



Spring 2012

Fire Protection Technology



Accredited by the International Fire Service Accreditation Congress

Chemeketa Community College
Emergency Services
PO Box 14007
Salem, OR 97309
(503) 399-5163

www.chemeketa.edu/programs/fireprotection

CHEMEKETA COMMUNITY COLLEGE**Emergency Services****(503) 399-5163****Programs****Fire Suppression**

Chemeketa Community College offers one of the most modern training facilities on the west coast. Students in the Fire Suppression Program are on duty at Chemeketa's fire station for a 24-hour period every sixth day throughout their enrollment. The fire station operates 24 hours a day, seven days a week, responding to emergencies on Campus, in the city of Salem, and in Marion County Fire District #1. The Fire Suppression Program operates on an 18-month continuous program and accepts new applicants every nine months. The program includes academic and professional technical courses.

Fire Prevention

Students may earn an Associate of Applied Science Degree upon successfully completing the required courses and electives. In our Cooperative Work Experience courses, students earn credits for working on a job related to their studies.

Paramedic/Firefighter

Students may receive two degrees in nine to eleven terms by taking courses in writing, mathematics, and speech as well as technical fire protection and emergency medical technology courses. Students interested in obtaining both of these degrees need to obtain an individual course schedule from the Fire Protection staff. Paramedic/firefighter students work a 24-hour shift weekly, as described in "Fire Suppression" above. Students earn an Associate of Applied Science degree in Fire Protection Technology after successfully completing the 6 terms.

Terms 7, 8, and 9 are devoted to Emergency Medical Technology Paramedic courses. Work experience classes, in hospitals and with ambulance services provides hands-on EMS experience. Students earn an Associate of Applied Science degree in Emergency Medical Technology after successfully completing the last three terms. Paramedic/Firefighter students apply for admission to the Fire Suppression program.

Advanced Fire Officer Certificate

The Advanced Fire Officer Certificate program can help you prepare for promotion to officer positions, or, if you are already a fire officer, you can gain valuable new skills. The program meets or exceeds National Fire Protection Association and Oregon standards for Fire Officer 1 and 2. To be admitted, you must be certified as Firefighter 1 or equivalent, and actively pursuing Firefighter 2, or have an associate degree in fire protection or possess professional certificates and have experience or equivalent credentials in fire prevention, fire training, or public fire education.

IMPORTANT DATES

Spring Term 2012
(Tentative)

Winter Term 2013
(Tentative)

September 19, 2011	Applications Available	June 25, 2012
December 9, 2011	Application Close	September 14, 2012
Jan. 25, 26, 27, 2012	Written Examination & Oral Board Interviews	Oct. 17,18,19, 2012
February 22, 2012	Voluntary Physical Ability Test Orientation	November 14, 2012
February 23, 2012	Physical Ability Test, Mandatory	November 15, 2012
February 24, 2012	Orientation & Registration	November 16, 2012
March 26, 2012	All Medical Exam Results & Immunizations Due	January 7, 2013
March 26, 2012	Class Begins	January 7, 2013

WHO MAY APPLY

The Fire Protection Program is a limited enrollment program. Thirty to fifty positions in class are available each nine months. Applicants must meet the following criteria in order to be placed in the program.

18 Years Of Age

Applicant must be 18 years of age by the end of the first term. This will enable them to enroll in an EMT Basic course their first term in accordance with state rules.

High School Graduate Or GED

High School diploma or GED required and verified through transcripts.

Academic Preparedness

Unless you have completed the equivalent courses shown below with a "C" grade or higher, you must take the Chemeketa Placement Exam. **The following minimums must be met prior to submitting this application packet:**

Placement in WR121 or completion of WR115 or equivalent.

Placement in MTH070 or completion of MTH060 or equivalent.

Placement in RD115 or completion of RD090 or equivalent

Placement testing is administered by the Chemeketa Community College Testing Center (503) 399-6556. **Request "Upper Level Math" testing.**

Driving Record

A valid driver's license is required. Applicants must be able to furnish a certified copy of their driving record showing not more than two convictions for moving violations or two chargeable accidents or any combination of two thereof in past three prior years and no conviction of a moving violation which is alcohol or drug-related in the prior five years. All periods are calculated from the date of the first scheduled class in the beginning term.

Physical Ability

Applicants must pass a physical test of strength and ability. A description of that test together with a "Firefighting Skills Strength Improvement" workout program is enclosed. You should consider this test to be challenging, **please prepare for it.**

Criminal Conviction

If selected for a position in the program, you will be required to authorize a certified criminal history report from the state of your residence. Persons with a criminal record of crimes against people, violent crimes, or multiple convictions may be disqualified. If you have such a conviction, contact the Associate Dean of the Emergency Services Department at (503) 399-6243.

Medical Examination

If selected for a position in the program, you will be required to submit proof of a medical examination pursuant to NFPA standards for firefighters. Copies of these standards are available from program staff.

Immunizations

If selected for a position in the program, you must submit proof of immunization for measles, mumps, rubella, tetanus, chickenpox, TB test, and you must have at least the first in a series of immunizations for Hepatitis B.

HOW TO APPLY

Step 1	If you have not completed WR115 or WR121 and MTH060 or MTH070 with a “C” grade or higher, you need to take a Chemeketa College Placement test , and attach the report to your application. Call (503) 399-6556 for an appointment to test. You will need to request “Upper Level Math” testing.
Step 2	Order your transcript , which must be sent directly to the Emergency Services Office Bldg. 14 . You must submit an official copy of your high school transcript showing graduation or photo copy of your diploma, or GED scores. If you have attended college, official transcripts in a <u>sealed</u> envelope are required if your classes were not taken at Chemeketa. Chemeketa classes can be submitted on an unofficial transcript.
Step 3	Order a certified copy of your driving record from the Department of Motor Vehicles in the state or province of your residence. It must be sent by DMV directly to the CCC Emergency Services Dept, Bldg. 14, PO Box 14007, Salem, Oregon 97309 , or delivered in the original sealed envelope.
Step 4	Obtain an application packet for admission to the class entering in Spring 2012 from the Emergency Services Office in Bldg. 14 (503) 399-5163. (Applications are available September 19, 2011)
Step 5	Complete the application. Attach all required attachments. Note: If transcripts or driving records are not readily available, you must attach a proof, such as receipts, of having ordered them. See the checklist attached to the application.
Step 6	Submit your application. It must be received or postmarked no later than December 9, 2011 . Late applications will be returned unopened. If you meet the minimum requirements, you will be invited to test for a position in the program.
Step 7	FireTEAM Video-Based Human Relations Test: This test scheduled and given by program staff. (See additional information in the following pages)

Step 8	<p>Oral Interview: Applicants interview before a board made up of Emergency Services Staff and fire protection professionals. You will be given the exact time and location for the interview.</p>
	<p style="text-align: center;">Selection Process</p> <p>Scores from the written examination and the oral board interview will be totaled. Applicants will be selected for positions in the program in descending order of their total scores. Weighting of scores is, FireTEAM Test - 40%, oral board - 40%. Certain information, including your high school or college GPA, completion of certain college courses, work experience, volunteer experience, and military experience will be evaluated to make up the remaining 20% of your score. Those who complete all portions of the testing process, but not selected for a position in the program may request an academic plan to help prepare for the next opening.</p>
	<p>Only those selected for a position in the Spring 2012 class, plus designated alternates, will complete steps 9, 10 and 11.</p>
Step 9	<p>Voluntary Orientation: At the open house you will meet program staff, get information on the physical ability test, and be able to ask questions. You will be able to walk through the test and try out the equipment. Your attendance is optional, but highly encouraged.</p>
Step 10	<p>Physical ability test: Those passing will attend the <u>mandatory Fire Protection orientation</u>. Participants will receive shift assignments, uniform specifications and additional information and instructions, and complete the form to request a criminal history report. Those accepted to the program will select courses and pay a \$150 non-refundable deposit for protective clothing and other user fees.</p>
Step 11	<p>Submit proof of the required immunizations.</p> <p>Submit proof of your medical condition in the form of a signed note from your physician, or be examined by a physician recommended by program staff.</p>

FireTEAM Video-Based Human Relations Test

There are four components to the FireTEAM Testing System: a video-based human relations test, a mechanical aptitude test, a math test and a reading ability test.

FireTEAM Video-Based Human Relations Test

Part I

FireTEAM Video-Based Human Relations Test focuses on teamwork and human relations skills and was specifically designed for firefighters. Candidates watch a video segment, then choose the BEST course of action in a multiple-choice format. Once they have chosen the BEST possible course of action, they are asked to identify the WORST possible course of action. This test is presented on computer and the items play without stopping.

Part II

In addition to answering the Part I questions of FireTEAM Video-Based Human Relations Test, candidates are instructed to observe the behaviors of the individual firefighters portrayed. They have the opportunity to observe behavior on multiple occasions for many of the firefighters. Part II of FireTEAM Video-Based Human Relations Test consists of questions about these firefighters and their behaviors. Part II immediately follows Part I.

FireTEAM Animated Mechanical Aptitude Test

FireTEAM Animated Mechanical Aptitude Test is a multiple-choice mechanical aptitude test presented on video. Candidates see detailed introductions to an animated brick making factory, then are asked questions about the factory. Most of the questions are about basic mechanical objects such as valves and principles such as water pressure. They are also asked to answer trouble shooting type questions and observe system operations for problems. All of the questions can be answered based on common sense and observation of how everyday objects work.

FireTEAM Reading Test

This test is designed specifically for firefighters, a job requiring on-going study of difficult and technical materials. This test is based on training material and candidates are required to choose a word that best fits in the blank.

FireTEAM Math Test

This math test is designed specifically for firefighters. The questions are presented on video. Candidates must complete the calculations in their heads. No written calculation is permitted. Questions are based on the type of math that firefighters must use on a regular basis as part of the job. Basic areas covered include: addition, subtraction, multiplication, division and proportions.

FireTEAM Practice Test

There is no study guide for the FireTEAM Test, but for more detailed information and 30+ practice items with discussion, visit the FireTEAM Practice Test website at www.fireteamtest.com.

PHYSICAL ABILITY TESTING

The Candidate Physical Abilities Test (CPAT)

The CPAT was designed by fire fighters for fire fighters and endorsed by both the International Association of Fire Chiefs (IAFC) and the International Association of Fire Fighters (IAFF). The CPAT consists of eight events directly related to the job of fire fighter. Candidates complete each of the events in a predetermined path from one event to another. The events are placed in a sequence that simulates fire scene events. The events consist of:

The Events

1. Stair climb
2. Hose drag
3. Equipment carry
4. Ladder raise and extension
5. Forcible entry
6. Search
7. Rescue
8. Ceiling breach and pull

This is a pass/fail test based on a maximum total time of 10 minutes and 20 seconds.

During the events, candidates wear a 50-lb vest to simulate the weight of self-contained breathing apparatus and firefighter protective clothing. An additional 25 pounds is added to the candidate's shoulders during the stair climb event to simulate carrying a high-rise pack. The CPAT Orientation sessions give candidates an opportunity to preview each event. They have the opportunity to try out the weighted vests, the individual events and ask questions.

Throughout all events, candidates must wear long pants, a hard hat with chinstrap, work gloves and appropriate footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted. Candidates will not be allowed to participate in the testing process without the appropriate attire. The Chemeketa staff will provide the hard hat and work gloves for use during the test.

The Firefighter CPAT is very strenuous. If you have had a recent illness, injury, surgery or are under medication, consult with your healthcare provider to determine if you should participate in the CPAT.

On the following page, you will find an exercise program designed to help you do well in this test.

FIREFIGHTING STRENGTH IMPROVEMENT PROGRAM

Goal: Overall strength and conditioning for muscles used in firefighting.

Total Time Required: 70 minutes, including warm-up, strength, cardio + cool down.

WARM-UP: 5-minute jog or walk and joint preparation.

STRENGTH WORKOUT: Goal 45 minutes to complete.

- Goal 45 minutes to complete! Short or no rests increases intensity.
- Do exercises in this order (center of body outward; large to small muscles.)
- Superset: perform 2-4 exercises back to back; rest briefly; and repeat for sets 2+3; then move on to next superset.
- Do 3 sets of 6-10 repetitions of each.
- Intensity: approx. 75-85% (Heavy weight so you can't complete the reps by set 2 + 3.)
- Do "Forced Reps" (repetitions beyond failure with spotter's help) 1 X week.
- Remember: The magic is not in which exercises you do but how you do them.
- Partners: Use a partner to encourage compliance and to achieve forced reps.

3 sets x 10 reps Hang Cleans (Optional)

Set Set Set

1 2 3

Hip Flexors
Leg Press or Squat
Leg Curl

Set Set Set

1 2 3

Front Lat Pull Close Grip
Seated Row
Upright Row
Incline Row

Set Set Set

1 2 3

Hammer Curls
Overhead Tricep Press or French Curl

Set Set Set

1 2 3

Heel Raise (3-ways)
Forearm Curls/Extensions
+Pronation/Supination

CARDIOVASCULAR: Alternate with one of the following at least 3 X week.

15 Wind Sprints or
15 Stair Climbs or
15 + Minutes of nonstop jog or running.

COOL DOWN: Walk 2-5 minutes.

Stretch warm muscles 5+ minutes



Chemeketa Community College

Fire Suppression Technology

Associate of Applied Science Degree

(105 Credits Required)

<u>Completed</u>	<u>Course Number</u>	<u>General Education Courses</u>	<u>Units</u>
_____	CIS101 or higher	Intro to Microcomputer Applications	3
_____	MTH095 or higher	Intermediate Algebra	4
_____	HPE295	Health & Fitness for Life	3
_____	PSY101 or higher	Psychology of Human Relations	4
_____	SP115	Intro to Intercultural Communication	4
_____	WR121 or higher	English Composition-Exposition	4
_____	WR227	Technical Writing	4
_____	CH110	Found. of General, Organic & Biochemistry	5
_____	PH111/111R or higher	Physical Science for Fire Science & EMS	5
_____	SOC204, 205 or 206	General Sociology – Introduction	<u>4</u>
		General Education Credits Required	40

<u>Completed</u>	<u>Course Number</u>	<u>Technical Courses Required</u>	<u>Units</u>
_____	EMT151	EMT Basic – Part 1	5
_____	EMT152B	EMT Basic – Part 2	5
_____	XEMT0571A	EMT Open Lab (2 Terms)	
_____	XES9400C	Healthcare Provider CPR	
_____	XEMT0001A	EMT Skills Assessment	
_____	FRP150	Intro to Fire Protection	3
		or	
_____	ES172 *♦	Intro to Emergency Services	4
_____	FRP151	Fire Incident Related Experience 1	3
_____	FRP152	Fire Incident Related Experience 2	3
_____	FRP153	Fire Incident Related Experience 3	3
_____	FRP154 ♦	Water Supply Operations	3
_____	FRP256	Fire Service Rescue Practices	4
_____	FRP158	Fire Pump Construction & Operations	3
_____	FRP260 *♦	Fundamentals of Fire Prevention	3
_____	FRP261	Fire Incident Related Experience 4	3
_____	FRP262	Fire Incident Related Experience 5	3
_____	FRP263	Fire Incident Related Experience 6	3
_____	FRP157	Hazardous Materials Operations	3
_____	FRP266 *♦	Building Construction for Fire Suppression	3
_____	FRP169 *	Fire Department Leadership	3
_____	FRP171 *♦	Fire Protection System & Extinguishers	3
_____	FRP172 *♦	Fire Codes & Ordinances	3
_____	FRP179	Wildland Urban Interface	<u>3</u>
		Technical Education Credits Required	62

<u>Completed</u>	<u>Course Number</u>	<u>Approved Technical Electives</u>	<u>Units</u>
_____	ES115	Crisis Intervention	3
_____	BA255	Elements of Supervision	3
_____	BI231	Human Anatomy & Physiology	4
_____	BI232	Human Anatomy & Physiology	4
_____	BI233	Human Anatomy & Physiology	4
_____	BLD151 ♦	Building Codes 1	3
_____	BLD152 ♦	Building Codes 2	3
_____	BLD260	Fire Protection for Buildings	3
_____	EMT167A	EMT Intermediate Part 1	5
_____	EMT167B	EMT Intermediate Part 2	5
_____	EMT175	Introduction to Emergency Medical Services	4
_____	EMT296	EMT Paramedic Part 1	14
_____	EMT297	EMT Paramedic Part 2	14
_____	EMT298	EMT Paramedic Part 3	4
_____	EMT280F	Cooperative Work Experience	6
_____	FRP259 *	Major Emergency Tactics & Strategy	3
_____	FRP170 *	Fire Fighting Tactics & Strategy	3
_____	FRP173 *	Law for Emergency Services	3
_____	FRP174	Fire Investigation	4
_____	FRP175	Municipal Airport Crash/Rescue	1
_____	FRP277	NFPA Fire Service Instructor Training I	2
_____	FRP278	NFPA Fire Service Instructor Training II	2
_____	FRP286 *	Advanced Detection & Protection Systems	3
_____	HE262	CPR Instruction	1
_____	HM120	Medical Terminology	3
_____	FRP160 *	Incident Safety Officer	1
_____	FRP161 *	Fire Management Practices	1
_____	FRP162 *	Managing Fire Personnel	1
_____	FRP163 *	Planning Fire Protection	1
_____	FRP164 *	Fire Department Budgets	1
_____	FRP165 *	PR, Public Info & Public Education	1
_____	FRP166 *	Firefighter's Law	1
		Approved Elective Credits Required	3
		Total Credits Required for Associate Degree	105

* Available as Independent Study Course

♦ Available as On-Line Course

**Emergency Medical Technology Program
EMT Paramedic Prerequisites**

The EMT-P prerequisites for the Associate Degree Program are listed below. These classes are available as regular college offerings and will be scheduled by the student at their convenience. **If a paramedic applicant has not previously attended college at Chemeketa, please refer to the Chemeketa Community College Catalog regarding requirements for college placement exams to be completed as a person enters the college.** These assessments are done through the Chemeketa testing center.

The following or equivalent courses must be completed with a minimum of a "C" grade. These are considered the "core" courses.

BI 231, 232, 233	Human Anatomy & Physiology (Chemeketa and some other colleges require basic Chemistry as prerequisite for BI231)
HM120	Medical Terminology
EMT151 & 152B	EMT Basic, part I & II
ES172	Intro. to Emergency Services
or	or
EMT175	Intro. to Emergency Medical Services
FRP256	Fire Service Rescue Practices
or	or
EMT169	EMT Rescue
EMT176	Emergency Response Patient Transportation
or	or
FRP153	Fire Incident Related Exp.
EMT177	Emergency Response Communication/Documentation
ES115	Crisis Intervention

The following or equivalent courses must also be completed with a minimum of a "C" grade and transcribed.

WR121	English Composition (or higher)
MTH 095	Intermediate Algebra (or higher)
PSY101	Psychology of Human Relations (or higher)
SP111	Fundamentals of Public Speaking (or higher)

Additional points will be awarded in the admission process for those students who have completed the following courses before the application process. A course is considered completed once a grade has been transcribed and/or accepted for transfer.

CS101	Introduction to Microcomputer Applications (Credits by college vary) Or pass competency test.
HPE295	Health and Fitness of Life (Credits by college vary)
Sociology/Humanities Elective	(Credits by college vary)

FIRE SUPPRESSION
Estimated Program Costs 2010-2011

<u>TERM 1</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	542.00	51.00	Mask (Hepa)	8.00
			Goggles	8.00
			Uniform	285.00
			Helmet	100.00
			Firefighter Gloves	30.00
			Firefighter Badge	38.00
			Turnout Boots	90.00
			Physical	100.00
			Passport System	12.00
			EMT-Basic Test	95.00
			Measles Shot	75.00
			Hepatitis B Inoculation	90.00
			TB Test	30.00
			Flashlight	23.00
			Fire Hood	18.00
			Non-Refundable Turnout Use Fee	150.00
			Criminal History Check	30.00
			Name Tag	5.00
			Chicken Pox Shot	110.00
			Graphing Calculator	100.00
			Parking Permits (annual)	<u>35.00</u>
			Sub Total	1432.00
			In-State Tuition	1566.00
			Text/Lab Fees	593.00
			<u>Term Total</u>	<u>\$3,591.00</u>
<u>TERM 2</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	375.00	76.00	In-State Tuition	1653.00
			Text/Lab Fees	451.00
			<u>Term Total</u>	<u>\$2,104.00</u>
<u>TERM 3</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	592.00	74.00	In-State Tuition	1740.00
			Text/Lab Fees	666.00
			<u>Term Total</u>	<u>\$2,406.00</u>

Fire Protection

Spring 2012

<u>TERM 4</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	419.00	54.00	In-State Tuition	1479.00
			Text/Lab Fees	473.00
			<u>Term Total</u>	<u>\$1,952.00</u>

<u>TERM 5</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	321.00	51.00	In-State Tuition	1218.00
			Text/Lab Fees	372.00
			<u>Term Total</u>	<u>\$1,590.00</u>

<u>TERM 6</u>	<u>Texts</u>	<u>Lab Fee</u>	<u>Other</u>	
	299.00	43.00	In-State Tuition	1479.00
			Text/Lab Fees	342.00
			<u>Term Total</u>	<u>\$1,821.00</u>

TOTAL ESTIMATED PROGRAM COST **\$13,464.00**

*Check Chemeketa Schedule of Classes for current term tuition cost

