fire Department](#) is responsible for the protection of life and property and for providing EMS to the community. Fire Recruits attend the Sacramento Fire Training Academy for 20 weeks and receive basic training in firefighting methods, equipment operation and maintenance, physical fitness, fire science concepts, and a variety of other subjects.

Candidates who satisfactorily complete the training and graduate from the academy are given probationary status and assignments as firefighters. Some graduates who hold current certification as paramedics may be assigned as Firefighter/Paramedics. In addition, all candidates must pass a background investigation, fingerprinting, medical examination, and drug testing prior to becoming a firefighter.

What are their requirements?

In order to qualify for entrance into the Recruit Academy, you must:

- Be at least 21 years of age.
- Have a high school diploma or GED equivalent.
- Have a current EMT-1 certificate or higher.
- Have 20 semester units or 30 quarter units from an accredited college or university. Three years as a paid firefighter may be substituted for the above college units.
- Be a citizen of the United States.
- Pass a written examination.

Special qualifications:

- You have not smoked or used any tobacco products during the 12 months prior to testing.
- Possess a valid California Class C driver's license at the time of appointment.
- Ability to obtain a Class B driver's license with appropriate endorsements during the Sacramento Fire Training Academy. Failure to obtain license will be cause for termination.
- Wear respiratory protective equipment at times. When assigned to such work, facial hair must be shaved when it interferes with the safe fitting of such equipment.
- Reside within a 35 air mile radius from the freeway interchange at W-X streets and 29th – 30th streets within one year following appointment as a firefighter.
- Pass the physical ability test each year as a condition of employment

Additionally you must

Pass a physical ability test which includes the following events:

- Hose drag
- Hose Carry / Stair climb
- Hose Hoist
- Smoke Ejector
- Citizen Rescue
- Dry Hose Load

A videotape of the physical ability test is available at the following locations:

- Any branch of the Sacramento City or County library system.
- American River College Library, 4700 College Oak Drive, Sacramento, CA 95841
- Consumnes River College Library, 8401 Center Parkway, Sacramento, CA 95821

For more information you may contact:

- Sacramento City Personnel Department (916) 264-5726
- The Fire Recruit Hotline: (916) 264-8172
- The City 24-hour jobline: (916) 264-8568

To download an application - Go to the JOB OPPORTUNITIES section of their website at <http://www.cityofsacramento.org/fire/jobopportunities.html>

To find out more information about the Sacramento City Fire Department - Visit their website at <http://www.cityofsacramento.org/fire/>

CLOSING COMMENTS

Well it is hard to imagine that I have been producing this newsletter for three full years now. It seems like it was just yesterday that I started doing this. While it is not easy putting aside time to do this every month, I do think it is a great resource for the future firefighter. I'll continue doing this newsletter in some form or fashion as long as people find it worth reading and helpful in their pursuit of becoming a firefighter and being the best firefighter candidate they can be.

I hope you have found this newsletter somewhat valuable. If you have learned one new thing, then I think I've done my job. I truly want to see everyone succeed, and I also really enjoy doing what I do. This program is your program. It can only get better with your assistance. There is an old saying, don't just give me problems – give me solutions! I can't read your minds, so please provide me with feedback. Feel free to contact me if you have any questions or want me to clarify any rumors you might have heard. Thank you very much!

Steve Prziborowski, Fire Technology Coordinator - Chabot College

Office: 510-723-6851, Building 1500, Room 1556
Cellular: 408-205-9006
Fax: 510-782-9315
Email: sprziborowski@chabotcollege.edu

Chabot College Fire Technology & EMS web site: www.chabotfire.com
Chabot College website: www.chabotcollege.edu

***** PLEASE FEEL FREE TO PASS THIS ON TO YOUR FRIENDS OR CO-
WORKERS*****

The Fine Print:

- If you would like to be added to our mailing list (no, I won't give your email address out to others), email me at sprziborowski@chabotcollege.edu and I will add you to the list. Benefits of being on the mailing list include being notified when the latest Fire & EMS news is published, and being notified of firefighter testing opportunities, volunteer opportunities, or training opportunities.
- If you know of someone who wants to receive this newsletter (as well as other updates) email me at sprziborowski@chabotcollege.edu and I will place them on the mailing list.
- If you want to take your name off of the mailing list, just send me an email at sprziborowski@chabotcollege.edu and in the subject heading, and type in "unsubscribe from mailing list" and I will remove your name.
- If you are subscribed to my email mailing list and you are not receiving anything (a problem some hotmail and yahoo users have at times), make sure you add my name – Steve Prziborowski and the email address I use to send this newsletter and other fire and EMS related news items out – sprziborowski@aol.com to your address book, safe list, white list, etc. Since I mass mail items to over 700 people, some email providers may think these items are spam or junk mail, even though they are not. I typically send a couple of things out per week; if you have not received anything from me in over two weeks, email me to let me know so that I can attempt to troubleshoot the issue.
- Thank you very much for your assistance and cooperation!