



FIRE & EMS NEWS

December 2006

Volume 5 – Issue 6

Welcome to the latest issue of the Fire & EMS News! Some of the highlights of this issue include:

- Congratulations to various individuals for reaching their career goals and/or milestones!
- Chabot College Firefighter 1 Academy Information – NEW PREREQUISITE CLASS!
- Fire related employment opportunities – C.D.F., Seattle, Livermore-Pleasanton, Clark County (NV) and the Palo Alto Fire Department!
- CPAT testing information!
- Paramedic program information!
- Volunteers needed around the Bay Area – various EMS classes and opportunities
- Fire related courses still available for registration at Chabot College – hurry, register soon!
- Holiday gifts that keep on giving for the future or current firefighter!

CONGRATULATIONS ARE IN ORDER TO THE FOLLOWING INDIVIDUALS:

For reaching various career goals and/or milestones:

- **Ed Hadfield** has accepted a position as Operations Chief with the Paso Robles Fire Department.
- **Bonnie Terra** has been promoted to Assistant Chief/Fire Marshal with the Alameda County Fire Department.

Note: If you know of anyone that has recently been hired or promoted in the fire service (including yourself), please don't hesitate to let me know so I can congratulate them in a future newsletter!

REGISTERING IN THE CHABOT FIREFIGHTER 1 ACADEMY?:

NOTE FOR STUDENTS PLANNING ON ENROLLING IN THE CHABOT COLLEGE FIREFIGHTER 1 ACADEMY STARTING SPRING 2007:

If you currently planning on attending the Chabot College Firefighter 1 Academy, **you MUST first attend and successfully complete the Fire Technology 89** (Firefighter 1 Evaluation) course being

offered at Chabot College at various times (for offerings, go the main college website at www.chabotcollege.edu and navigate to the current or future semester class schedule (found within the CLASS WEB) and look up Fire Technology 89). Also, for additional information, go to our website at www.chabotfire.com and click on the link titled FIREFIGHTER 1 ACADEMY AND CERTIFICATION INFORMATION. That will provide additional information.

If the college registration system accidentally allows you to register for Fire Technology 90A, 90B and 90C (The Firefighter 1 Academy) without having completed the Fire Technology 89 class, you will be subject to being dropped from the Firefighter 1 Academy. So – get the Fire 89 class done a.s.a.p.!

Some students think they don't have to take this newly created class; they are wrong. ALL students need to attend this class. This class was not set up to penalize you, but instead to ensure you will be successful in our Firefighter 1 Academy where typically 32 or more start and only 15 to 20 graduate from.

The first offering of Fire Technology 89 in October 2006 only had six (yes 6) students pass (out of about 30 or so that started). Those students will be required to take the class again - next offering in December, and pass it prior to being able to attend the next Firefighter 1 Academy. We're realizing more and more students are NOT prepared for the rigors of the Firefighter 1 Academy, even after completing the basic prerequisite classes.

You can take Fire 89 as many times as you need to, it is pass/fail and is only 16 total hours. Don't wait until the last minute to take the class, take it well in advance so you have time to work on any deficiencies or weaknesses you may have (and yes, we all have them - nobody is perfect).

Effective Spring 2007, there is going to be one additional prerequisite class to get into the Firefighter 1 academy - Fire Technology 89. This class is scheduled to be offered once in the spring and once in the fall, and will be 16 hours in length. The purpose of this class is to evaluate your potential for success in the firefighter 1 academy. Some of the biggest reasons students are failing include not maintaining an 80% average on all of their quizzes, not being able to perform the physical fitness requirements, and not being able to successfully perform many of the hand-eye coordination skills (tying knots, raising ladders, etc.). **This class will also provide a waiting list for future academy vacancies.** This will be a credit/no-credit class that can be repeated until success is obtained.

Upcoming Fire Technology 89 offerings include:

- Tuesday December 5 (1700 to 2100 hours)
- Thursday December 7 (1700 to 2100 hours)
- Saturday December 9 (0800 to 1700 hours)

- Tuesday January 9, 2007 (1700 to 2100 hours)
- Thursday January 11, 2007 (1700 to 2100 hours)
- Saturday January 13, 2007 (0800 to 1700 hours)

- Tuesday April 17, 2007 (1700 to 2100 hours)
- Thursday April 19, 2007 (1700 to 2100 hours)
- Saturday April 21, 2007 (0800 to 1700 hours)

NOTE: For more information about the Firefighter 1 Academy, including prerequisites and registration information and tips for success, go to www.chabotfire.com and click on FIREFIGHTER 1 CERTIFICATION AND ACADEMY INFORMATION.

FIREFIGHTER EMPLOYMENT INFORMATION – Livermore-Pleasanton Fire Department

*The Livermore-Pleasanton Fire Department Announces an
EMPLOYMENT OPPORTUNITY FOR*

FIREFIGHTER and FIREFIGHTER / PARAMEDIC

*** FIREFIGHTER ***

Salary -\$5,033 to \$6,423 Per Month

Probationary Firefighter salaries will be set from \$5,033 to \$5,826 per month depending on qualifications.

Applications and all required materials must be submitted in person on Monday, December 4, 2006 between the hours of 8:00 a.m. and 5:00 p.m. only. Applications will only be accepted at the following location:

**LPFD Headquarters
3560 Nevada Street
Pleasanton, CA 94566**

THE COMMUNITIES

Livermore (population 80,725) is a growing and progressive community. Known for its world-class wineries, Livermore's agricultural and ranching traditions contribute to its community spirit and country-living ambiance. The well-planned development of business parks, high tech development, and scientific research institutions combined with affordable, quality housing, good public school system, and community college are attracting a growing number of new residents and businesses.

One of Northern California's premier residential and business communities, Pleasanton (population 67,700) is well regarded as an attractive and friendly city with a strong heritage, active and involved residents, a wide variety of services, well planned business areas, a historic downtown and well-cared for homes in family oriented neighborhoods. Schools are considered a community asset, receiving state and national recognition.

LIVERMORE-PLEASANTON FIRE DEPARTMENT

The Livermore-Pleasanton Fire Department (LPFD) believes in a commitment to caring and has a strong dedication to safety, dignity and respect for all. The Department was formed through a Joint Powers Agreement in 1996 and serves a combined residential population of

approximately 148,425. There are 10 stations, 111 suppression personnel, 8 engine companies, 2 Quint/ladder units and a mix of 3 to 4 person crews. First responder paramedics are staffed on all 10 companies. Last year, the Department handled over 10,350 calls for service.

The Department provides specialty rescue and hazardous materials response units, a large fully equipped training facility, maintains a certified Rescue Systems I training site and has specialized rescue equipment. Currently, the Department is also completing the installation of new CAD, RMS and mobile data system technologies throughout its facilities.

The Department has a large, full service fire prevention bureau, including three inspectors responsible for CUPA hazardous materials enforcement. The Department's diverse public education program demonstrates its approach and commitment to fire safety using an interactive "safety-training trailer" for use at public events. Various disaster preparedness coordination and community training programs are also provided for both communities.

THE POSITION

Under supervision, a ***Firefighter*** responds to all types of fires, emergency medical, hazardous materials releases, rescue, and other calls in the protection of life and property; operates and maintains vehicles, apparatus, equipment, stations and communication systems; teaches fire safety to public; participates in physical fitness and career development programs; and performs other duties as required.

- The department employs "constant staffing".
- 24-hour shift, 56-hour workweek schedules.

MINIMUM QUALIFICATIONS

Education: High School graduation, GED, or equivalent.

Licenses: Possession of appropriate, valid California Driver's License and, when required, a valid Medical Examiner's Card must be maintained. Possession of a valid California Class B Driver's License is required within 18 months of employment.

Certificates: Current National Registry EMT or California equivalent and current CPR certification required at time of appointment. Alameda County certification required by completion of LPFD academy.

Experience: One year paid full-time firefighter experience; or, two years paid full-time firefighter experience in a seasonal agency; or, one year of recent experience (within the last three years) as a volunteer reserve, in good standing, with the Livermore-Pleasanton Fire Department.

ADDITIONAL APPLICATION REQUIREMENTS

A valid CPAT card dated within 12 months of the closing date of this announcement must be submitted with application.

For your convenience, CPAT testing centers are listed below.

CPAT Testing Center – North

6723 Sierra Court, Suite G

Dublin, CA 94568

CPAT Testing Center – South

626 North Eckhoff Street

Orange, CA 92868

Toll Free Number:

(877) 648-2728

www.CPATonline.org

TENTATIVE RECRUITMENT SCHEDULE

- Applications Accepted: 12/4/06
- Written Exam: Week of January 2-5, 2007
- Oral Board Dates: TBA

COMPENSATION AND BENEFITS

- \$5,033 to \$6,423 Per Month
- 2.5% EMT Pay
- 7.5% pay in lieu of all holidays
- 3% @ 50 PERS Retirement (City pays employee contribution)
- Choice of One of Three Comprehensive Health Plans (Available only in specific geographic areas of Northern California)
- Dental Plan
- Life Insurance Coverage of \$25,000
- Optional Deferred Compensation Plan
- Vacation accrual of 12 hours per month to a max of 24 hours per month after 17 years
- Sick Leave accrued at 11.2 hours per month
- Uniform maintenance allowance of \$450.00/year

APPLICATION PROCESS

If you are interested in this outstanding career opportunity, please submit a City application, resume, and copies of a valid CPAT card, California Driver's License, Valid National Registry EMT Certification or California equivalent and current CPR certification.

Resumes are not acceptable as substitutes for any part of the application. Failure to complete all required information on the application may result in your disqualification from the testing process.

Applications may be requested in person at the City of Pleasanton Human Resources Division, 123 Main Street, Pleasanton, CA 94566, through our career hotline at (925) 931-5056, or on our web site at www.ci.pleasanton.ca.us.

Applications and all required materials must be submitted in person on Monday, December 4, 2006 between the hours of 8:00 a.m. and 5:00 p.m. only. Applications will only be accepted at the following location:

**LPFD Headquarters
3560 Nevada Street
Pleasanton, CA 94566**

THE SELECTION PROCESS

Following an initial screening of the applications, qualified applicants will be invited to participate in a competitive written exam. The top performers will be invited to participate in an oral interview. An eligibility list will be established. Candidates on the eligibility list may be invited to participate in a chief's interview.

A background investigation will be conducted and will minimally include the verification of education, employment, military, criminal history, civil litigation, credit history, DMV records and personal history. Personal contacts will be made with relatives, friends, neighbors, landlords, employers, and other associates.

Upon a conditional offer of employment, candidates must pass medical and psychological examinations and a drug screening by a City physician.

At the time of appointment, candidate must be a United States citizen or a permanent resident alien who is eligible for and has applied for citizenship.

Note: The LPFD, at its sole discretion, may suspend, modify, or cancel this examination at any time before its completion. Work periods and workdays are subject to change dependent upon the operational requirements of the LPFD. The information contained in this announcement is subject to change and does not constitute either an express or implied contract.

All aspects of employment shall be without regard to sex, disability, race, political affiliation, religious creed, natural origin, or age. Reasonable accommodations will be made for disabled applicants. Please advise the Human Resources Office, in advance, of any special needs.

*** FIREFIGHTER – PARAMEDIC ***

Salary - \$5,033 to \$6,423 Per Month - Probationary Firefighter-Paramedic salaries will be set from \$5,033 to \$5,826 per month depending on qualifications.

Applications and all required materials must be submitted in person on Monday, December 4, 2006 between the hours of 8:00 a.m. and 5:00 p.m. only. Applications will only be accepted at the following location:

**LPFD Headquarters
3560 Nevada Street
Pleasanton, CA 94566**

THE POSITION

Under supervision, a **Firefighter-Paramedic** provides Basic Life Support and/or Advanced Life Support first responder pre-hospital emergency medical care and emergency medical assistant to victims of accidents, injuries or illnesses; responds to fire emergencies, hazardous materials and rescue incidents and other public service requests; drives and operates emergency apparatus and equipment; performs fire prevention activities and related work as required.

- The department employs “constant staffing”.

- 24-hour shift, 56-hour workweek schedules.

MINIMUM QUALIFICATIONS

Education: High school graduation, GED, or equivalent.

Licenses/Certificates:

Possession of appropriate, valid California Driver's License and, when required, a valid Medical Examiner's Card must be maintained. Possession of a valid California Class B Driver's License is required within 18 months of employment.

Valid National Registry EMT-P Certification or California Paramedic License with current and continuous certifications in Advanced Cardiac Life Support, Pediatric Advanced Life Support) or PEPP (Pediatric Education for Prehospital Professionals) and trauma (BTLS or PHTLS). All certifications must remain current and not expire during the first six months of employment. Alameda County accreditation is required by completion of LPFD academy.

Experience: One year of field experience as a licensed Paramedic.

COMPENSATION AND BENEFITS

- **\$5,033 to \$6,423 Per Month**
- **7.5% Paramedic Pay**
- **2.5% EMT Pay**
- **7.5% pay in lieu of all holidays**
- **3% @ 50 PERS Retirement (City pays employee contribution)**
- **Choice of One of Three Comprehensive Health Plans** (Available only in specific geographic areas of Northern California)
- **Dental Plan**
- **Life Insurance Coverage of \$25,000**
- **Optional Deferred Compensation Plan**
- **Vacation accrual of 12 hours per month to a max of 24 hours per month after 17 years**
- **Sick Leave accrued at 11.2 hours per month**
- **Uniform maintenance allowance of \$450.00 annually**

APPLICATION PROCESS

If you are interested in this outstanding career opportunity, please submit a City application, resume, and copies of a valid CPAT card, California Driver's License, Valid National Registry EMT-P Certification or California Paramedic License, along with copies of current Advanced Cardiac Life Support, Pediatric Advanced Life Support or PEPP (Pediatric Education for Prehospital Professionals) and trauma certifications (BTLS or PHTLS).

Resumes are not acceptable as substitutes for any part of the application. Failure to complete all required information on the application may result in your disqualification from the testing process.

Applications may be requested in person at the City of Pleasanton Human Resources Division, 123 Main Street, Pleasanton, CA 94566, through our career hotline at (925) 931-5056, or on our web site at www.ci.pleasanton.ca.us.

Applications must be submitted in person on Monday, December 4, 2006 between the hours of 8:00 a.m. and 5:00 p.m. only. Applications will only be accepted at the following location:

**LPFD Headquarters
3560 Nevada Street
Pleasanton, CA 94566**

THE SELECTION PROCESS

Following an initial screening of the applications, qualified applicants will be invited to participate in a competitive written exam. The top performers will be invited to participate in an oral interview. An eligibility list will be established. Candidates on the eligibility list may be invited to participate in a chief's interview.

A background investigation will be conducted and will minimally include the verification of education, employment, military, criminal history, civil litigation, credit history, DMV records and personal history. Personal contacts will be made with relatives, friends, neighbors, landlords, employers, and other associates.

Upon a conditional offer of employment, candidates must pass medical and psychological examinations and a drug screening by a City physician.

At the time of appointment, candidate must be a United States citizen or a permanent resident alien who is eligible for and has applied for citizenship.

Note: The LPFD, at its sole discretion, may suspend, modify, or cancel this examination at any time before its completion. Work periods and workdays are subject to change dependent upon the operational requirements of the LPFD. The information contained in this announcement is subject to change and does not constitute either an express or implied contract.

All aspects of employment shall be without regard to sex, disability, race, political affiliation, religious creed, natural origin, or age. Reasonable accommodations will be made for disabled applicants. Please advise the Human Resources Office, in advance, of any special needs.

ADDITIONAL APPLICATION REQUIREMENTS

A valid CPAT card dated within 12 months of the closing date of this announcement must be submitted with application.

For your convenience, CPAT testing centers are listed below.

CPAT Testing Center – North

6723 Sierra Court, Suite G
Dublin, CA 94568

CPAT Testing Center – South

626 North Eckhoff Street
Orange, CA 92868
Toll Free Number:
(877) 648-2728
www.CPATonline.org

TENTATIVE RECRUITMENT SCHEDULE

- Applications Accepted: 12/4/06
- Written Exam: Week of January 2-5, 2007
- Oral Board Dates: TBA

For more information about the **City of Livermore**, visit their website at:
www.ci.livermore.ca.us

For more information about the **City of Pleasanton**, visit their website at:
www.ci.pleasanton.ca.us

For more information about the **Livermore-Pleasanton Fire Department**, visit their website at: www.lpfire.org

For more information about the **Livermore-Pleasanton Firefighters Association, I.A.F.F. Local 1974**, visit their website at www.iaff1974.org

FIREFIGHTER EMPLOYMENT OPPORTUNITY – California Department of Forestry & Fire Protection (CDF):

The [California Department of Forestry and Fire Protection \(CDF\)](http://www.fire.ca.gov/php/careers_seasonal.php) is now accepting applications for Firefighter I. Applications will be accepted **November 1, 2006 through January 31, 2007** for the 2007 fire season, which generally starts in the end of May and generally goes through October. If you are interested in applying you must complete a [Firefighter I application \(CDF Form 215\)](http://www.fire.ca.gov/php/careers_seasonal.php) and mail it or deliver it in person to the North Coast Region I and Cascade Region II units (see next page for locations). Applications will be accepted on a file in person basis only for the units in Southern California Region III and Central Sierra Region IV. Applications must be filed at each unit in which you wish to be considered for appointment.



To view more information about Seasonal Firefighter Hiring process and positions, go to: http://www.fire.ca.gov/php/careers_seasonal.php

There are 21 units throughout the state and they are divided between two regions, North Region, and South Region. In the Northern Region you can mail the completed application to each unit that you are interested in applying for. In the Southern Region they must be hand delivered. A list of the units can be found at the end of this announcement.

What you can expect working as a firefighter for CDF:

A firefighter 1 is a temporary position. You work a 72-hour workweek, four days on and three days off. You work the same four days in a week. Your responsibilities will include responding to vegetation fires, vehicle fires, structure fires, vehicle accidents, medical aides, public assist

calls, or any other emergency. You are responsible for maintaining equipment and tools, following oral and written directions, cooking and cleaning around the station and other duties as assigned. At some stations you may get only one call per shift and others may get as many as four or five calls on a busy day.

Because CDF is a statewide fire department, you can get sent to any area within the state on a strike team assignment. You may only be gone one or two days or as many as fourteen days depending on the needs throughout the state. You may be assigned to an incident, usually a large fire, or may be assigned to cover behind other engines on an out-of-county assignment.

In addition to being assigned to working on an engine, a firefighter 1 may be assigned to work at an Air Attack Base refueling aircraft, and reloading tankers with retardant. Another opportunity that is available to firefighter I is to work as a helitack firefighter assigned to one of nine helicopters throughout the state.

There is the opportunity to work as a fire fighter assigned to a Schedule A Contract. This is where a city, county, or fire protection district makes a contract with CDF to provide fire protection for the community. For example in the Santa Clara Unit, the South County Fire Protection District has contracted with CDF to provide the personnel to operate their fire department. As a result CDF personnel operate very much like any other municipal department with firefighter, engineers, captains, and chiefs, operating type I engines, and providing advanced life support medical care.

The hiring process:

After submitting an application, it is reviewed and given a preliminary score based on your education, training and experience. The more boxes you can check the more points you can get. By mid March you should receive a letter indicating whether you passed the preliminary evaluation. If a passing score is given you may then be invited to an interview. The interview is 100 percent of your score. Because each unit must follow the same guidelines for hiring you can expect to hear the same, or close to the same questions at each interview. This can be a big help when trying to improve your interviewing skills. So the more units that you apply to the better chance you have to interview and improve.

Typically an interview panel is made up of an engineer and a captain. In some cases at the completion of your interview you are given your score, in other cases it is mailed to you. Your score is based from 0 to 100 points. Typically you need to get a score in the upper 90's to be considered for employment. By mid May you should have received a letter indicating whether or not you are being considered for employment. From here one of a number of things can happen, you could get a letter stating that you will not be considered for future employment, or you can be contacted and offered a job, or you could be contacted and offered a slot in an academy but not a job.

The presumption is that a position may open up in the future and you would already be trained to take it. Typically a new hire academy is scheduled for the first or second week in June and

consists of learning basic skills needed to work as a fire fighter. The end result is that by attending the class you can obtain the CDF 67 hour Certification.

What generally happens around August or September is some firefighters quit and go back to school opening up position to hire more firefighters. So this provides some people second chance to get hired. If you stay in contact with the hiring coordinator in each unit and are willing to start later in the season you might get picked up as a late hire. After you get hired with CDF and work three months you have automatic rehire rights. Meaning you don't have to go through the same process to get hired the next season.

What CDF can offer you?

CDf is an all risk fire department. They respond to an average of 6,400 wildland fires annually and more than 275,000 non-wildfire emergencies each year. As a firefighter I you will gain experience in working on an engine as part of an engine company. You will get experience working at emergencies under stressful situation. You will learn what station life is like and how to work with people of different backgrounds in that environment.

You will have the opportunity to earn additional certifications including Incident Command Systems, Confined Space Rescue Awareness, Haz Mat Operations, Swift Water Rescue, Auto Extrication, and many other classes. You will gain experience working with the ICS system as part of an engine company at small and large incidents.

Just like anything else you can get out of CDF what you put in. Because of the number of people retiring you have a very good opportunity to gain a permanent position if you put the effort into it. It is now up to you to make the first step.

To view the job flyer and download an application, go to the CDF Careers website at:
<http://www.fire.ca.gov/CDFCareers/SeasonalHiring.asp>

For a list of Contacts including units and stations with in units:
<http://www.fire.ca.gov/MiscDocuments/CDFContacts.asp>

Minimum Qualifications for Seasonal Firefighter positions:

- Must be 18 years of age by time of appointment to a firefighter 1 position

For additional information, contact:

North Coast Headquarters:	(707) 576-2275
Human Resources Office:	(916) 445-7801
Southern Region Headquarters:	(559) 243-4100
Sierra Region IV:	(559) 222-3714
Equal Employment Opportunity:	(916) 445-8113

NORTHERN REGION

File-in-person OR mail-in applications accepted at the units listed below:

Amador-El Dorado Unit

2840 Mt. Danaher Road
Camino, CA 95709
(530) 644-2345

Lassen-Modoc Unit

697-345 Highway 36
Susanville, CA 96130
(530) 257-4171

San Mateo-Santa Cruz Unit

6059 Highway 9
Felton, CA 95018
(831) 335-5353

Siskiyou Unit

1809 Fair Lane Road
Yreka, CA 96097
(530) 842-3516

Butte Unit

176 Nelson Avenue
Oroville, CA 95965
(530) 538-7111

Mendocino Unit

17501 N. Highway 101
Willits, CA 95490
(707) 459-7414

Santa Clara Unit

15670 Monterey Street
Morgan Hill, CA 95037
(408) 779-2121

Sonoma-Lake-Napa Unit

1199 Big Tree Road
St. Helena, CA 94574
(707) 967-1400

Humboldt-Del Norte Unit

118 S. Fortuna Blvd.
Fortuna, CA 95540
(707) 725-4413

Nevada-Yuba-Placer Unit

13760 Lincoln Way
Auburn, CA 95603
(530) 823-4904

Shasta-Trinity Unit

875 Cypress Avenue
Redding, CA 96001
(530) 225-2418

Tehama-Glenn Unit

604 Antelope Blvd.
Red Bluff, CA 96080
(530) 529-8548

SOUTHERN REGION

**Applications accepted on a FILE-IN-PERSON basis ONLY at the units listed below.
Each applicant must appear in person Monday through Friday, 8:00 a.m. to 5:00 p.m.**

Fresno-Kings Unit

210 S. Academy Avenue
Sanger, CA 93657
(559) 485-7500

San Benito-Monterey Unit

2221 Garden Road
Monterey, CA 93940-5385
(831) 647-6208

San Luis Obispo Unit

635 N. Santa Rosa
San Luis Obispo, CA 93405
(805) 543-4244

Madera-Mariposa-Merced Unit

5366 Highway 49 North
Mariposa, CA 95338
(209) 966-3622

San Bernardino Unit

3800 Sierra Way
San Bernardino, CA 92405
(909) 881-6900

Tulare Unit

1968 S. Lovers Lane
Visalia, CA 93277
(559) 732-5954

Riverside Unit

210 W. San Jacinto
Perris, CA 92570
(909) 940-6900

San Diego Unit

2249 Jamacha Road
El Cajon, CA 92019
(619) 590-3100

Tuolumne-Calaveras Unit

785 Mountain Ranch Road
San Andreas, CA 95249
(209) 754-3831

NOTE:

A special thank you to Andrew Hunter, former Chabot College Fire Technology student for providing me with this information. Andrew works for the Modesto Fire Department and used to be a Firefighter with CDF. I appreciate your time and assistance!

Candidate Physical Ability Test (CPAT) Information:

The Candidate Physical Ability Test (CPAT) is a must have for any person planning on becoming a firefighter. More and more departments are requiring a candidate to possess a CPAT completion card (no older than one year) just to apply for their department. If you do not possess a current CPAT, you do not pass go, you do not collect two hundred dollars, and you miss out on the opportunity to compete for a firefighter position at many departments. The CPAT does not guarantee that you will be a successful firefighter. Successfully passing the CPAT means that you should be able to enter a firefighter academy at a reasonable level of fitness appropriate to the job. I encourage you to learn more about the CPAT, and also look into having this certificate on your resume. Trust me, this may be an eye-opener for some – many of you will not pass it the first time. Make sure you take advantage of the orientation and practice sessions and learn where your weak spots are so you can focus on those areas.

Basic Information For The CPAT Test

QUALIFICATIONS:

Applicants must be 18 years of age and must show government issued photo identification (i.e. drivers license, school or military ID; or a passport or visa). Candidates without a photo ID will not be allowed to take the CPAT.

APPLY EARLY

Applications are accepted in the order they are received. Applications are not accepted until the fee has been paid.

PAYMENT:

The fee to take your first test at their site is \$150.00. Your fee must be paid for your application to be accepted. This fee is non-refundable. Payment can be made with check, money order, Visa, or MasterCard. If you are paying by check, the check must clear your bank before you can take the CPAT. Make payments to “CFFJAC.” Your fee includes participation in an orientation session, related printed materials and test.

ORIENTATION SESSION:

Working with experienced CPAT proctors, you will be given the opportunity to try each of the 8 events and determine where you may need to strengthen yourself. You will be given a set of exercises to physically prepare yourself for the CPAT. If you elect not to participate in the orientation, you will be required to sign a waiver acknowledging that the orientation was offered. There are no discounts if you elect not to participate in an orientation. The CPAT dress code is enforced for all candidates who attend an orientation.

TEST:

The registration form has a place for you to choose a preferred and second orientation day as well as a preferred and second test day. You will be notified by mail of the confirmation of your orientation and test dates. A group of candidates are scheduled every half hour to report to the CPAT center. Please be on time, but not excessively early. Space for waiting is limited. If for some reason you cannot attend your scheduled test day, please notify us as soon as possible. Every effort will be made to reschedule you to a test day that will fit your schedule.

RETESTS:

If you have taken the CPAT at a CFFJAC monitored venue in the past and would like to retest, the fee is \$100.00.

PRACTICE SESSIONS:

For \$25.00, you can schedule a supervised practice on the CPAT course with a proctor. Your session is designed to meet your individual needs. A session may include: Training on the CPAT equipment, watching the instructional video, going through the course in its entirety. You also receive the benefit of mentoring: techniques, expert evaluation and conditioning advice from our CPAT proctors.

Refunds for cancelled or rescheduled practice days will not be given if requested after 10:00 am the day before your scheduled practice day.

WHAT TO WEAR:

The dress code is strictly enforced for safety. The CPAT dress code for the orientation, practice sessions and test is: Long Pants (no shorts), T-shirt or sweatshirt, footwear with no open heel or toe, and no loose or restrictive jewelry. Candidates must be in proper CPAT attire before being allowed to participate in the orientation, practice sessions and test.

PARKING:

When you arrive at the CPAT center, please park to the rear of the building and enter the front door.

NO SPECTATORS PLEASE:

There is limited space at the CPAT center. In order to accommodate a fair and standard testing process for all candidates, we will not be able to allow spectators on the CPAT course or in the facility.

CPAT TESTING CENTER LOCATIONS:

Southern California:
626 N. Eckhoff Street
Orange, CA 92868

Northern California
6723 Sierra Court, Suite G
Dublin, CA 94568

Northern California 2006/2007 Schedule:

ORIENTATION DATES:

- Saturday December 2
- Monday December 18
- Saturday January 6
- Monday January 22
- Saturday February 3
- Tuesday February 20
- Saturday March 3
- Monday March 19

It is strongly recommended that an Orientation be attended at least 8 weeks prior to taking the CPAT Test. Allow 1 ½ to 2 hour for the orientation. There is no cost for the Orientation, it is included in the testing fee.

TEST DATES:

- Saturday December 9
- Thursday December 21
- Thursday January 11
- Thursday January 25
- Saturday February 10
- Friday February 23
- Saturday March 10
- Saturday March 22

Additional test dates will be scheduled as needed. Allow up to 1 hour to complete the process.

PRACTICE DATES:

- Tuesday December 5
- Monday December 18
- Tuesday December 19
- Saturday January 6
- Tuesday January 9
- Monday January 22
- Tuesday January 23
- Saturday February 3
- Tuesday February 6
- Tuesday February 20
- Wednesday February 21
- Saturday March 3
- Tuesday March 6
- Monday March 19
- Tuesday March 20

Practice sessions are only \$25.00.

Southern California 2006/2007 Schedule:

ORIENTATION DATES:

- Monday November 27
- Monday December 11
- Wednesday January 3
- Tuesday January 16
- Saturday January 27
- Monday February 12
- Saturday February 24
- Monday March 12
- Saturday March 24

It is strongly recommended that an Orientation be attended at least 8 weeks prior to taking the CPAT Test. Allow 1 ½ to 2 hour for the orientation. There is no cost for the Orientation, it is included in the testing fee.

TEST DATES:

- Saturday December 2
- Saturday December 9
- Thursday December 14
- Friday December 15
- Saturday December 16
- Saturday January 6
- Friday January 19
- Saturday February 3
- Thursday February 15
- Saturday March 3
- Thursday March 15
- Thursday March 29

Additional test dates will be scheduled as needed. Allow up to 1 hour to complete the process.

PRACTICE DATES:

- Monday November 27
- Tuesday November 28
- Wednesday November 29
- Monday December 11
- Tuesday December 12
- Wednesday December 13
- Thursday January 4
- Wednesday January 17
- Tuesday January 30
- Tuesday February 13
- Tuesday February 27
- Tuesday March 13
- Tuesday March 27

Practice sessions are only \$25.00.

For more information about the above orientation, practice sessions and tests, including how to sign up and find out more about the 8 events, visit their website at www.cpatonline.com

Fire Departments in California Currently Using the CPAT:

NOTE: Departments in bold are within (or close to) the San Francisco Bay Area.

1. Adelanto Fire Department
2. **Alameda City Fire Department**
3. **Alameda County Fire Department**
4. **Albany Fire Department**
5. **American Canyon F.P.D.**
6. Apple Valley F.P.D.
7. Barstow Fire Department
8. **Benicia Fire Department**
9. **Berkeley Fire Department**
10. Big Bear Lake Fire Department
11. Burbank Fire Department
12. **Burlingame Fire Department**
13. Carpenteria-Summerland F.P.D.
14. Cathedral City Fire Department
15. Chester F.P.D.
16. Chino Valley Independent F.P.D.
17. **Contra Costa County F.P.D.**
18. Corona Fire Department
19. **Corte Madera Fire Department**
20. Crest Forest F.P.D.
21. **Davis Fire Department**
22. **Dixon Fire Department**
23. Donner Summit F.P.D.
24. **Ebbetts Pass F.P.D.**
25. **El Cerrito Fire Department**
26. **El Dorado County F.P.D.**
27. **Elk Grove Fire Department**
28. **Fairfield Fire Department**

- 29. Foster City Fire Department**
- 30. Fremont Fire Department**
- 31. Half Moon Bay F.P.D.**
- 32. Hamilton Branch F.P.D.
- 33. Hemet Fire Department
- 34. Hermosa Beach Fire Department
- 35. Hillsborough F.D.**
- 36. Kentfield F.P.D.**
- 37. Kern County Fire Department
- 38. Laguna Beach Fire Department
- 39. Larkspur Fire Department**
- 40. Lawrence-Livermore National Laboratory F.D.**
- 41. Livermore-Pleasanton Fire Department**
- 42. Lodi Fire Department**
- 43. Loma Linda Fire Department
- 44. Lompoc Fire Department
- 45. Los Angeles Fire Department
- 46. Los Angeles County Fire Department
- 47. Manhattan Beach Fire Department
- 48. Menlo Park F.P.D.**
- 49. Mill Valley Fire Department**
- 50. Millbrae Fire Department**
- 51. Milpitas Fire Department**
- 52. Montclair Fire Department
- 53. Montecito F.P.D.
- 54. Murrieta Fire Department
- 55. Napa City Fire Department**
- 56. Newark Fire Department**
- 57. North County Fire Authority**
- 58. North Tahoe F.P.D.
- 59. Novato F.P.D.**
- 60. Ontario Fire Department
- 61. Oroville Fire Department**
- 62. Oxnard Fire Department
- 63. Palm Springs Fire Department
- 64. Palo Alto Fire Department**
- 65. Paradise Fire Department
- 66. Pasadena Fire Department
- 67. Petaluma Fire Department**
- 68. Piedmont Fire Department**
- 69. Rancho Cucamonga Fire Department
- 70. Redwood City Fire Department**
- 71. Richmond Fire Department**
- 72. Ross Valley Fire Authority**
- 73. Sacramento Fire Department**
- 74. Sacramento Metro Fire Department**
- 75. San Bernardino Fire Department
- 76. San Bruno Fire Department**
- 77. San Diego Fire Department
- 78. San Francisco Fire Department**
- 79. San Jose Fire Department**
- 80. San Mateo Fire Department**
- 81. San Rafael Fire Department**
- 82. San Ramon Valley F.P.D.**
- 83. Santa Barbara Fire Department
- 84. Santa Barbara County Fire Department
- 85. Santa Clara Fire Department**
- 86. Santa Clara County Fire Department**
- 87. Santa Maria Fire Department
- 88. Santa Paula Fire Department
- 89. Santa Rosa Fire Department**
- 90. Sonoma Fire Department**
- 91. Sonoma Valley Fire & Rescue Authority**
- 92. South County Fire Authority**
- 93. South Lake Tahoe Fire Department
- 94. South San Francisco Fire Department**
- 95. Stockton Fire Department**
- 96. Sunnyvale D.P.S.**
- 97. Torrance Fire Department
- 98. Ukiah Fire Department**
- 99. Union City Fire Department**
- 100. Upland Fire Department
- 101. Vacaville Fire Department**
- 102. Vallejo Fire Department**
- 103. Ventura Fire Department
- 104. Ventura County Fire
- 105. Woodside F.P.D.**

Note: Department information taken from the www.cpatonline.com website and may be subject to change.

For more information about the CPAT and other Physical Ability Tests being offered or required by fire departments, go to our website section that discusses the Firefighter Hiring Process Components at www.chabotfire.com/PAT.htm

FIREFIGHTER EMPLOYMENT OPPORTUNITY – **Seattle Fire Department:**

The following information was taken from the Seattle Fire Department website – www.seattle.gov/fire/

Application period:

OPEN

October 6 - December 29, 2006

During the open application period only, Entry-Level Firefighter Applications can be obtained by the following means:

- Apply Online at [Fire & Police Exams](#) OR
- Send a *self-addressed stamped envelope* to:

Seattle Personnel Dept - Fire Exams
PO Box 34028
Seattle, WA 98124-4028

Each individual must meet the [**Minimum Qualifications**](#) and submit a completed application for testing during the open application period. There is a **\$25.00 application fee** for processing.

Testing for Firefighters is conducted by the City of Seattle Personnel Department Fire Exams Unit.

The testing consists of the following:

- a formal [Written Examination](#)
- 2 [Oral Board Interview Exams](#)

Applicants will be notified by mail of the scheduled testing dates, time and location by the Fire Exams Unit.

See Also: [Firefighter Career Overview](#)
[Testing Process](#)
[Firefighter Candidate Information](#) (for exam schedule)

The most competitive individuals successfully completing the exams will be eligible for consideration for Firefighter positions.

Applicant Questions??

It is strongly advised that applicants with questions about becoming a Seattle Firefighter seek information from the appropriate experts so that 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 **Fire Exams Unit at (206) 386-1303**.

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

Questions regarding EMT Certification or reciprocity call [**King County Medic One at 206-296-4860**](#).

See Also: [**EMT Certification FAQ**](#)

For more information about the **City of Seattle**, visit their website at: www.seattle.gov

For more information about the **Seattle Fire Department**, visit their website at: www.seattle.gov/fire/

For more information about the **Seattle Firefighters Association, I.A.F.F. Local 27**, visit their website at www.iaff27.org/

SPRING 2007 FIRE TECHNOLOGY FIRE CLASSES STILL OPEN FOR REGISTRATION:

The Spring 2007 semester at Chabot College will begin Tuesday January 16, 2007! While many of the classes are already full, there are still a few openings left as of the time this newsletter went to print. To view the latest openings, go to the main college website at www.chabotcollege.edu and navigate to the CLASS WEB (online college registration system). Using your social security number and by creating a password, you can navigate to the registration system and then to the "LOOK UP CLASSES TO ADD" to section. I encourage you to not wait for the 1st day; many of these classes will fill up.

Also, the college stops registration one week prior to the first day of school so they can get their opening day rosters printed. What this means to you is if you don't register by approximately Monday January 8, you run the risk of having to show up on the first class day and take your chances at getting an add number (no guarantees, and not all instructors take add-on students due to limited classroom space and because of the extra hassle of more students).

The following classes are full:

- **Fire Technology 90A, 90B and 90C** (Firefighter 1 Academy)

However, the following classes still have a few vacancies and if you snooze, you may lose!

- **Fire Technology 50** (Introduction to Fire Protection Organization (Monday mornings from 8 am to noon OR Monday evenings from 6 pm to 10 pm)
- **Fire Technology 51:** Fire Service Operations (Wednesday mornings, from 9 am to noon)
- **Fire Technology 52:** Firefighter Safety & Public Education (Wednesday evenings, from 6 pm to 9 pm)
- **Fire Technology 53:** Fire Behavior (Tuesday evenings, from 6 pm to 9 pm)
- **Fire Technology 55:** Fire Prevention (Thursday evenings, from 7 pm to 10 pm)
- **Fire Technology 89:** Firefighter 1 Academy Evaluation (One Tuesday, one Thursday and one Saturday in January)
- **Fire Technology 89:** Firefighter 1 Academy Evaluation (One Tuesday, one Thursday and one Saturday in April)
- **Health 61** (EMS First Responder – prerequisite for EMT)
- **Health 81** (EMT)
- **Fire Technology 91A:** Wildland Firefighting (40 hours total over a couple of weeks)
- **Fire Technology 91B:** Haz Mat First Responder – Operations Level (27 hours total over a week: one Tuesday evening, one Thursday evening, and all day Saturday and Sunday)
- **Fire Technology 91C:** I-200 (ICS 200) – Basic ICS (27 hours total over a week: one Tuesday evening, one Thursday evening, and all day Saturday and Sunday)
- **Fire Technology 95:** Fire Department Work Experience
- **Fire Technology 96:** Fire Department Work Experience Seminar (for more information about the work experience program, see the information directly below).

The Chabot College Student Firefighter Work Experience Program

Two of the biggest challenges of becoming the best firefighter candidate you can be are having quality experience that you can sell to a fire department during the oral interview, and also having experience that not everyone is able to say that they have (meaning you are unique). One of the ways to gain valuable experience and also be unique is to become a student firefighter through the Chabot College Work Experience program. Many of you might not be aware of this unique and incredible program that is available to students. To the best of my knowledge, this program has been around for at least 15 years (and probably more). I was a student firefighter with the Oakland Fire Department during 1992 and 1993. I saw more fires in the 21 months I participated in the program than most people will see in a 25 to 30 year career (unless of course you get the opportunity to work for big city fire departments such as Oakland, San Francisco, Stockton, Los Angeles, New York, Detroit, etc.).

What are the minimum requirements to participate in the program?

- **You have to be presently certified as an EMT** (this can be done by having completed Health 81 and 83 at Chabot **or** EMT training at another college or private institution).
- **You have to have completed a firefighter 1 academy** (this can be done by having completed Fire Technology 90A, 90B, and 90C at Chabot College **or** by having completed another California State Fire Marshal's Office approved firefighter 1 academy through another college).

- You have to be presently certified in CPR (either CPR for the Professional Rescuer through the American Red Cross **or** BLS: Healthcare Provider through the American Heart Association).

If I have completed all three of the above requirements, how do I apply for the program?

- You have to register for **both** Fire Technology 95 (Work Experience) and 96 (Work Experience Seminar).

When is the program offered?

- The program is offered year-round (Spring, Summer, and Fall semesters).

Which fire departments are presently allowing student firefighters?

- Presently, the college has agreements with the following departments:
 - [Alameda Fire Department](#)
 - [Oakland Fire Department](#)

NOTE: Other fire departments have expressed interest at participating, but those are the only departments presently participating.

How does the program work?

- The Fire Technology 95 class is the actual time that you are assigned as a student firefighter. On the first night of the 96 class, you are expected to sign up for one of the above fire departments. You are then assigned to a specific station and platoon. It is then up to you to make contact with your assigned officer and discuss your planned work schedule with them. Signing up for this class ensures that you are covered by the College's insurance carrier in case of injury.
- The Fire Technology 96 class is a seminar class. We usually meet on six (6) different occasions throughout the semester (in the evening from 6 p.m. to 9:00 p.m.) to discuss your experiences and get more in depth about what it takes to become a firefighter and how to better prepare yourself to become a firefighter.

How much of a time commitment am I expected to put in?

- The Fire Technology 95 class can either be a 1-unit class, a 2-unit class, or a 3-unit class.
 - If you sign up for 1 unit, you are expected to average five (5) hours a week.
 - If you sign up for 2 units, you are expected to average ten (10) hours per week.
 - If you sign up for 3 units, you are expected to average fifteen (15) hours per week.
- Most students attempt to do average one 24-hour shift per week (regular firefighters usually work 56 hours per week). Some do more hours per week, some do less hours per week.
- As much as we all have so little free time, it can be to your benefit to complete as many hours as possible. In the 21 months I was in the program, I completed over 1800 hours of service. I put that on my resume and also mentioned that during every oral interview I had. How do you think that came across - even though I was not a true "volunteer firefighter," I was still spending a great deal of time preparing myself to be the best I can be.

Will the college provide me with my uniforms or safety gear?

- The college will not provide your uniforms. You will have to purchase them on your own. Details will be provided on the first night of class. If you went to the Chabot College Firefighter 1 Academy, the t-shirts, pants and boots used in that class will suffice. If you did not attend Chabot's academy, there are t-shirts and sweatshirts available for purchase to identify you as a Chabot student.
- The college will provide safety equipment that will include a helmet, structure firefighting jacket and pants, and wildland firefighting jacket and pants. The college does not provide safety gloves, nomex hoods, or boots. Because those items tend to be very user-specific (meaning that once you have used a pair of gloves or boots for a year or more, they tend to form fit you) it has been agreed upon that the student will provide those items for themselves.

Will I be able to put this experience on my resume under the heading of Volunteer Firefighter?

- **NO! BY PARTICIPATING IN THIS PROGRAM, YOU ARE NOT CLASSIFIED AS A VOLUNTEER FIREFIGHTER!** The participating fire departments do not have volunteer firefighters and if you call yourself one, I am willing to bet that I will be hearing from their administration and/or their firefighter's union local. Some of you might be saying that the Alameda County Fire Department has volunteers, so why didn't he mention them? If I am not mistaken, in early 2003, the Alameda County Fire Department eliminated their Volunteer Firefighter program and instead created their Reserve Firefighter program. Two different classifications and programs.
- However, you will be able to put the program under the heading of "EXPERIENCE" on your resume. Even though it is not true volunteer firefighter experience (even though you are volunteering your time), or true community service experience (because the community really isn't directly benefiting from your participating), it is still valuable work experience that can make you unique and more marketable. You are a Student Firefighter participating in the Chabot College Work Experience program. That is how you will need to market it.

If I participate in the program, do I guarantee myself a job with that department?

- Of course not. Just like with anything else, your participation can either hurt your chances or help your chances. It all depends on how you perform, how you interact with the crews, how you react and handle yourself on both the emergency scene and non-emergency scene (at the fire station, during training evolutions, during company inspections, etc.).
- It all depends on timing. Even if you are doing a great job, that department might not even be hiring firefighters for a few years. Because of that, you can't bank on doing well with that department. You have to continue taking every test you qualify for and better preparing yourself every waking minute.

Consider my situation. I would have taken a job with Oakland in a second when I was testing. Remember that I was a student firefighter from 1992 through 1993. They had last tested around 1988 or 1989 (I don't remember exactly which year) and they did not test again until 1995 or 1996. There was about a 6 to 8 year gap in testing! If I had just waited or banked on Oakland who knows what have happened. By then, I had already been hired as a firefighter with the department I presently work for. It was meant to be I guess. Plus, I had no guarantee that I would have even

been offered a job with Oakland. The point I'm trying to make is that you have to take every test you can take, don't count on one department to give you the badge, and continue preparing yourself to become a firefighter at all times!

How do I get more information about the program?

- Visit www.chabotfire.com and click on **FIREFIGHTER 1 CERTIFICATION AND ACADEMY INFORMATION** for more details.
- Contact Bob Buell, the Fire Technology Coordinator at Chabot College (510) 786-7565 or via email at – bbuell@chabotcollege.edu

**FREE FIRE PREPARATION INFORMATION,
COURTESY OF THE DON McNEA FIRE SCHOOL!**

Some more firefighter written examination testing tips courtesy of the [Don McNea Fire School!](#)

Free 50 Question Practice Firefighter Exam - Questions 41-50

(Questions 1 through 40 appeared in the August, September, October and November issues of the Chabot College Fire & EMS News, available at www.chabotfire.com/NewsLtr.htm)

41. The Metroland Fire Department responded to 12,486 fires during the year. It has been concluded from the Fire Prevention Bureau that 27% of those fires were categorized as preventable. What is the number of fires that could have been prevented?

- A) 3,371
- B) 9,115
- C) 1,972
- D) 4,543

42. $8\frac{3}{4}$ divided by $2\frac{1}{2}$ =

- A) $1\frac{7}{8}$
- B) $3\frac{1}{8}$
- C) $3\frac{1}{2}$
- D) $4\frac{1}{10}$

For question 43, find the numerical value of the following expression when $a = 6$, $b = 5$, $c = 4$, $m = 3$, $n = 2$

43. $b / (4 + mn)$

- A) .5
- B) .85
- C) .3
- D) 1.5

Friction loss (FL) is the resistance encountered by the free flow of water in a fire hose. As a hose is used to move water from a source to a fire, its movement is hindered by the friction of water upon the hose. As a consequence, the velocity of the stream is constantly decreased by this friction as it moves through the hose. Friction loss is usually computed in terms of the drop in discharge pressure that occurs between the pumper truck and the hose nozzle in pounds per square inch (psi). The following formulas are used to calculate friction loss, in psi, for different size hoses. In each case, the formula gives the friction loss in psi per 100 feet of hose.

Friction loss per 100 feet of 1-1/2 inch hose: Drop the last digit from the gallons per minute (gpm) flowing through the hose, square the remaining value and then divide by three. For example, a 100 foot length of 1.5 inch hose with a 40 gpm nozzle would have a friction loss of: $(4 \times 4)/3 = 5.3$, or approximately 5 psi.

Friction loss per 100 feet of 2-1/2 inch hose ($2 \times Q^2 + Q$): $FL = 2(Q \times Q) + Q$, where $Q = \text{gpm}/100$.

Friction loss per 100 feet of 3 inch hose ($.8 \times Q^2 + 1$): $FL = .8(Q \times Q) + 1$, where $Q = \text{gpm}/100 = Q$

When two or more equal sized lines are running from the same source, divide the gpm by the number of supply lines and use the appropriate formulas above.

Based on the information above, determine the approximate friction loss in psi for questions 44-46:

44. 100 ft of 2-1/2 inch hose at 200 gpm:

- A) 7
- B) 10
- C) 6
- D) 23

45. 400 ft of 1-1/2 inch hose at 90 gpm:

- A) 17
- B) 82
- C) 108
- D) 125
- E) 92

46. 100 ft of 3 inch hose at 400 gpm:

- A) 15.3
- B) 16.7
- C) 13.8
- D) 21.7
- E) 41.4

- 47.** If one gallon of water weighs 8.35 pounds, how many gallons of water would weigh 16,000 pounds?
- A) 2,016
 - B) 1,916
 - C) 3,428
 - D) 2,874
 - E) None
- 48.** $2^2 - 2n$
- A) 7
 - B) 9
 - C) 6
 - D) 21
- 49.** 5% of 20 =
- A) .01
 - B) 0.1
 - C) 1.0
- 50.** Captain Edward Johnson recently purchased the following material in preparation for a first responder seminar concerning medical emergencies: \$11.27 for paper; \$2.93 for pencils/pens; \$1.41 for chalk; \$13.87 for folders; and \$4.92 for transparencies. If the class is given over a 5-day period, what would be the average cost each day?
- A) \$6.88
 - B) \$6.93
 - C) \$7.11

[**Click here for answers to the Free 50 Question Practice Firefighter Exam**](#)

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 countries top entry level authors. You will also be informed at no cost of firefighter examinations be given across the country.

While at their website don't forget to review our award winning 'Ultimate Firefighter Exam Package'. This product has help 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

EMS VOLUNTEER OPPORTUNITIES AROUND THE BAY AREA:

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

Advanced Medical Life Support Classes - Volunteers Needed

Dates / Locations / Times:	- Thursday January 18 from 1230 to 1630 hours - Friday January 19 from 1000 to 1700 hours *** Go to their website at www.sfparamedics.org and click on Volunteer Info (under About) to confirm the above dates and times. NOTE: All of the above classes will be held at the San Francisco Paramedic Association – 657 Mission Street, Suite 302, San Francisco, CA 94116
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.
Your role:	As a volunteer, you will be moulaged and 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) or email them at director@sfparamedics.org or visit their website section on volunteer opportunities at www.sfparamedics.org/pages/about/volunteer.php

Pre-Hospital Trauma Life Support Classes - Volunteers Needed

Dates / Locations / Times:	- Thursday December 7 from 0730 to 0930 hours - Friday December 8 from 1230 to 1630 hours - Tuesday January 16 from 0730 to 0930 hours - Wednesday January 17 from 1230 to 1630 hours - Wednesday February 14 from 0730 to 0930 hours - Thursday February 15 from 1230 to 1630 hours - Wednesday March 14 from 0730 to 0930 hours - Thursday March 15 from 1230 to 1630 hours - Thursday April 26 from 0730 to 0930 hours - Friday April 27 from 1230 to 1630 hours * ***Go to their website at www.sfparamedics.org and click on Volunteer Info (under About) to confirm the above dates and times. NOTE: All 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.
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/pages/about/volunteer.php

PARAMEDIC SCHOOL ENTRANCE EXAMINATION

INFO – Northern California Training Institute

Northern California Training Institute (NCTI) is holding pre-entrance examinations for their upcoming Paramedic classes around the State.

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 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 Livermore, CA, the examination dates are as follows:

- Thursday January 4, 2007 – 9:00 am to 12:00 pm at their Livermore Satellite Location
- Thursday January 11, 2007 – 1:00 pm to 4:00 pm at their Livermore Satellite Location
- Thursday September 13, 2007 – 9:00 am to 12:00 pm at their Livermore Satellite Location
- Thursday September 20, 2007 – 1:00 pm to 4:00 pm at their Livermore Satellite Location

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

- Wednesday November 8, 2006 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday November 15, 2006 – 1:00 pm to 4:00 pm at their Roseville Classroom
- Wednesday February 7, 2007 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday February 14, 2007 – 1:00 pm to 4:00 pm at their Roseville Classroom
- Wednesday June 6, 2007 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday June 13, 2007 – 1:00 pm to 4:00 pm at their Roseville Classroom
- Wednesday October 3, 2007 – 9:00 am to 12:00 pm at their Roseville Classroom
- Wednesday October 10, 2007 – 1:00 pm to 4:00 pm at their Roseville Classroom

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

- Wednesday December 6, 2006 – 9:00 am to 12:00 pm at the Santa Barbara County EMS Agency
- Wednesday December 6, 2006 – 1:00 pm to 4:00 pm at the Santa Barbara County EMS Agency
- Wednesday August 8, 2007 – 9:00 am to 12:00 pm at the Santa Barbara County EMS Agency
- Wednesday August 8, 2007 – 1:00 pm to 4:00 pm at the Santa Barbara County EMS Agency

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

- Thursday May 10, 2007 – 9:00 am to 12:00 pm at their Livermore Satellite Location
- Thursday May 17, 2007 – 1:00 pm to 4:00 pm at their Livermore Satellite Location

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

- Wednesday December 13, 2006 – 9:00 am to 12:00 pm at TBA
- Wednesday December 13, 2006 – 1:00 pm to 4:00 pm at TBA

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

- Monday June 4, 2007 – 9:00 am to 12:00 pm at their Livermore Satellite Location
- Monday June 11, 2007 – 1:00 pm to 4:00 pm at their Livermore Satellite Location

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

- Monday April 9, 2007 – 9:00 am to 12:00 pm at their Livermore Satellite Location
- Monday April 16, 2007 – 1:00 pm to 4:00 pm at their Livermore Satellite Location

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.

HOLIDAY GIFTS THAT KEEP ON GIVING:

With the holidays coming up, here are some suggestions when people ask what they should get you:

1. **Subscription to various Fire Service related publications such as:**
 - a. Firehouse magazine – www.firehouse.com
 - b. Fire Engineering magazine – www.fire-eng.com
 - c. Fire Chief magazine – www.firechief.com
 - d. Fire Apparatus Journal – www.fireapparatusjournal.com
 - e. Journal of Emergency Services (JEMS) – www.jems.com
2. **Subscription to one or more Firefighter testing services that notify you when fire departments are testing:**
 - a. Perfect Firefighter Candidate – www.firecareers.com
 - b. Careers in the Fire Service – www.firerecruit.com
3. **Gift certificates to businesses that sell fire & EMS related books:**
 - a. [Firefighters Bookstore](http://www.firefightersbookstore.com)
 - b. [FSP Books and Video](http://www.fspbooks.com)
4. **Association memberships:**
 - a. California Firefighters Association (CSFA) – www.csfa.net
 - b. California Conference of Arson Investigators – www.arson.org
 - c. Women in the Fire Service – www.wfsi.org
 - d. Northern California Fire Prevention Officers Association – www.firepreventionofficers.org
 - e. Northern California Training Officers Association – www.norcaltos.org

5. Gym membership:

- a. Pick a gym that provides a full compliment of work out equipment and facilities so when asked how you have prepared yourself for the position, you can comment how you have joined a gym and have a workout plan in place (goes back to preparation and motivation).

6. Thomas Brothers Maps:

- a. If you have never heard what about a Thomas Brothers Map, then you have missed out on a valuable resource. Thomas Brothers Maps produce maps of specific counties throughout California and parts of the United States. Thomas Brothers Maps can be found at any major book store chain or on their web site at www.thomas.com – take a look to see for yourself. If you are a Costco member, they usually have them available for a very reasonable price.
- b. Why are they so valuable?
 - **Number 1** – to become a firefighter, you are probably going to be doing a great deal of driving around the area if not the state and you'll need a map anyway.
 - **Number 2** – when you take a test for a fire department, you should be doing some basic research such as stopping by fire stations or determining what types of target hazards are found in a community, etc. Besides target hazards, Thomas Brothers Maps list every governmental facility such as fire stations, police stations, city hall, etc. These maps can do a portion of your homework for you!
 - **Number 3** – they are in a book format, thus they won't be easily damaged like regular fold-out maps will.
 - **Number 4** – since many fire departments and ambulance companies use Thomas Brothers Maps in their vehicles, you will be getting a leg up on learning. Reading maps is almost like a lost art in the fire service. Many of the new firefighters we are hiring cannot read a map to save their life. When someone calls 911, we don't have every address memorized in our head – 99.9% of the time, we have to use a map to find the address. Start your training now!
- c. What types of maps do they sell? They usually produce a map of a county or multiple counties, such as:
 - Alameda County
 - Contra Costa County
 - Alameda County and Contra Costa County (Best value – 2 counties in one book)
 - Bay Area Metropolitan Area – All bay area counties in one book (Excellent value)
 - State of California (an excellent book to supplement your other county books)

7. Private Oral Board Coaching

- a. [Battalion Chief Paul Lepore](#), (Long Beach Fire Department). [CLICK HERE](#) to go to his the coaching section on his website to learn more about this valuable service geared toward increasing your oral interview scores!
- b. [Captain Bob Smith](#), (Hayward Fire Department – retired). [CLICK HERE](#) to go the coaching section on his website to learn more about this valuable service geared toward increasing your oral interview scores!

8. Books to help you better prepare yourself to become a firefighter

- a. [The Aspiring Firefighter's Two-Year Plan](#) by Paul Lepore. This book was reviewed in the [December 2004](#) issues of the Chabot College Fire & EMS News, and provides the future firefighter with a great game plan to best prepare yourself to become a firefighter.
To order a copy of this book, [**CLICK HERE**](#).
- b. [Smoke Your Firefighter Interview](#) by Paul Lepore. This book was reviewed in the [December 2003 issue](#) of the Chabot College Fire & EMS News and is one of the best firefighter oral interview preparation books out today.
To order a copy of this book, [**CLICK HERE**](#).
- c. **Becoming A Firefighter: Your Complete Guide To The Badge** by Captain Bob Smith. This book was reviewed in the [October 2003 issue](#) of the Chabot College Fire & EMS News and is a great resource that provides a wealth of information for the future firefighter.
To order a copy of this book, [**CLICK HERE**](#).
- d. The **Don McNea Fire School** offers numerous entry-level and promotional preparation books and materials. Visit their website at www.fireprep.com for more information.

Additional items geared for your friends and family members to help ensure they remain safe and sound year round!

- Smoke alarms
- Fire extinguishers (car and home)
- Emergency escape ladders for the home
- Whistle and lanyard
- Carbon monoxide alarms
- Childproofing and safety latch, gate and lock items
- Earthquake and disaster supplies (food, water, self-help)
- Cordless telephone for the pool area
- New large reflective numerals for a home address
- Anti-scald and non-slip devices for the bath and shower
- First-aid kits
- CPR mini-mask (to provide a barrier instead of true mouth-to-mouth resuscitation)
- Registration for a free Community Emergency Response Team (CERT) class with the local fire department
- First aid and CPR training
- Sturdy work gloves, goggles, and face mask
- Scanner radio to listen to the fire department (and/or police department) in action
- An automotive safety check by a certified mechanic
- A chimney sweep and inspection service gift certificate

Thanks to my good friend **Brian Humphrey**, Public Safety Officer (Firefighter / Public Information Officer) with the [Los Angeles Fire Department](#) for providing the above suggestions for your friends and family members (and also yourself if you are in need of the items to keep yourself safe and sound!).

Even if you don't get what you want for the holidays doesn't mean you can't invest in some of the above areas to better prepare yourself for your future career as a firefighter. To make money, you have to spend money. I'm not saying you're going to get rich being a firefighter – I'm just using a phrase that has been around for a long time. It basically means success in life doesn't usually fall into your lap. You're going to have to invest some time and money to get you where you want in life.

FIREFIGHTER EMPLOYMENT OPPORTUNITY – **Clark County Fire Department:**

The [Clark County Fire Department](#) will be accepting applications for the position of **Firefighter** until Friday December 15, 2006! For more information about an excellent opportunity to join one of the fastest growing fire departments and metropolitan areas in the United States, go to: www.accessclarkcounty.com/fire/firedept.htm

NOTE: The website had not been updated as of the time of publication. However, my sources within the Clark County Fire Department advise me it should open up in the next week or two so check back with the website link above regularly!

For more information about **Clark County**, visit their website at: www.co.clark.nv.us

For more information about the **Clark County Fire Department**, visit their website at:
www.co.clark.nv.us/fire/firedept.htm

For more information about the **Clark County Firefighters Association**, [I.A.F.F. Local 1908](#), visit their website at www.local1908.org

CONTACT INFORMATION

Bob Buell

Fire Technology Coordinator - Chabot College
(510) 786-7565 - cellular phone
bbuell@chabotcollege.edu

Steve Prziborowski

Fire Technology Instructor - Chabot College
Editor/Publisher - Chabot College Fire & EMS News
(408) 205-9006 - cellular phone
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 earthlink, aol, 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 thousands of people, some email providers may think these items are spam or junk mail, even though they are not. 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!