APPLICATION FOR EMPLOYMENT

FIRE

CITY OF WABASH, INDIANA

An Equal Opportunity Employer

The City of Wabash, Indiana, does not discriminate on the basis of race, color, gender, national origin, age, religion, or disability in employment or the provision of services.

Please type or print responses to ALL questions on the application form. *Any application not completed in its entirety will be disqualified.*

Position sought _____

Last name _____ First name _____

Middle initial _____ Former name(s) _____

Address _____ City/State/Zip _____

Phone_____

Are you at least 18 years of age and under 40 years of age? Yes_____ No _____

Are you interested in: Full-time work? Yes _____ No _____

Part-time work? Yes _____ No_____

Temporary work? Yes _____ No _____

Date available to start work: _____

****

EMPLOYMENT HISTORY AND WORK EXPERIENCE

List all employment history and work experience during the previous five years, beginning with your current employer. *Failure to include all past employment may be grounds for disqualification.*

If currently unemployed, check here _____ and skip to **previous employer** below.

• Current Employer _____

Address _____ City/state/zip _____

Phone (____)_____ Hire date _____ Job title _____

Beginning salary _____ per _____ Current salary _____ per _____

Supervisor _____

Title _____ Work phone _____

Briefly describe the work you do such as duties, responsibilities, equipment you operate, promotions:

_____

_____

Why do you want to leave? _____

May we contact your current employer? Yes: _____ No: _____ If no, please explain why:
_____

• Previous employer _____ Phone (____)_____

Address _____ City/state/zip _____

Dates employed _____ Job title _____

Beginning salary _____ per _____ Current salary _____ per _____

Supervisor _____

Title _____ Work phone _____

Briefly describe the work you do such as duties, responsibilities, equipment you operate, promotions:

_____

_____

Reason for leaving _____

May we contact this employer? Yes: _____ No: _____ If no, please explain why:_____

_____

• Previous employer _____ Phone (____)_____

Address _____ City/state/zip _____

Dates employed _____ Job title _____

Beginning salary _____ per _____ Current salary _____ per _____

Supervisor _____

Title _____ Work phone _____

Briefly describe the work you do such as duties, responsibilities, equipment you operate, promotions:

_____

_____

Reason for leaving _____

May we contact this employer? Yes: _____ No: _____ If no, please explain why:_____

_____

• Previous employer _____ Phone (____)_____

Address _____ City/state/zip _____

Dates employed _____ Job title _____

Beginning salary _____ per _____ Current salary _____ per _____

Supervisor _____

Title _____ Work phone _____

Briefly describe the work you do such as duties, responsibilities, equipment you operate, promotions:

_____

_____

Reason for leaving _____

May we contact this employer? Yes: _____ No: _____ If no, please explain why:_____

_____

If you had additional employers within the last five years, attach additional pages as needed.

List and explain periods of unemployment in the past five years:

From _____ to _____ Reason _____
From _____ to _____ Reason _____

****

EDUCATION AND TRAINING

This section is intended to give the employer information about education and training you have completed, and to describe your skills, knowledge and abilities to perform the duties of the position.

High School attended *Attach additional pages as needed*

Name _____

Address _____ City/state/zip _____

Diploma? Yes _____ No _____ GED? Yes _____ No _____

Activities, awards (you may exclude any which indicate race, color, religion, gender, age, national origin, or disability)

_____

College(s) or Trade School(s) attended *Attach additional pages as needed*

• Name _____

Address _____ City/state/zip _____

Degree(s) _____

Major/minor course(s) of study _____

• Name _____

Address _____ City/state/zip _____

Degree(s) _____

Major/minor course(s) of study _____

• Activities, awards (you may exclude any which indicate race, color, religion, gender, age, national origin, or disability)

_____

• Seminars/workshops, special awards, articles you have published, other information that may be relevant to the position you are seeking: _____

_____

****

MILITARY HISTORY AND STATUS

If you have never served in the military on active duty, check here _____ and skip to the next section.

Military Branch	Dates of Service	Highest Rank Attained	Rank at Separation

Type of Discharge: _____ Citations/awards received _____

_____

****

PROFESSIONAL OR SPECIALIZED TRAINING

Specialized training _____

_____

Professional/special license(s) or certificate(s):

State	Issued By	Date Issued	Expiration	Type	License #

Have you had any license suspended, revoked or terminated? Yes _____ No _____ If yes, explain: _____

_____

****

PROFESSIONAL AFFILIATIONS

List current or previous affiliations/organizations and related offices/positions.

Organization name	Address	Phone	Offices/Positions

• Use the following space to describe other training, education, skills, abilities, hobbies, volunteer work or other information that may be helpful in evaluating your application. (You may exclude any which indicate race, color, religion, gender, age, national origin or disability.)

_____

_____

****

PERSONAL INFORMATION

Do you have any commitments which might interfere with or adversely affect your employment with us, such as a second job or school? Yes __ No __ If yes, please explain:

_____

_____

_____

• List three references who are not related to you and are not former employers or supervisors:

Name _____ Phone _____

Address _____ City/State/Zip _____

Number of years known _____

Name _____ Phone _____

Address _____ City/State/Zip _____

Number of years known _____

Name _____ Phone _____

Address _____ City/State/Zip _____

Number of years known _____

****

APPLICANT CERTIFICATION

Read each of the following paragraphs carefully. Indicate your understanding of, and consent to, the contents and conditions of each paragraph by signing your initials at the end of each paragraph. If you have any questions regarding these paragraphs, contact the employer before initialing.

• I understand and accept that, if I am hired, I may be hired conditional on passing any medical and/or psychological examinations that the employer deems necessary to determine my ability to perform the essential functions of the position. I understand and accept that this may include drug, alcohol or substance abuse testing.

Initials: _____

• I understand that it may be necessary for me to approve and sign any waivers necessary in order for the employer to obtain information from my current and former employers.

Initials: _____

• I understand and accept that if any information required in this application is found to be falsified or intentionally excluded that my application may be disqualified from further consideration. I further understand and accept that, if the employer employs me, I may be subject to disciplinary action, including termination, if any information required by this application has been falsified or intentionally excluded.

Initials: _____

• I solemnly swear that all of the information furnished in this employment application is true, accurate and complete to the best of my knowledge. I authorize investigation of all statements contained in this application. I understand that my misrepresentations or falsification of the information provided may lead to withdrawal of an employment offer or termination following employment.

By submitting this document, I hereby agree that I shall execute the employer's conditional and post-employment medical examination and drug testing consent requirements. I recognize that my future employment with the employer will be jeopardized if I engage in substance abuse, illegal drug use, or alcohol abuse.

_____ _____

Applicant's signature Date

The following sections to be completed by Police and Fire Department applicants only:

• I understand that the employer provides police and fire services on a seven day per week and twenty-four hour per day service, and therefore, if employed by either Department, I may be required to work day shifts, night shifts or extended shifts, including weekends, depending on service needs.

Initials: _____

• I understand that if I am hired as a sworn officer on the Police Department or as a firefighter on the Fire Department, that I must successfully complete required training and courses specified and be certified by either the State of Indiana Police Academy or City Fire Department rules and regulations.

Initials: _____

• I understand that, if hired, I must meet all requirements established by the Indiana Public Employee Fund (PERF).

Initials: _____

Voluntary Affirmative Action Survey

• TO BE COMPLETED BY APPLICANT – TO BE FILED SEPARETELY FROM APPLICATION •

CITY OF WABASH, INDIANA

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►COMPLETION OF INFORMATION BELOW IS VOLUNTARY◄

Please be advised that your survey is considered confidential information and it is not a part of your official application for employment. Inclusion or exclusion of any data will not affect any employment decision.

In an effort to comply with government requirements regarding record keeping, reporting and other legal obligations, we ask that you complete this applicant data survey. *Thank you for your cooperation.*

• Personal Information

Date _____/ _____/ _____

Applicant last name _____ First _____ Middle _____

Address _____ City/state/zip _____

Position(s) applied for _____

• Referral Source

☐ Advertisement ☐ Employee ☐ Relative ☐ Walk-in ☐ School
☐ Government employment agency ☐ Private employment agency
☐ Other _____

Name of source (if applicable) _____

• Government Requested Information

Check One: ☐ Male ☐ Female

Check one of the following race/ethnic groups:

☐ Black ☐ White ☐ Native American/Alaskan Native ☐ Asian/Pacific Islander
☐ Hispanic (Mexican –American, Puerto Rican & Other Spanish Origin)

Check the following that are applicable:

☐ Veteran ☐ Vietnam Era Veteran ☐ Disabled Veteran ☐ Disabled individual

AUTHORIZATION AND RELEASE

In applying for employment, I want the City of Wabash to be fully informed of my work history. I therefore, authorize the City of Wabash to investigate my background and to obtain any and all information which may concern me. I release all persons including the City of Wabash, schools, companies, corporations, credit bureaus and law enforcement agencies from any liability on account of furnishing such information.

I fully understand that if employed, any misrepresentation of facts on my application is sufficient reason for my termination. In addition to my authorization and release of information and entities set forth above, I also authorize the City of Wabash to discuss the results of any pre-employment investigation with persons who conduct the interviews in any investigation, as well as with those individuals responsible for hiring.

I understand that nothing contained in my application or in the granting of or conducting of an interview is intended to create an employment contract or binding contractual relationship between the City of Wabash and myself, either for employment or for the providing of any benefit.

No promises regarding employment or duration of employment have been made to me and I understand that no such promises or guarantees are binding upon the City of Wabash unless made in writing by the Mayor, Board of Works, or designee.

If an employment relationship is established, I understand that I have the right to terminate my employment at any time, with or without notice, and the City of Wabash may terminate my employment at any time pursuant to the express provisions of the Personnel Policies Handbook if applicable to me. If any employment relationship is established in consideration of such an employment relationship, I agree not to use or reveal any confidential information of the City of Wabash.

The City of Wabash and its elected officials, administrators, managers, employees and agents are all released by me for any legal responsibility or liability for the release of such information and records as authorized above or any other liability which may arise from the release of such information.

I have read the above statement carefully and, if employed, I agree to abide by all of the terms set forth above.

_____ _____

Applicant's signature Date

CITY OF WABASH FIRE DEPARTMENT

ESSENTIAL FUNCTIONS FOR FIREFIGHTERS

1. Respond to alarms by reporting to assigned vehicle, riding in or on assigned vehicle to the scene of the emergency or fire.

2. Lift, carry, drag, lay and connect hose lines from hydrants and equipment to scene. Carry resuscitators, tools and other equipment from vehicle to scene.

3. Raise and climb ladders, crawl and walk on roofs and floors, open holes and windows with axes, bars or hooks for access or ventilation.

4. Combat fires by holding nozzles and directing streams of fog, chemicals or water and move into fire area, including into confined spaces and up stairs.

5. Communicates by voice or radio with other firefighters and other emergency personnel to relay observations, equipment needs and other relevant information.

6. Move people away from danger, including carrying unconscious people or holding a life net.

7. Provide emergency medical treatment to injured people.

8. Remove objects from buildings, place protective covers over objects and monitor assigned areas for signs of recurrence.

9. Conduct fire drills, critique drill participants on emergency procedure and instruct groups on such procedures.

10. Participate in training on firefighting, emergency aid, emergency procedures and related subjects.

11. Maintain departmental equipment and structures, which includes cleaning and washing walls and floors, hanging and drying fire hose, cleaning equipment and performing preventative maintenance on motorized equipment.

ENVIRONMENTAL FACTORS FOR FIREFIGHTERS

The essential job functions for a firefighter are performed in and affected by the following environmental factors. A firefighter must:

1. Operate both as a member of a team and independently at incidents of uncertain duration.
2. Spend extensive time outside exposed to the elements.
3. Experience frequent transition from hot to cold and from humid to dry atmospheres.
4. Tolerate extreme fluctuations in temperature and perform physically demanding work in hot (up to 400 degrees F), humid (up to 100%) atmospheres while wearing equipment that significantly impairs body cooling mechanisms.
5. Work in wet, icy, or muddy areas.
6. Perform a variety of tasks on slippery, hazardous surfaces such as on roof tops or from ladders.
7. Work in areas where sustaining traumatic or thermal injury is possible.
8. Face exposure to carcinogenic dusts such as asbestos, toxic substances such as hydrogen cyanide, acids, carbon monoxide, or organic solvents either through inhalation or skin contact.
9. Face exposure to infectious agents such as hepatitis B or HIV.
10. Perform complex tasks during life-threatening emergencies.
11. Work for long periods of time, requiring sustained physical activity and intense concentration.
12. Face life or death decisions during emergency conditions.
13. Tolerate exposure to grotesque sights and smells associated with major trauma and burn victims.
14. Make rapid transitions from rest to near maximal exertion without warm-up periods.
15. Operate in environments of high noise, poor visibility, limited mobility, at heights, and in enclosed or confined spaces.
16. Use manual or power tools in the performance of duties.
17. Rely on senses of sights, hearing, smell, and touch to help determine the nature of the emergency, maintain personal safety, and make critical decisions in confused, chaotic, and potentially life-threatening environments.
18. Wear personal protective equipment that weighs approximately 50 pounds while performing the essentials functions of their job.
19. Perform physically demanding work while wearing positive pressure breathing equipment with 1.5 inches water column resistance to exhalation at a flow of 40 liters per minute.

POSITION DESCRIPTION
CITY OF WABASH, INDIANA

POSITION: **Probationary Firefighter (Mandatory)/Emergency Medical Technician - Paramedic**
DEPARTMENT: **Wabash Fire Department**
WORK SCHEDULE **24 hours on shift 48 hours off shift**
JOB CATEGORY: **POLE (Protective Occupations, Law Enforcement)**

DATE WRITTEN: July 17, 2002 **STATUS: Full-time**
DATE REVISED: August 20, 2014 **FLSA STATUS: Non-Exempt**

To perform this position successfully, an individual must be able to perform each essential duty satisfactorily. The requirements listed in this document are representative of the knowledge, skill and/or ability required. Reasonable accommodations may be made to enable individuals with disabilities to perform the essential functions.

A person filling the probationary position serves as Firefighter/Emergency Medical Technician-Paramedic for the Wabash Fire Department, responsible for properly maintaining fire structure and equipment, and responding to alarms for the medical treatment and transportation of injured/sick emergency victims, the prevention and suppression of fires, and the protection of lives and property.

I. DUTIES: This person:

Responds to emergency situations, including supervising, coordinating and maintaining communication with personnel.

Regularly performs duties as Firefighter/EMT, such as operating various vehicles and/or equipment to extinguish fires, rescue/stabilize victims, contain hazardous materials and remove debris.

Performs emergency medical technician skills, such as airway skills, defibrillation, I.V. skills, and other medical technician skills.

Must obtain and once obtained, maintain a valid E.M.T-Paramedic certification through the Indiana E.M.S. Commission, including but not limited to certifications in A.C.L.S., P.A.L.S. and C.P.R. and any other certifications required by the Wabash Fire Department Medical Director

Assists in securing of appropriate equipment to combat fires, including but not limited to carrying required equipment and tools to the fire site, climbing ladders, crawling and walking on roofs and floors, and basements/crawlspaces, and using equipment to open holes and windows to supply adequate ventilation.

Suppresses fire by focusing streams of water and chemicals toward the fire and moves into fire areas.

Maintains constant communication with firefighters and other emergency personnel involved in an emergency situation to provide and/or receive information.

Directs searches for and rescues victims from dangerous situations.

Performs salvage and overhaul, including the removing of objects from building, covering objects with protective covers, and monitoring fire site for possible reoccurrence.

Maintains station house and equipment, including cleaning designated station areas, cleaning and inspecting equipment, waxing floors, cutting grass, and preventative maintenance on equipment.

Maintains personal firefighting/E.M.T equipment ensuring proper working order.

Provides public relations presentations and tours to local schools and civic organizations.

Participates in classroom and in-quarters training as required.

Performs, when so assigned, specialized positions such as ladder man or pipe man.

Attends training sessions, and takes other actions necessary to maintain certifications, skills, and performance ability, as required.

Performs any & all other duties as assigned.

II. JOB REQUIREMENTS AND DIFFICULTY OF WORK:

High school diploma or GED.

A Probationary Firefighter for the City of Wabash is required to obtain and maintain the certification of EMT-Paramedic for his term of employment with the Wabash Fire Department. A probationary Firefighter shall also obtain and maintain any certifications set forth by The Medical Director of the Wabash Fire Department. A Probationary Firefighter shall be enrolled in a course, resulting in a certification through the Indiana Department of Homeland Security Emergency Medical Commission as an EMT-Paramedic, at the earliest possible convenience of the Wabash Fire Department. Failing to successfully complete the Paramedic course shall be grounds for termination. The Wabash Fire Department shall pay for the Probationary Firefighter's Paramedic course.

The Probationary Firefighter will test in accordance with the National Registry of Emergency Medical Technicians (NREMT) standards and procedures. The testing will be paid for by the Wabash Fire Department. If the Probationary Firefighter does not obtain certification as a Paramedic within the NREMT allowed attempts before remediation, the Probationary Firefighter will meet with the Wabash Fire Department Medical Director. The Medical Director will determine if the Probationary Firefighter will be allowed to take the required remediation classes and the additional NREMT attempts to pass the tests for certification. In the event the Probationary Firefighter is allowed to remediate, the cost of such class and the subsequent additional testing attempts will be paid for by the Probationary Firefighter. In the event the Medical Director determines the Probationary Firefighter will not be allowed the required remediation and further testing, this shall be viewed as a failure to obtain the required certification and will be grounds for termination.

A Probationary Firefighter will be enrolled and obtain certifications in Firefighter I/II at the earliest possible convenience of the Wabash Fire Department. Failure to successfully complete and or obtain Firefighter I/II certification shall be viewed as grounds for termination.

All courses and training scheduled for a Probationary Firefighter shall be reviewed and approved by the Chief of the Wabash Fire Department. This review is to assure that training and deadlines set for completion of training are prudent and obtainable.

Regular attendance is required.

This person must meet all Department hiring and retention requirements, including not posing a direct threat to the health and safety of other individuals in the workplace.

This person must possess a working knowledge of fire service hydraulics and the ability properly to operate and maintain Department vehicles and equipment, including protective clothing, axes, ladders, aerial devices and hoses.

This person must possess a working knowledge of radio frequencies, codes, procedures and limitations, and ability to speak clearly distinct, and hear and be heard and understood in person, by radio and by telephone.

This person must be able to effectively communicate orally and in writing with co-workers, other emergency personnel and victims, including being sensitive to professional ethics, gender, cultural diversities and disabilities.

This person must recognize signs and symptoms of some communicable diseases and dangers of blood-borne pathogens and protect oneself from contamination by utilizing universal health precautions and avoiding high risk environments.

This person must be able physically to perform the essential duties of the position, including, but not limited to, sitting and/or standing/walking for long periods, lifting/carrying objects weighing more than 50 pounds, pushing/pulling objects, climbing stair and ladders, reaching, bending, handling/grasping and fingering objects, and hearing communication.

This person must be able to understand and follow all written and oral orders and directives from supervisor and superior officers as required.

This person must be able to serve on 24-hour call and respond swiftly, rationally and decisively to emergency situations from off-duty status, including taking appropriate action with injured and/or distraught individuals, despite stress of potential injury to self and/or others.

This person must be able to work irregular and/or extended hours.

This person must possess a valid driver's license, be insurable to drive City vehicles without requiring high risk or other unusually expensive premiums, and maintain a safe driving record.

III. RESPONSIBILITY:

A Probationary member performs a wide variety of firefighting and emergency medical duties according to standard Department operating procedures, making independent decisions and taking authoritative action in response to situational demands. A Probationary member works according to a formal schedule with priorities determined by service needs of the public. The Probationary member's work is periodically reviewed through direct observation for compliance with Department policies and procedures. Errors in emergency duties are usually prevented through procedural safeguards, and undetected errors could result in endangerment to self and/or others.

IV. PERSONAL WORK RELATIONSHIPS:

The Probationary member maintains frequent communication with co-workers, Fire Department, other emergency personnel and victims for the purpose of exchanging and explaining information, prevention and suppression of fires, and the protection of lives and property.

The Probationary member reports directly to Lieutenant and the Director of EMS Operations

V. PHYSICAL EFFORT AND WORK ENVIRONMENT:

The Probationary member performs a majority of duties in an office environment and at emergency scenes involving exposure to hazardous conditions normally associated with firefighting and emergency medical response, including smoke, toxic chemicals, noxious gases and fumes, extreme temperatures, dangerous heights, communicable diseases, and violent/distraught individuals. Universal health/safety precautions must be followed at all times to avoid contamination and/or injury to self and others. Physical effort during emergency response may involve standing/walking for long periods, lifting/carrying objects weighing more than 50 pounds, pushing/pulling objects, climbing stairs and ladders, reaching, bending, handling/grasping and fingering objects, and hearing communication.

The Probationary member occasionally works extended and irregular hours and serves on 24-hour call for emergencies.

APPLICANT/EMPLOYEE ACKNOWLEDGMENT

The job description for the position of Probationary Firefighter/Emergency Medical Technician-Paramedic for the City of Wabash, Fire Department describes the duties and responsibilities for employment in this position. I acknowledge that I have received this job description and understand that it is not an employment contract. I am responsible for reading the job description and complying with all job duties, requirements and responsibilities contained herein, and any subsequent revisions.

I also understand that it is the stated policy of the City of Wabash that eventually all members of the Wabash City Fire Department shall be certified paramedics and that all newly hired persons, and specifically Probationary members, shall be required to become certified paramedics. While the position of probationary firefighter is for a period of one year, after which the firefighter may become or assume a new or different title or position, I understand that the requirement to obtain paramedic certification, which often takes more than a year to complete, remains with me even after assuming a different job title or position within the Fire Department. I further understand that the requirement to become a certified paramedic becomes a requirement of the job description of the newly assumed title or position regardless of what that position is and regardless of whether or not the formal job description for that title or position includes such a requirement. Failure to become certified as a paramedic within a reasonable time as set forth in the probationary job description remains grounds for termination in any new job assumed by me.

Is there anything that would keep you from meeting the job duties and requirements as outlined?
Yes _____ No _____

_____ _____
Applicant/Employee signature Date

W.F.D.

Physical Agility Test

The Wabash Fire Department physical agility test will consist of the following;

This test is based on PASS/FAIL criteria. A "Pass" will be awarded for completing all events successfully and under the determined time(s). A "Fail" may be given if the participant is unable to complete the test(s) or any failures listed for each specific event. If a "Fail" has been given, the participant has the option to complete the rest of the test or to discontinue.

Long pants, footwear with no open heel or toe, and work gloves (optional). Watches and loose or restrictive jewelry are not permitted.

10 Minute timed events

For the 10-minute timed event you must wear the simulated vests (provided).

A series of stations must be completed within a maximum of 10:00 minutes, with a continuous running clock. The order of events will be as follows, stair climb, ladder raise and extension, hose drag, equipment carry, and rescue/drag.

At the completion of this event you will be given at least a 15-minute recovery period and no more than 30 minutes (at no fault of your own) prior to the start of the additional 3 events.

Three Additional Events

3 additional events must also be successfully completed as well, the search, aerial climb, and hose advance. The Search will have an independent time of 4:00 minutes to complete. The aerial climb will be pass/fail criteria only. The hose advance will also have an independent time of 1 minute.

To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events. This walk allows time to recover and regroup before each event.

To prevent timing failure, two stopwatches are used to time the test. One stopwatch is designated as the official stopwatch; the second is the backup stopwatch. The stopwatches are set to the pass/fail criteria. If the time elapses prior to completing the test, the test is concluded and you fail the test.

Stair Climb

Purpose:

This event is designed to simulate the critical tasks of climbing stairs in a 50 lb weighted vest that simulates full protective clothing while carrying a high-rise pack/ hose bundle, an additional 25 lb weighted vest. This event challenges your aerobic capacity, lower body muscular endurance, and ability to balance. This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event:

Prior to the initiation of the timed event, there is a 20-second warm-up on the stair climber at a set stepping rate of 50 steps per minute. During this warm-up period, you are permitted to dismount, grasp the rail, or hold the wall to establish balance and cadence. If you fall or dismount the stair climber during the 20-second warm-up period, you must remount the stair climber and restart the entire 20-second warm-up period. You are allowed to restart the warm-up period twice. The timing of the test begins at the end of this warm-up period when the proctor calls the word "START." There is no break in time between the warm-up period and the actual timing of the test. For the test, you must walk on the stair climber at a set stepping rate of 60 steps per minute for 3 minutes. At the conclusion of this event the (high-rise pack/hose bundle) 25 lb weights are removed from your shoulders. Walk within the established walkway to the next event.

Failures:

Fall or dismount the stair climber 3 times during the warm-up period.

Fall or grasp any of the test equipment, or dismount the stair climber after the timed test begins.

You are permitted to touch the wall or handrail for balance only momentarily (no longer than 3 secs), however, if the wall or handrail is grasped or touched for an extended period of time, or if the wall or handrail is used for weight bearing, you are warned. 2 warnings are given, the 3rd constitutes a "Fail."

(Ten Minute Timed Events)

Ladder Raise and Extension

Purpose:

This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event:

For this event, you must walk to the top rung of the 24' extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Directly after raising the ladder, you will raise the ladder with the lanyard until it hits the stop. Then, lower the fly section hand over hand in a controlled fashion to the starting position. This concludes the event. Walk within the established walkway to the next event.

Failures:

Miss any rung during the raise, 1st warning, 2nd time constitutes a "Fail."

Allow the ladder to fall to the ground or the safety tether is activated because you lost control of the ladder.

During extension, your feet do not remain within the marked boundary lines. 1st warning, 2nd time constitutes a "Fail."

Do not maintain control of the ladder in a hand over hand manner or let the lanyard slip in an uncontrolled manner.

(Ten Minute Timed Events)

Hose Drag

Purpose:

This event is designed to simulate the critical tasks of dragging an uncharged hose line from the fire apparatus to the fire occupancy and pulling an uncharged hose line around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event:

For this event, you must grasp a hose line nozzle attached to 200 feet of 1-3/4" hose. Place the hose line over your shoulder or across your chest, not exceeding the 8-foot mark. You are permitted to run during the hose drag. Drag the hose 75' to a prepositioned drum, make a 90 degree turn around the drum, and continue an additional 25'. Stop within the marked 5'x7' box, drop to at least one knee and pull the hose line until the hose line's 50' mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk within the established walkway to the next event.

Failures:

Fail to go around the drum or go outside of the marked path (cones).

Knee is not kept in contact with the ground, warned 1st time, and 2nd time constitutes a "Fail."

During hose pull, knees go outside of the marked boundary line, warned 1st time, and 2nd time constitutes a "Fail."

(Ten Minute Timed Events)

Equipment Carry

Purpose:

This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance. This event affects your aerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event:

For this event, you must remove the two saws, simulated with 45 lb. dumbbells, from the "tool cabinet" (designated as a shelf). Pick up both saws, one in each hand, and carry them while walking 75' around the drum, then back to the starting point. You are permitted to place the saw(s) on the ground and adjust your grip. Upon return to the tool cabinet, place the saws on the ground, pick up each saw one at a time, and replace the saw in the designated space in the cabinet. This concludes the event. Walk within the established walkway to the next event.

Failures:

Drop either saw on the ground during the carry.

Running, 1st time is a warning, and 2nd time constitutes a "Fail."

Replacing the saws improperly, 1st time is a warning, and 2nd time constitutes a "Fail."

(Ten Minute Timed Events)

Rescue/ Drag

Purpose:

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

Event:

For this event, you must grasp a 165-pound mannequin by the handle(s)/straps/webbing on the shoulder of the harness (either one or both handles are permitted), drag it 35 feet to a prepositioned drum, make a 180 degree turn around the drum, and continue an additional 35 feet to the finish line. You are permitted to lower the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk within the established walkway to the next event.

Failures:

Grasp or rest on the drum at any time, 1st warning, and 2nd time constitutes a "Fail."

(Ten Minute Timed Events)

Search/Blind Crawl

Time: 4:00 minutes

Purpose:

This event is designed to simulate the critical task of searching for a fire victim with limited visibility in an unpredictable area. This event challenges your aerobic capacity, upper body muscular strength and endurance, agility, balance, anaerobic endurance, and kinesthetic awareness. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: muscles of the chest, shoulder, triceps, quadriceps, abdominals, and lower back.

Event:

For this event, without the additional weighted vest, you must crawl through a room with a "smoked out" mask.

Failures:

Require assistance to complete the event or to exit the event.

Removes "smoked out" mask prior to completing.

Not completing within the time limit.

(Three Additional Events)

Aerial Climb

Time: No time, Pass/Fail only

Purpose:

This event is designed to simulate the critical task of climbing the aerial ladder. This event challenges you aerobic capacity, lower body muscular strength and endurance, grip endurance, and balance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip).

Event:

For this event, without the additional weighted vest, the aerial will be set at a 70 degree angle and extended 70'. You must start at the base of the ladder, using every rung and keeping three points of contact at all times, climb to the top of the aerial. Once the top rung is touched you will return back down aerial in the same manner. Time will stop once the top is reached.

Failures:

Loses 3 point contact with ladder, 1st warning, and 2nd is given a "Fail"

Require the use of the safety rope due to loss of control.

Require assistance to finish the event.

(Three Additional Events)

Hose Advance

Time: 1 Minute

Purpose:

This event is designed to simulate the task of advancing a charged hose line. This event challenges your aerobic capacity, lower body muscular strength and endurance, grip endurance, and balance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip).

Event:

This event will be completed without the additional weighted vest. The 1-3/4" hose will be 150' in length and will be set at 100 psi at the pump. Once the nozzle is fully open time will start. Advance the charged line 75', to the white line, with a straight stream spraying in the direction of travel. Once the white line is reached, time is stopped, close the nozzle and return the hose line to the original starting point and place the nozzle on the ground.

Failures:

Losing control of hose.

Not advancing full 75' feet.

Not completing within the time limit.

(Three Additional Events)

W.F.D.

Written Test Study Guide

Applicants may order the practice "NFST Candidate Orientation Guide" by clicking the following link: http://www.fpsi.com/fire-candidate-orientation-guides/. The NFST Candidate Orientation Guide is a helpful tool to prepare for the exam and can be downloaded as a PDF file and saved or printed. Please read through the disclaimer on the order page in order to have a successful download. Payments will be submitted through PayPal via an account or credit/debit card. Once payment is submitted, PayPal automatically redirects you back to the FPSI site where access to the download link will be located on the Order Details-Checkout Status page. Applicants must pay close attention to ALL instructions on both FPSI and PayPal's websites in order to access the instant download successfully!