

## ***FIRE & EMS NEWS***

September 2004

Volume 3 – Issue 3

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:

- Firefighter Employment Opportunity – Alameda County Fire Department!
- Volunteers needed around the Bay Area – EMS classes
- Firefighter Employment Opportunities – Bi-annual FIREHIRE Test
- Firefighter Employment Opportunity – Sacramento Fire Department
- FREE Firefighter Oral Interview Seminar with Captain Bob on October 24, 2004!
- FREE Firefighter Preparation Seminars with Captain Greg Vitz of the Stockton Fire Department
- Paramedic school entrance exams – classes being held around Northern California!
- Firefighter Employment Opportunity – Seattle Fire Department

### ***FIREFIGHTER EMPLOYMENT OPPORTUNITY – Alameda County Fire Department***



The [Alameda County Fire Department](#) is accepting applications for the position of Firefighter Recruit!

**Last day for filing:** Monday, September 13, 2004

***NOTE:*** Applications must be in the possession of the Human Resources Department by 4:30 p.m. on the Last Day for filing! Postmarks are NOT accepted.

**Date of examination:** Examination will be held by appointment with applicant.

**The position:** The [Alameda County Fire Department \(ACFD\)](#) is actively recruiting for the position of Firefighter / EMT and Firefighter / Paramedic. The Department serves the unincorporated areas of Alameda County, the City of San Leandro, the City of Dublin, and the Lawrence Berkeley Laboratory. The area comprises approximately 500 square miles and serves a population of 234,500. The Fire Department has a budget in

excess of \$50 million with a staff of 250 firefighting personnel and 18 fire stations.

**The requirements:**

The following are entrance requirements for admission to the examination, which is competitive. Possession of the entrance requirements does not assure a place on the eligible list. A candidate's performance in the examination will be judged in comparison with the performance of other candidates.

**Education:**

Graduation from high school or possession of an acceptable equivalency certificate, such as a G.E.D. certificate (State of California), **AND**

**Applicants must meet at least one of the following requirements:**

- Must be a paid Firefighter / EMT or Firefighter / Paramedic in a fire department (seasonal employment is eligible); **OR**
- Current member of the [Alameda County Fire Department Reserve program](#); **OR**
- Must be a nationally registered paramedic

**License:**

Possession of a valid California Motor Vehicle Operator's license, and possession of a **current and valid** California EMT-1 certificate or Certified by the National Registry of Emergency Medical Technicians as an EMT-B (basic).

**Special requirements:**

Applicants must have visual acuity correctable to 20/30 in either eye. Job offer will be contingent upon passing a medical examination, a thorough background investigation, and a psychological evaluation.

**Age:**

Applicants must be a minimum of 18 years of age.

**The Examination:**

THIS IS A REOPENING OF AN EXISTING EXAMINATION. The names of qualified candidates in this examination will be merged onto the existing list according to examination score. ***This eligible list may also be used by other fire departments within Alameda County.***

This examination will consist of the following components: A review of candidates' applications to verify possession of minimum requirements; a supplemental questionnaire; a Candidate Physical Ability Test (CPAT); and an oral interview. The oral interview may contain situational exercise. **THEY RESERVE THE RIGHT TO MAKE CHANGES TO ANNOUNCED EXAMINATION STEPS.**

**NOTE:** ***If you have taken and passed the Candidate Physical Ability Test (CPAT) within the past twelve (12) months and can produce written documentation from the testing agency, you will not need to re-take the CPAT.***

**Individuals currently on the 2004 Alameda County Firefighter Recruit eligibility list DO NOT need to re-apply. Existing candidates will be contacted if being considered for future interviews. Please do not contact human resources or the Alameda County Fire Department.**

**To apply:** Applications may be obtained at Alameda County Human Resource Services, 1405 Lakeside Drive, Oakland, CA 94612. The application is also available on their website at <http://www.acgov.org>

**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

<b>Dates / Locations / Times:</b>	<ul style="list-style-type: none"> <li>- Tuesday <b>September 14</b> from 0700 to 0930 hours</li> <li>- Wednesday <b>September 15</b> from 1230 to 1730 hours</li> <li>- Wednesday <b>October 13</b> from 0700 to 0930 hours</li> <li>- Thursday <b>October 14</b> from 1230 to 1730 hours</li> <li>- Wednesday <b>November 17</b> from 0700 to 0930 hours</li> <li>- Thursday <b>November 18</b> from 1230 to 1730 hours</li> <li>- Tuesday <b>December 14</b> from 0700 to 0930 hours</li> <li>- Wednesday <b>December 15</b> from 1230 to 1730 hours</li> </ul> <p><b>NOTE:</b> All of the above classes will be held at the Bay Model in Sausalito</p>
<b>You will receive:</b>	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.
<b>Your role:</b>	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.
<b>Contact person(s):</b>	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 <a href="mailto:director@sfparamedics.org">director@sfparamedics.org</a> or visit their website section on volunteer opportunities at <a href="http://www.sfparamedics.org/volunteer.htm">www.sfparamedics.org/volunteer.htm</a>

# Advanced Medical Life Support Classes - Volunteers Needed

<b>Dates / Locations / Times:</b>	- Monday <b>November 1</b> from 1230 to 1700 hours - Tuesday <b>November 2</b> from 1030 to 1630 hours  <b>Both of the above classes will be held at the <u>San Jose Fire Department</u></b>
	- Thursday <b>November 11</b> from 1230 to 1700 hours - Friday <b>November 12</b> from 1030 to 1630 hours  <b>Both of the above classes will be held at the <u>San Francisco Paramedic Association.</u></b>
<b>You will receive:</b>	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.
<b>Your role:</b>	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.
<b>Contact person(s):</b>	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 <a href="mailto:director@sfparamedics.org">director@sfparamedics.org</a> or register and see more information on their website at <a href="http://www.sfparamedics.org/volunteer.htm">www.sfparamedics.org/volunteer.htm</a>

**BAY AREA FIREFIGHTER TESTING OPPORTUNITIES –  
FIREHIRE**

**FIREHIRE** is going to be accepting applications for Firefighter, Firefighter / EMT and Firefighter / Paramedic positions September 1 through September 30, 2004. **THEY WILL ONLY BE ACCEPTING THE FIRST 700 APPLICATIONS – SO APPLY A.S.A.P!**

For a list of departments that will be hiring off of this list, take a look at the list on the next page.

**B**enefits of taking this test include:

- You're only taking one test (as opposed to separate tests for each fire department)
- The hiring list will be in effect for one year
- There is a chance other fire departments will hire off of this list

**T**o participate in the entry-level firefighter examination process, you must possess or meet the following minimum requirements:

- High school diploma or GED
- At least 18 years old
- California Drivers License – Class “C”
- Proof of citizenship or legal ability to work in the U.S.

**Y**ou may be wondering, is any fire department going to be hiring? Of course! While the California budget crisis has impacted a number of their clients, and there are some agencies that do not have or do not anticipate any openings in the next fiscal year, there are going to be some departments that will be hiring.

**W**hy then would a department participate if they were not planning on hiring? Well, number one, things can and do change. Just because a department does not have any openings as of this moment, does not mean that situation cannot change over night. Firefighters retire, firefighters get injured, firefighters quit (usually to go to other departments), many times without any advance notice to the department. Number two, many fire departments are required to keep a current, active hiring list because of their civil service rules or union contract. Even if they do not anticipate hiring, many departments still have to have a current list. Why is that so? Well, just like number one, things can and do change. Additionally, it allows them to get the most current “best-of-the-best” candidates out there. Even though fire departments are facing severe (or potentially severe) budget shortfalls, it does not mean they won’t ever hire again. Departments will have to hire at some time in the future to fill vacancies from retirements, permanent injuries, etc. The question is when, and **the bottom line is that if you are not actively testing and on the current hiring list, you do not stand a chance at getting a badge!**

**T**he financial situation in the State is very dynamic and it is just a matter of time when it gets better (when exactly is anyone’s guess). If you decide not to test because of the budget problems, that is your choice. Many candidates have told me that they think tests like this one and CPS are “scams” because they haven’t heard of anyone getting hired off of the list. Well, look at it this way. The Department I work for ONLY uses the annual [Cooperative Personnel Services](#) Bay Area Firefighter Recruitment (which is uncertain for 2004) to hire people from. If you did not take that exam last year (or the next time it is offered, assuming there is a next time), **YOU WILL NOT GET HIRED AT MY DEPARTMENT!** It is that simple. Many departments ONLY hire candidates from the [Firehire](#) testing process. So, if you don’t take the test, you don’t stand a chance.

**Some of the fire departments might have other requirements** (view the Firehire web site at [www.firehire.com](http://www.firehire.com) for more specific information) such as:

- EMT
- Paramedic
- Firefighter – 1 Academy
- Firefighter – 1 Certificate

For application materials or more information, visit their website at [www.firehire.com](http://www.firehire.com) or if you do not have internet access, call them at 1-800-755-5891.

The examination process consists of the following:

- Completion of the application packet that is sent to you by FIREHIRE
- Written examination – 130 question test which you must pass with a score of at least 70%. There are 65 EMT questions from the AAOS Emergency Care and Transportation of the Sick and Injured, 7<sup>th</sup> Edition textbook, and 65 firefighter questions from the IFSTA Essentials of Firefighting, 4<sup>th</sup> Edition textbook. This portion of the exam is weighted 75% of your total score. **The Written examination is scheduled to be given on Saturday October 30, 2004 at The San Rafael Community Services Auditorium at 618 B Street in San Rafael, CA.**
- Physical Ability Test – this portion is pass / fail. It will be the Candidate Physical Ability Test (CPAT), tentatively scheduled to be administered in May after the written examination. For more detailed information on the CPAT, [CLICK HERE.](#)
- Emergency Medical Assessment Center – this event consists of a patient involved in a trauma and/or medical setting. The treatment is commensurate with your level of training. There are critical care criteria points that must be addressed or it is an AUTOMATIC FAILURE. You are graded on the criteria established by the National Registry of Emergency Medical Technicians. This event is weighted 25% of your total score.

The following fire departments are expected to be participating (based on the information I had available at the time I printed this document) in this recruitment and will be using the list that is established to hire for open positions:

#### **Fire Department**

- [Albany Fire Department](#) –
- [Burlingame Fire Department](#) –
- [El Cerrito Fire Department](#) –
- [Foster City Fire Department](#) –
- [Fremont Fire Department](#) –
- [Half Moon Bay Fire District](#) –
- [Kentfield Fire Protection District](#) –
- [Larkspur Fire Protection District](#) –
- [Millbrae Fire Department](#) –
- [Mill Valley Fire Department](#) –
- [Novato Fire Protection District](#) –
- [Oroville Fire Department](#) –
- [Piedmont Fire Department](#) –
- [Redwood City Fire Department](#) –
- [Ross Valley Fire Authority](#) –
- [San Bruno Fire Department](#) –

#### **Positions available**

- Firefighter/Paramedic
- Firefighter/EMT & Firefighter/Paramedic
- Firefighter/Paramedic
- Firefighter/EMT & Firefighter/Paramedic
- Firefighter
- Firefighter/Paramedic
- Firefighter/EMT
- Firefighter/EMT
- Firefighter/EMT
- Firefighter/EMT & Firefighter/Paramedic
- Firefighter/Paramedic
- Firefighter/EMT
- Firefighter/EMT & Firefighter/Paramedic
- Firefighter/EMT
- Firefighter/EMT & Firefighter/Paramedic
- Firefighter/Paramedic

- [San Mateo Fire Department](#) – Firefighter/EMT & Firefighter/Paramedic
- [San Rafael Fire Department](#) – Firefighter/EMT & Firefighter/Paramedic
- [San Ramon Fire Protection District](#) – Firefighter/Paramedic
- [South County Fire Authority](#) – Firefighter/EMT & Firefighter/Paramedic
- [South Lake Tahoe Fire Department](#) – Firefighter/Paramedic & FF/P Trainee
- [Woodside Fire District](#) – Firefighter/Paramedic

I believe that the **Fremont Fire Department** is the only Fire Department **NOT** requiring EMT, Paramedic, Firefighter 1 Academy, or Firefighter 1 Certification. So you have no excuse to NOT take the exam, even if you are just starting out!

To join the **FREE** FIREHIRE mailing list and find out about their latest updates, go to [www.firehire.com/mail\\_list.htm](http://www.firehire.com/mail_list.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**.



- **October 16, 2004**      **Cut off for filing for this test is September 17, 2004**

**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 29<sup>th</sup> – 30<sup>th</sup> 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:**

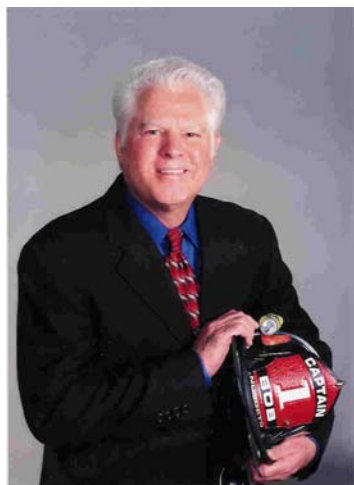
- Sacramento City Personnel Department (916) 264-5726
- The Fire Recruit Hotline: (916) 264-8172
- The City 24-hour jobline: (916) 264-8568



**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/>

## **WHAT IS KEEPING YOU FROM GETTING YOUR FIREFIGHTER BADGE?**



**O**n Sunday October 24, from 1:00 pm until 3:00 pm, “Captain Bob” Smith will be providing a ***FREE*** Oral Interview seminar. This will occur at **Chabot College** in **room 916**. Captain Bob is a retired Captain from the Hayward Fire Department who has been on numerous interview panels and has helped countless candidates obtain their badges. He will provide you with tips on how to better prepare yourself for the oral interviews you will be taking or have already taken and not done as well as you possibly could have on. Remember that the oral interview is probably the **MOST** important phase of the firefighter hiring process since most fire departments score this portion 100% of your total score.

**Register early – seats will fill up fast!**

**W**hy 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!

**F**or more information about Captain Bob, visit his website at [www.eatstress.com](http://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](mailto:sprziborowski@chabotcollege.edu) and let me know how many people plan to attend. Hurry, seats are limited!

**O**ral 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!

**MORE FREE FIREFIGHTER PREPARATION SEMINARS!**

Become a better firefighter candidate!

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

**DATES:**

**Tuesday August 31, 2004 and  
Tuesday October 5, 2004 and  
Tuesday October 26, 2004 and  
Tuesday November 30, 2004**

(You are invited to attend one night, two nights, or all nights - each night will be different).

**TOPICS:**

- August 31** - Researching fire departments to see who is hiring & to better prepare for their testing process  
- Educating yourself on the fire service  
- Organizational / time management skills  
- Mistakes to avoid in the hiring process
- October 5** - Written Examination Preparation  
• Test taking strategies  
• Resources to improve your scores  
• Mechanical ability / aptitude information  
- Physical Ability Preparation  
• How to properly prepare yourself  
• Overview of the CPAT
- October 26** - Oral Interview related information  
• Typical types of questions asked in an oral  
• How to properly prepare yourself  
• Do's and don'ts  
• What the oral board is looking for  
- Paramedic school preparation and overview  
- Surviving the probationary period

- November 30 -** Firefighter Background Investigation Process
- How to prepare for your background
  - Items that will eliminate you from the process
  - Documentation / information required

**NOTE:** *Topics listed above subject to change.*

**TIME:** 6 p.m. to 9:00 p.m. each night

**LOCATION:** Chabot College: Room 1908 (In building 1900)  
25555 Hesperian Boulevard  
Hayward, CA 94545

**INSTRUCTOR(S):** Greg Vitz – Captain / Paramedic with the Stockton Fire Department (October 5 and 26 seminars) and a past graduate of the Chabot College Fire Technology program (including the EMT program and the Firefighter 1 academy).

Steve Prziborowski - Fire Technology Coordinator at Chabot College and a Captain with the Santa Clara County Fire Department (August 31 and November 30 seminars)

**REGISTRATION /  
MORE INFO:**

Registration is not necessary – just feel free to show up! If you require additional information, email me at [sprziborowski@chabotcollege.edu](mailto: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](http://www.chabotfire.com) for more information on becoming a firefighter.

**PARAMEDIC SCHOOL ENTRANCE EXAMINATION INFORMATION –Northern California Training Institute (Livermore, Roseville, Santa Barbara, Emeryville, and South Bay locations)**

**N**orthern California Training Institute (NCTI) is holding pre-entrance examinations for their upcoming Paramedic classes in:

- **Livermore** - courses to be held on *Tuesdays and Fridays*
- **Roseville** - courses to be held on *Tuesdays and Fridays*
- **Santa Barbara** - courses to be held on *Tuesdays and Fridays*
- **Emeryville** – courses to be held on *Wednesdays and Saturdays*
- **South Bay (San Jose area)** – 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](http://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 handle 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 the South Bay (San Jose area), CA, and the examination dates are as follows:

- Wednesday November 17, 2004 – 9:00 am to 12:00 pm at their Livermore Classroom
- Thursday November 18, 2004 – 1:00 pm to 4:00 pm at their Livermore Classroom

For their **Paramedic Course** that will be held in Livermore, CA, the examination dates are as follows:

- Wednesday September 1, 2004 – 9:00 am to 12:00 pm at their Livermore Classroom
- Wednesday September 8, 2004 – 1:00 pm to 4:00 pm at their Livermore Classroom
- Wednesday March 2, 2005 – 9:00 am to 12:00 pm at their Livermore Classroom
- Wednesday March 9, 2005 – 1:00 pm to 4:00 pm at their Livermore Classroom

For their **Paramedic Course** that will be held in Roseville, CA, the examination dates are as follows:

- Wednesday November 3, 2004 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday November 10, 2004 – 1:00 pm to 4:00 pm at their Roseville Classroom
- Wednesday February 2, 2005 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday February 9, 2005 – 1:00 pm to 4:00 pm at their Roseville Classroom

For their **Paramedic Course** that will be held in Emeryville, CA, the examination dates are as follows:

- Wednesday January 5, 2005 – 9:00 am to 12:00 pm at their Livermore Classroom
- Thursday January 12, 2005 – 1:00 pm to 4:00 pm at their Livermore Classroom

For their **Paramedic Course** that will be held in Santa Barbara, CA, the examination dates are as follows:

- Wednesday February 16, 2005 – 1:00 pm to 4:00 pm at the Santa Barbara EMS Agency
- Thursday February 17, 2005 – 9:00 am to 12:00 pm at the Santa Barbara EMS Agency

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

**T**his 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 – Seattle Fire Department**

The [Seattle Fire Department](#) will be accepting applications for the position of **Firefighter** from September 1, 2004 until September 30, 2004. The written examination is scheduled for January of 2005. The [Seattle Fire Department](#) employs over 1,000 personnel, operates out of 33 fire stations, and provides service to over 563,000 residents.

During the application period **ONLY** (September 1 – 30, 2004), you may obtain an Entry Firefighter application by one of the following means:

- Email the [Recruitment Officer](#) and request an application

**OR**

- Send a self-addressed stamped envelope with \$0.37 postage to: Personnel Department – Fire Exams, 710 Second Avenue, 12<sup>th</sup> Floor, Seattle, WA, 98104-1793

You can also view or download the Seattle Fire Department Applicant information packet by [CLICKING HERE](#).

Testing for the Firefighters is conducted by the City of Seattle Personnel Department Fire and Police Exams Unit. Each individual must meet the minimum qualifications listed below and complete an application for testing prior to the closing date. There is a \$25.00 application fee for processing.

### **Minimum qualifications:**

- High School Graduate or completion of General Educational Certificate (GED).
- Valid Driver's License and positive driving record (driving records will be checked in all 50 states).
- Candidates must be able to communicate effectively in English, both verbally and in writing.
- Be at least 18 years of age.
- Candidates must pass a comprehensive written examination, be in physical condition to successfully pass a physical ability and strength test, be subject to a complete medical exam including vision/hearing tests, complete a psychological exam and must meet or exceed established standards.
- Washington State EMT certification required to be considered for final hire (**not required to apply**). Out-of-state candidates must secure a reciprocal EMT certification through King County and receive Certification from the State Capitol in Olympia, WA. The number to call for information is (206) 296-4860.

### **The testing consists of two phases:**

- **A formal written examination.** Administered by the Police and Fire Exams Unit, the Fire Fighter comprehensive written examination will take one day to complete. On the morning of the test, applicants are required to complete a mandatory 3 ½ hour study period of the exam material booklet. The booklet covers the material asked on the exam. The exam will be administered in the afternoon following the one-hour lunch break. The exam will take approximately 2 ½ hours.

During the 3 ½ hour study period, applications are encouraged to take notes. However, the notes will not leave the testing area and will not be used during the exam. The following list indicates the various sections on the exam:

- Reading comprehension
- Ability to solve work related arithmetic
- Learn and use technical information
- Learn and recall visual information such as mechanical devices, blue prints, and room lay outs
- Observe and report events accurately

**Written examination Preparation:** there are no specific books required to study for this examination. Written Test Workshops will be provided for applicants prior to the written exam. The workshops give candidates an opportunity to take a mock exam and to explore aspects of this particular exam process. Each session is taught by knowledgeable firefighters that are familiar with the written test procedures. Applicants will be notified of the workshop dates when submitting their applicants for the position of Fire Fighter.

- **An oral board interview.** Candidates successfully completing the Written Test will be notified by mail of the Oral Board Interview Exam. Included will be the date, time and location of the exam. The Oral Board Interview is a formal business interview that allows the Fire and Police Exams Unit to learn more about a candidate's skills, qualifications, background, and interests. Following all the interviews, candidates' scores will be combined with their written scores.

Applicants will be notified by mail of the scheduled testing dates, times, and location. The most competitive individuals successfully completing the exams will be eligible for consideration for firefighter positions.

At the completion of the written examination and the oral board interview, the City of Seattle Personnel Department develop a ranked listing of all candidates who successfully completed both tests. Under the provisions of the City Charter and Public Safety Civil Service Rules, names of candidates will be referred to the Seattle Fire Department for consideration for the Pre-Employment Process.

### **Pre-Employment Process:**

There are a number of steps involved in the Pre-Employment Process for Fire Fighter candidates. This is a competitive process. The Seattle Fire Department seeks to employ the most qualified individuals and consideration is consistently given to more candidates than there are available. A

candidate's participation in any segment or phase of the process is not an assurance that he or she will continue to additional phases of the pre-employment process. The phases of the pre-employment process include:

- **Employment Interview.** This is a formal business interview lasting approximately one hour that will include a discussion of the candidate's driving history, traffic citations, criminal record, employment experience, military background, and other related skills and qualifications. Candidates are advised to be forthright in the information provided. Misrepresentation may be cause for disqualification as a Fire Fighter candidate.
- **Candidate Background Investigation.** Candidates will be provided an employment application with questions related to military record, academic record, driving record, traffic citations, vehicle accidents, driver license endorsements, misdemeanor and felony convictions. Applicants are advised to provide complete and accurate information. Any misrepresentation may be cause for disqualification as an entry level Fire Fighter candidate.

Applicants will be asked to sign authorization allowing the Seattle Fire Department to conduct background checks. Information gained in the background investigation will be used in consideration of candidates and their possible employment as entry level Fire Fighters.

- **Psychological Examination.** The most competitive candidates will be scheduled for a comprehensive psychological examination that will consist of a series of written tests and a one-on-one interview with the examining Psychologist. The exam lasts approximately 5 hours, broken up over two days. The Seattle Fire Department will always refer more candidates for Psychological examination than there are anticipated job vacancies.
- **Seattle Fire Fighter Candidate Physical Ability Test (CPAT).** Candidates successfully selected from the results of the Psychological Examination will be notified by mail of the CPAT date, time, and location.

The CPAT is comprised of eight stations that will be completed in one continuous sequence. It is Pass/Fail. The maximum time allowed for passing is 10 minutes and 20 seconds. The candidate must wear long pants, a safety helmet with chinstrap, gloves, and a 50-pound weighted vest during the entire exam. An additional 25 pounds will be added during the first event, but will be removed at the completion of that event.

***The eight stations of the CPAT include:***

1. **Stair Climb.** The candidate will be given a 20 second warm-up on the Stair Master StepMill at level three (50 steps per minute), then the timing for the test will begin as the candidate continues for an additional 3:00 (3 minutes) at level four (60 steps per minute). Walk to the next event.
2. **Hose Drag.** The candidate will place a 1 ½" nozzle that is connected to 200 feet of 1 ¾" hose over their shoulder and drag hose out past a barrel that is 75 feet away, then make a 90 degree turn and pull the hose an additional 25 feet. The candidate will then



- turn, face the hose and pull the hose hand over hand toward themselves for an additional 50 feet. Walk to the next event.
3. **Equipment Carry.** Carry an XL98 rescue saw, and a chain saw, from a storage cabinet, 75 feet to a marker and back to the cabinet. Walk to the next event.
  4. **Ladder Raise and Extension.** Flat raise a 24 foot aluminum extension ladder with a hand over hand motion using each rung until the ladder is resting against the wall. Fully extend a 24 foot ladder that is fixed to the wall, then lower the fly section completely in a controlled hand over hand motion. Walk to the next event.
  5. **Forcible Entry.** Strike the Forcible Entry Cumulative Force Measuring Device, using a horizontal swing with a 10 pound sledgehammer, until the buzzer signals. Walk to the next event.
  6. **Search Maze.** Crawl through the sightless tunnel from the entrance to the exit, navigating around, over, and under obstacles that are placed at various points. Walk to the next event.
  7. **Rescue.** Pull a 165 pound Rescue Randy Dummy 35 feet, using the provided handles, to a barrel, make a 180 degree turn around the barrel and return to the finish line. Walk to the next event.
  8. **Ceiling Breach and Pull.** Using a 6 foot pike pole, lift the weighted ceiling door 12 inches, three times. Then hook the pike pole on the weighted ceiling pulling device and pull down 12 inches, five times. Repeat this sequence for a total of four sets. The test is then complete.

**NOTE:** For more information about the CPAT exam, go to our website section on “Firefighter Hiring Process Components” at [www.chabotfire.com/Process.htm](http://www.chabotfire.com/Process.htm) and click on the link titled “Physical Ability Test.” I have some links to give you more information on the CPAT.

- **Pre-Employment Medical Exam.** Selected candidates will be scheduled for a complete Fire Fighter pre-employment medical examination at a medical clinic in Seattle, by a trained physician experienced in conducting Fire Fighter medical examinations.

Before the pre-employment medical examination, candidates will be asked to complete a comprehensive medical history. Candidates must provide complete and accurate information in the questionnaire and during the medical examination with the clinic physician. Any misrepresentation may be cause for disqualification. The medical exam includes a comprehensive medical history, blood and urine samples, body fat composition, hearing/vision testing, treadmill, physical condition assessment and other related medical tests. This exam will take approximately six hours. All candidates must successfully pass the medical examination in order to be eligible for consideration for employment.

- **Offers of Employment.** The Seattle Fire Department (SFD) will conduct a careful review of all of the information gained on entry level Fire Fighter candidates from all the

above phases of the pre-employment process. Job offers are extended by letter from the Fire Chief with, generally, a minimum of 2 weeks notice in order to allow candidates to make necessary preparations. All candidates not selected for employment will be placed in the SFD's employment availability pool, and are eligible for consideration for future Fire Fighter recruit training classes that may be offered during the current register year.

- **Fire Fighter Recruit Training Program.** Those candidates selected as Seattle Fire Department Fire Fighter Recruits will enter a Recruit Training Program taught by SFD Officers. This training includes comprehensive classroom instruction as well as training in fire fighting techniques and equipment use. The program requires study time outside of the 46 hours per week of on-site training. The Recruit Training Program is pass/fail and recruits are evaluated on a daily basis.
- **To Do's for Recruits.** After a job offer is extended there are a number of actions a Recruit must take immediately. Uniforms must be purchased, and details related to employment matters must be handled. Each Recruit will be issued a video and other instructional materials from the Training Division. Before Recruit Training begins, a "welcoming orientation" is offered by the SFD for both the new Recruit and his/her primary partner to learn about the training program, what to expect, and ideas for preparing for this intensive time. The Recruit Training Program is physically and mentally demanding. There are times that these demands on the Recruit may impact family members and/or partners.
- **Probationary Fire Fighter Status.** Recruits who successfully complete the Fire Fighter Recruit Training Program will become Probationary Fire Fighters and will be assigned to a Fire Service Operations Division company (fire station) and will remain on Probation until completion of one full year of employment from the date of hire. Written performance evaluations will be conducted, and a written performance review will be completed each month and submitted through the chain-of-command to the employee's personnel file.

**T**he Seattle Fire Department strives to hire the best candidates for Fire Fighter positions. Their goal is to employ individuals who are well qualified and dedicated to a career in the fire service. Seattle Fire Fighters are required to perform a wide variety of tasks, including fire suppression and rescue; emergency medical care and treatment and other administrative assignments. There are promotional opportunities to the positions of:

- Paramedic
- Fire Lieutenant
- Fire Captain
- Fireboat Pilot or Engineer
- Battalion Chief

NOTE: Deputy Chief and Assistant Chief positions are exempt and appointed by the Fire Chief.

**T**here are several technical specialties within the [Seattle Fire Department](#) such as: Hazardous Materials, Arson Investigation, High Angle Rescue, and the Marine Unit/Fire Boat. The job of a

Fire Fighter is physically demanding. Fire Fighters must be in peak physical conditioning – both at the time of hire and throughout a Fire Fighter’s career. Fire Fighters must be committed to working effectively with the general public, other City of Seattle Departments, and other members of the fire service. Team work and respect for diversity are important aspects of this job!

### **Applicant Questions?**

**I**t is strongly advised that applicants with questions about becoming a Seattle Firefighter seek information from the appropriate experts so they obtain accurate and complete information. Applicants often have friends and other “contacts” in the City of Seattle; however, these individuals may not have the most up-to-date information and may not be able to provide essential information.

Questions about the application process, exams, test dates, or other related information should be directed to the **Personnel Department** at (206) 386-1303.

Questions regarding the employment process, qualifications, or other related information, please call the **Recruitment Officer of the Seattle Fire Department** at (206) 386-1472.

## **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](mailto:sprziborowski@chabotcollege.edu)

**Chabot College Fire Technology & EMS web site:** [www.chabotfire.com](http://www.chabotfire.com)

**Chabot College web site:** [www.chabotcollege.edu](http://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](mailto: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](mailto: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](mailto:sprziborowski@chabotcollege.edu) and in the subject heading, and type in "unsubscribe from mailing list" and I will remove your name.