



FIRE & EMS NEWS

April 2005

Volume 3 – Issue 10

Welcome to the latest issue of the Fire & EMS News! My goal is to provide you with information about your Chabot College Fire Technology Program, the local Fire Departments, in addition to other information that might be beneficial to you in your pursuit of better preparing yourself for the career of your dreams! Some of the highlights of this issue include:

- Congratulations are in order to the following individuals for obtaining career goals!
- Chabot College registration information for the Summer & Fall 2005 semesters!
- Firefighter employment opportunity – Union City Fire Department!
- Firefighter employment opportunity – Sacramento City Fire Department!
- Volunteers needed around the Bay Area – EMS classes
- FREE Firefighter Oral Interview Seminar with Captain Bob on April 13, 2005!
- FREE Firefighter Preparation Seminar at Chabot College on May 11, 2005!
- Firefighter employment opportunity – Oakdale Fire Department
- Firefighter employment opportunity – Los Angeles City Fire Department
- Candidate Physical Ability Test (CPAT) information

Important Note:

You should NOT be relying on me to advise you of every fire department job opening. I list them as a service to the departments that provide me with the information and when I am provided the information by students or fire service colleagues. If you're waiting for me to advise you of a job, it is probably too late; meaning the information has already been out there and if you have not yet heard about the opportunities, shame on you for not being on top of the game (proactive). That said, I highly encourage you to pay for testing notification services such as:

- **Perfect Firefighter Candidate** – www.firecareers.com
- **Careers in the Fire Service** – www.firerecruit.com

Both of these services are worth every bit of their price because they will advise you of fire service opportunities from firefighter all the way up to fire chief in departments nationwide! My goal here is to not put them out of business or even attempt to compete with them; I've got too many other things going on to do that. Listing opportunities here hopefully motivates you to take advantage of the opportunities, to subscribe to such services to find MORE opportunities and to start seeing what departments are requiring (so you can start getting those minimum or highly desirable qualifications under your belt).

CONGRATULATIONS ARE IN ORDER FOR THE FOLLOWING INDIVIDUALS!

I would like to congratulate the following individuals on the achievement of their recent goals and accomplishments:

- **Garret Brown**, former Chabot College Fire Technology Work Experience student for getting hired with the [Alameda County Fire Department](#) as a *Firefighter*.
- **D'Marcus Cooper**, Chabot College Fire Technology Work Experience student for getting hired with the [Alameda County Fire Department](#) as a *Firefighter*.
- **Jim Edwards**, for getting promoted to the position of *Deputy Fire Chief* with the [Oakland Fire Department](#). Chief Edwards had previously held the position of Battalion Chief with the OFD.
- **Dan Farrell**, for getting promoted to the position of *Fire Chief* with the [Oakland Fire Department](#). Chief Farrell had served as the acting fire chief before his official promotion.
- **Eric Mikel**, former Chabot College Fire Technology Work Experience student for getting hired with the [Alameda County Fire Department](#) as a *Firefighter*.
- **Eric Nappo**, Chabot College Fire Technology Work Experience student for getting hired with the [Colorado Springs Fire Department](#) as a *Firefighter*.
- **Norm Park**, Chabot College Fire Technology Work Experience student, for getting hired with the [Menlo Park Fire District](#) as a *Firefighter*.
- **Debra Pryor**, for getting promoted to the position of *Fire Chief* with the [Berkeley Fire Department](#). Chief Pryor had previously worked for Berkeley up through the rank of Assistant Chief, then went to the [Palo Alto Fire Department](#) as a Deputy Fire Chief before coming back to Berkeley.
- **Bonnie Terra**, for getting promoted to the position of *Deputy Fire Marshal* with the [Alameda County Fire Department](#). Bonnie had previously held the position of Fire Inspector with the ACFD.
- **Tim Wetteland**, former Chabot College Fire Technology Work Experience student, for getting hired with the [Millbrae Fire Department](#) as a *Firefighter*.

CHABOT COLLEGE REGISTRATION INFORMATION:

If you are a current or future Chabot College Fire Technology student – PLEASE READ THIS!!!

At the request of numerous students, I want to include this information regarding registration. Many students have had problems that they would like me to share with you, so that you may have a greater chance of success at getting into your classes.

With the summer 2005 courses beginning in June, and the fall 2005 courses beginning on August 22 (registration for both semesters begins in May of 2005), I wanted to make a few comments about registration:

- Every semester, the EMT course (Health 81 and 83) fills up shortly after registration (usually about one week or so after registration begins). This is not something that has never happened before, it happens every semester. So if you plan to register for the EMT course now or in the future, ensure that you sign up as soon as you are eligible to do so, and don't procrastinate!
- The firefighter 1 academy (Fire Technology 90A, 90B, and 90C) also fills up shortly after registration begins (when I say shortly, I mean either on the first day of registration or the second day of registration). This does not surprise me either, based on the fact that we have reduced the number of prerequisite classes from eight to five (Fire 50, 51, 52, Health 61 and 81/83). Every semester, the firefighter 1 academy accepts up to 32 students (versus 44 for lecture classes).

I received numerous emails from students that did not get into the academy this semester (and every semester that I have been the fire technology coordinator). Many students felt it was unfair that they did not get into the academy. Some felt it was going to delay their getting to become a firefighter. Well, not to be harsh, but life is not fair sometimes. But think about how we do registration. It might not be fair to their situation, but it is fair as a whole. Since we do not have "waiting lists," per se, adds are done on a first-come, first-serve basis, as well as by priority number. So it is fair to those students who have the highest priority numbers (meaning they have been attending the college the longest, and have also completed more units than someone with a lower priority number).

The priority number system doesn't play favorites and allows registration based on merit. Based on this, don't be surprised if the academy (or other popular classes) fill up quickly the next few semesters. At some point it should level out, but then again, maybe it won't. Also, the economy or the state budget crisis haven't helped either. More people are looking for work (especially with the government - like firefighter positions) and the colleges are cutting classes or not allowing additional classes to meet the increased demand of students. A double-edged sword!

Here are my suggestions for future registration to help reduce your frustration:

- Sign up for classes the first day your are eligible to do so.
- If you don't get into a class because it is closed (full), check the CLASS WEB section on the main Chabot website at www.chabotcollege.edu **DAILY!** It is not uncommon to have someone drop a class after registering for it or getting dropped because they did not pay their fees or have outstanding fees due to the college. So if you are lucky enough to register, make sure you pay your fees so you don't get dropped! I realize things happen, but I have very little sympathy for students that lose their spots for not following through on their obligation to compensate the college.
- If that does not work, you are always allowed to show up at the first class meeting and attempt to add into the class. For the EMT class, it is not uncommon to get 10 no-shows and another 10 students that did not meet all of the prerequisites stated in the schedule. Besides the required prerequisite class, Health 61, there are certain requirements the student has to mail in prior to

the first day of class, such as proof of a TB test, MMR immunization, Hepatitis B immunizations, copies of their CPR and Emergency Response cards, etc. That leaves 20 extra spots (out of a possible 50 or so)! Many times we have taken everyone that has wanted to add in to the EMT program! **You have nothing to lose by showing up the first day, except for the time it took you to be there!**

- Now the firefighter 1 academy is a little different. Of the 32 spots, I doubt there has ever been that many (if any) no-shows on the first night. Before you get frustrated about not getting into the academy your first time you attempt to register, **REMEMBER THAT YOU ARE NOT ALONE!** It is not uncommon to get over 30 + calls / emails per semester from students like you that are mad because for whatever reason, they did not get into the academy.

Granted, even if you show up the first class session, there are no guarantees that you will be added in (remember that adds are done based on priority number). **An instructor has no obligation to add you into a class.** If they do, it is not a right you have, it is not something you are "entitled to," it is something that is a privilege they are extending to you. The instructors are not getting any more money for having more students than is required for them to have in their union contract.

- If all else fails, you should have had a better plan in place! Before you go to the "woe is me" thought process, think about this. Most successful people in life don't try to get ahead (or stay ahead) by always doing things without a backup plan (or plan b, or contingency plan; whatever you want to call it). As the old saying goes, **"DON'T COUNT YOUR CHICKENS BEFORE THEY ARE HATCHED," and "DON'T PUT ALL OF YOUR EGGS INTO ONE BASKET."**

I get students calling me saying "I want to get into Chabot because I've heard it's the best." Well, I appreciate the compliments, but I also have to wonder why they put their eggs into one basket? When you are testing for the position of firefighter (which everyone can agree is very competitive), you always have to have contingency plans in place because things almost never go the way you expect them to go.

Let's say that your dream is to become a San Francisco Firefighter, and you only take that test. Your chances for success are drastically reduced because there are so many variables to think about. Classes get cancelled. Hiring goes in waves. Requirements to get hired can change (hopefully you have properly looked into the future to predict these changes, and have thus properly prepared yourself. Requiring a paramedic license is a good example of this. Many candidates were (and still are) blindsided by this concept.

What if S.F. only tests every other year or every three years (which is not uncommon)? By not taking other fire department exams or continuing your education in some form or fashion, you run the risk of being passed by or being left out in the cold (and it was very predictable that it would happen to you because of your lack of planning!). Don't let this happen to you - always have backup plans in place. If you don't get into Chabot's academy for example, well have you also been applying for other academies? Have you been looking into paramedic schools? Have you been looking at spending the semester finishing your other degree requirements? The list can go on and on.

To view websites of other Firefighter 1 Academies around the state, go to the [LINKS](#) page of the Chabot College Fire Technology website and scroll down to FIREFIGHTER 1 ACADEMIES. As much as I would like you to attend our Academy, I understand it is my job to also point you to another one if that would best fit your situation. I look at myself as a resource to you, even if that means sending you to another college. You have to do what you have to do!

- Don't get me wrong; I'm not trying to burst your bubble or de-motivate you. I'm actually trying to do the opposite. I'm trying to motivate you to be the best you can be, to have as little disappointments in getting that badge as possible, and to be successful in your pursuit of becoming a firefighter. I'm just trying to be realistic. You deserve reality and up front information, not something that has been sugarcoated to reduce "hurting your feelings."
- If you have taken **ANY** of the required prerequisites to get into the Firefighter 1 Academy (Fire 50, 51, 52, Health 61) or the EMT program (Health 61) at another college or private institution, you need to take copies of your transcripts and/or completion certificates to a counselor **BEFORE** registration begins. If you don't do this, the college computer won't recognize your having completed a required prerequisite class, thus not allowing you to register for the class you want. Finding this out after registration begins is usually too late because by the time you solve the problem, the class will already have been filled up.
- Also, don't think that this problem of classes filling up quickly exists only at our college. It occurs across the state. Why? Supply versus demand. In my experience, there are not enough academies around the state (or paramedic programs for that matter) to handle the demand of students. Many academies are even tougher to get into than ours.
- Most importantly, learn how to work the system. Now don't think I am asking you to do something that is illegal, unethical, or immoral; I would never do that and I would hope you would never do that either. What I am asking you to do is "think outside the box" and learn how to get ahead in life. How can I do that you may wonder?
 1. **First of all, don't believe everything you read.** The college website registration system states that the CLASS WEB registration system operates between 7 am and 11 pm. Well, I know numerous students who tried registering at midnight on the day they were allowed to register. Wow, that's creative, isn't it? That's the type of person that will make a successful firefighter; someone that is aggressive and creative. What's the worst that could have happened to them for trying to do that? Nothing I can think of. When I tell students to try that, I even get arguments from adamant students who state "that can't be true" or "it says 7 am to 11 pm." Moral of the story? Don't believe everything you read, try to find out firsthand for yourself. Also, take the time you are arguing with me and channel that energy into planning to work the system better.
 2. **Learn how to increase your priority number.** Every semester, I have a few students call me saying they are stuck in an "endless cycle" of not getting into the academy because their priority number only allows them to register on the third day of registration. Well, if that is you, one suggestion to you – **FIGURE OUT HOW TO INCREASE THAT PRIORITY NUMBER!!!** I'm not going to give you all of the answers, you need to do some research on your own. How can you find out more information relating to registration and increasing

your priority number? I bet you could go to the main college website at www.chabotcollege.edu and navigate to registration and priority numbers and learn some things you can do. Also, I've heard that if you participate in the "Pathways to Success" program and meet with a counselor to develop a career plan, that you might get a reward of a "day one priority number." Wow, a no-brainer in my book.

3. **Learn how to get around computer problems.** Does the college's computer system have problems? Of course it does; every computer program has problems at some point. For the past few semesters, many students who have been eligible to register for the firefighter 1 academy have been given an error message to the effect of "prerequisite test score error" when they attempted to register.

How did the successful students handle this problem? Many of them immediately went down to the college and met with a counselor to explain their problem and also show them proof that they qualify. The counselors helped them solve their problem and they got in that same day. Also, some of them contacted me immediately after discovering that problem and asked me for advice. I told them they needed to immediately go down to the college and see a counselor, my Dean, or I (if I was still on campus).

How did the unsuccessful students deal with this problem? They did not contact me until after the academy was already full (by the second day of registration or even a week after registration began and the academy had long been filled up). They did not take the time to immediately go down to the college and try to solve their problem. One student even said he waited a few days because he "didn't want to bother me." While I appreciate that, remember that I am here to serve you, especially in these situations. I always have my cell phone on and I usually check my email daily (even on nights and weekends when I'm not at school). What's the worst I could have done? If you had called me at a bad time, I would have either had my phone go right to voice mail where you could have left me a message, or I would have taken your number and told you I would call you back when I had a moment to spare.

- **Please do not ask me to do any special favors for you.** How dare you ask me that! That is unethical and immoral. Also, why should I pull some strings for you? Even if you were the best student in a class you took from me or a good friend, that would still not be fair to everyone else who is trying their best to get ahead (and is not asking for special favors).

I do not coordinate the Academy - that is Mike Litvinchuk's job. I oversee the Academy, but I leave all of those issues to him. Contacting me with your requests of me doing you a favor is not fair to the other students who have been plugging away at Chabot taking their other classes and building up their priority number. Additionally, that is not my job. Also, please don't ask me for the contact information of the Academy instructors so that you can contact them and beg to get in or whatever. They do not need the extra phone calls. They will take the 32 students that are registered when they get there on the first night. If for some reason there are no shows (very rare), then any adds will be done based on priority number; we do not utilize any type of waiting list.

FIREFIGHTER EMPLOYMENT OPPORTUNITY – Union City Fire Department

The [Union City \(CA\) Fire Department](#) is accepting applications for **Firefighter / Paramedic** until April 21, 2005. For more information, go to: www.union-city.ca.us/Employment/ucemploy.htm

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**.



- **May 14, 2005** **Cut off for filing for this test is April 8, 2005**
- **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/>

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:	-Wednesday April 20 from 0700 to 0930 hours
	- Thursday April 21 from 1230 to 1730 hours
	NOTE: All of the above classes will be held at the Bay Model in Sausalito
Dates / Locations / Times:	-Thursday May 26 from 0700 to 0930 hours
	- Friday May 27 from 1230 to 1730 hours
	-Monday June 20 from 0700 to 0930 hours
	- Tuesday June 21 from 1230 to 1730 hours
	NOTE: All of the above classes will be held at the Fremont Fire Department
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 moulaged 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:	- Wednesday May 11 from 1230 to 1700 hours
	- Thursday May 12 from 1030 to 1630 hours
	Both of the above classes will be held at the <u>San Francisco Paramedic Association.</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

WHAT IS KEEPING YOU FROM GETTING YOUR FIREFIGHTER BADGE?

It's Your Turn in the Hot Seat!

You've spent time, money and put your life on hold to gain the necessary education and experience to become a firefighter. Your oral board will determine the future. It's game day. You have around 20 minutes to stun the oral board into giving you the opportunity to ride big red. Are you ready to sit in the hot seat and see what you've got?

At the Chabot College Seminar on April 13, 2005, with Captain Bob, you can gain the time-tested strategies of oral boards you might be missing. In a no-nonsense, straight-from-the-hip -- in a total of 2+ hours! --you will gain more information and insights than most candidates learn in an entire lifetime.

Please send Captain Bob your questions on what you want to make sure that is covered at the seminar: Email Captain Bob at captbob@eatstress.com

Captain Bob will give a FREE presentation; **It's Your Turn in the Hot Seat. What are You Going to do to Stun the Oral Board into Giving you the Badge!** at Chabot College in Hayward (CA).

DATE: Wednesday April 13, 2005

TIME: 6 pm to 8 pm

LOCATION: Room 510 (in building 500)



Why should you attend? To learn step by step, everything you need to know in the process, starting with the application, written, physical, oral interview, psych interview, background, polygraph, and medical to gain a badge. You will find the inside “Nuggets”, tips and resources you can’t get anywhere else to shorten the learning curve and the distance between you and that badge. This is information that has helped over 2100 candidates nail their badges!

For more information about Captain Bob, visit his website at www.eatstress.com He has numerous free tips and suggestions to score better on the oral interview. To register for this unique and excellent opportunity, email me at sprziborowski@chabotcollege.edu and let me know how many people plan to attend. Hurry, seats are limited!

Oral interviews are the toughest thing for most people (going for jobs in any line of work, not just the fire department). Why not take this free opportunity to learn at least one new thing? If you learn something that even just raises your score by 1%, it was worth your time to attend!

Register early – seats will fill up fast!

FIREFIGHTER EMPLOYMENT OPPORTUNITY – Oakdale Fire Department

The [Oakdale \(CA\) Fire Department](#) (outside of Modesto) is accepting applications for the position of **Firefighter** until Friday April 15, 2005. Minimum qualifications include:

- High School Diploma or GED
- Valid California Driver’s License
- CPR and First Aid Certificates

Based on the minimum qualifications, most of you should be eligible and would be crazy not to apply. This is an excellent chance to experience a firefighter hiring process if you have never done so before. What are you waiting for? What is the worst that could happen? Oakdale is no more than 2 hours away from most of the S.F. Bay Area.

To view the job description, job flyer, and to find out how to apply, go to: www.ci.oakdale.ca.us/employment/employment.htm

MORE FREE FIREFIGHTER PREPARATION SEMINARS!

Become a better firefighter candidate!

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

DATES: **Wednesday May 11, 2005**

Topics being covered include:

1. Firefighter employment opportunities with the Federal Government. Special guest speaker – Aaron Woods, Firefighter: Camp Parks (Dublin, CA) Fire Department.
2. 25 steps to success in the process of becoming a firefighter. Learn 25 valuable tips to better prepare yourself and earn more points in the overall process. Instructor: Steve Prziborowski, Fire Technology Coordinator at Chabot College and Captain with the Santa Clara County Fire Department.

NOTE: Topics listed above subject to change.

TIME: 6 p.m. to 9:00 p.m.

LOCATION: Chabot College: Room 2210 (In building 2200)
25555 Hesperian Boulevard, Hayward, CA 94545

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.

FIREFIGHTER EMPLOYMENT OPPORTUNITY – L.A.F.D.

The [Los Angeles Fire Department](#) (LAFD) is still accepting applications on a continuous basis for the position of **Firefighter and Firefighter/Paramedic**. Don't wait, this process may close at any time. When I was testing, the LAFD waited about seven (7) years between tests! The LAFD has over 100 fire stations and is one of the largest fire departments in the United States!

The only minimum requirements at this point are:

- 18 years of age
- High school diploma or GED
- Proof of current completion (within one year) of a Candidate Physical Ability Test (CPAT) – see next section of this newsletter for more information about the CPAT.

For more information about the process and the requirements, go to www.lafd.org/recruit.htm

CPAT Information

The [Candidate Physical Ability Test \(CPAT\)](#) is getting to be the “standard” that fire departments are using as their Physical Ability Test (PAT). Many departments around the nation, including Alameda City, Alameda County, Union City, San Francisco, Los Angeles City, Seattle, Phoenix, etc. are already using. Many more, including the Department I work for, are planning on using it the next time we hire firefighters. This test, which consists of eight (8) different events, is a joint venture between the [International Association of Fire Fighters](#) (IAFF) and the [International Association of Fire Chiefs](#) (IAFC), two organizations which you should be familiar with.

The main reason I am discussing this is because many departments are requiring you to not only take the CPAT, but have taken it PRIOR to submitting an application for their department! Union City and Los Angeles City Fire Department are two good examples of that: both are currently requiring a current CPAT completion card just to take their test! In the past, you could take the physical ability test as a part of the testing process. Times are changing though, and you will definitely see more departments requiring a CPAT completion card just to submit an application. Why? Because it is cheaper and easier for them to do that; one less phase of the hiring process they have to pay for and worry about.

So, you may be wondering, how do I get a CPAT card? That is a great question. Presently, there are only three locations (that I know about) statewide – and they are all in Southern California - that allow

you to pay for and take the CPAT. If you successfully complete all eight events in 10 minutes, 20 seconds (or less), they give you a card that shows proof of completion, and is good for one year. Those three locations are:

1. [CPAT facility](#) in Orange, CA – hosted by the [California Professional Firefighters](#).
2. [Oxnard College](#) in Oxnard, CA
3. [Chaffey College](#) in Rancho Cucamonga, CA

While there are presently no locations in Central or Northern California to take the CPAT, there is a strong chance that will be changing in the near future. While I cannot provide any specific details, it sounds like I will be announcing in the near future, a Northern California CPAT location (actually in the S.F. Bay Area) where you will be able to register for the test and take the test at multiple times throughout the year! I strongly encourage you to take advantage of taking the CPAT at one of these facilities. Why? For many reasons: it provides you with a physical fitness workout, if you pass you get a CPAT completion card good for one year that will allow you take more tests, it provides you with something else to put on your resume under “Certificates” and lastly and most importantly, it exposes you to a test that you might not pass the first time out. I will provide more information on the Northern California CPAT facility, I will pass it on to you.

For more information about what the CPAT consists of, including valuable links to locations offering the CPAT, go to the section on your website (yes, I said your website because it is a resource for you) that I have devoted on the Firefighter Hiring Process and specifically the Physical Ability Test: www.chabotfire.com/PAT.htm

CLOSING COMMENTS

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!