



FIREHALL WORKOUTS

Firefighting Skills Inventory Checklist page 1 of 2

Skills Inventory Questionnaire For Firefighter Applicants

Indicate your knowledge/experience in the following skill areas by checking the appropriate boxes below. This can be used as a roadmap to determine what skills are desirable for the fire service. Wherever you indicate that you have the relevant knowledge or experience, please elaborate in the space provided

Knowledge and Experience	Yes	No	Comments or Details: If yes, answer questions listed:
1. Post-Secondary Education - Trades Qualifications <ul style="list-style-type: none"> • College Diploma (other than Fire Related Programs) • University Degree • Licenced Trade • Other Post-Secondary Education • Specify: 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Name of Educational Institution(s) Area(s) of Study Year Diploma/Degree/Trade Licence obtained: Specify Trade (if applicable):
2. Community College - Fire Protection Engineering Technician /Technology Programs <ul style="list-style-type: none"> • Fire Protection Engineering Technician • Diploma • Fire Protection Engineering • Technology Diploma 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	Name of Educational Institution(s) Year Diploma/Degree/Trade Licence obtained:
3. Fire Service Career Preparation or Pre-Entry Training Certificate Programs / fire College Programs <ul style="list-style-type: none"> • Community College Certificate Pre Service Fire • Out of Province /State Fire College • NFPA) 1001 Firefighter I & II certification • NFPA 472 or NFPA 1072 Hazardous Materials Awareness and Operations certification • NFPA 1031 – Fire Inspector and Plan Examiner, NFPA 1033 – Fire Investigator, NFPA 1035 – Fire and Life Safety Educator • Standard First Aid and CPR "C" certificate 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	Name of Educational Institution(s) Number of Courses/Components or Modules Completed: Year Certificate Obtained:
4. Previous Firefighting Experience (Industrial, Municipal. Volunteer)	<input type="checkbox"/>	<input type="checkbox"/>	How long? Where?
5. Previous Emergency Services Experience Ambulance Attendant, Paramedic, Policing	<input type="checkbox"/>	<input type="checkbox"/>	How Long? Where?
6. Previous Sports Experience Sports Team Sports Leadership Experience / Coaching	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	How Long? What level? Provincial/ State National or Professional level as an athlete Awards and Recognition?
7. Lifeguard <ul style="list-style-type: none"> • NLS Certification • Bronze Cross/ Medallion 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	Year of Certification or Renewal? (Copy must be attached for credit)



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Knowledge and Experience	Yes	No	Comments or Details: If yes, answer questions listed:
8. Self Contained Breathing Apparatus (SCBA) or Self Contained Underwater Breathing Apparatus (SCUBA) <ul style="list-style-type: none"> • PADI, NAUI Scott Air Pack / MSA • equivalent certificate • Licensed Diver 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	Specify certificate: (Copy of certificate must be attached for credit) If a licensed diver, specific number of years of experience:
9. Occupational Health and Safety <ul style="list-style-type: none"> • Basic Course/Training/WHMIS • Certified Health & Safety Committee Member • WHMIS instructor 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	(Copy of certificate must be attached for credit)
10. Climbing Skills - Mountain/Rope <ul style="list-style-type: none"> • Certificate obtained • High Ladder or Rope work • High Rigging experience 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	(Copy of certificate must be attached for credit) Certificate or Licence?
11. Medical, Emergency Nursing, Ski Patrol or other Professional emergency service experience <ul style="list-style-type: none"> • EMCA Certification • Emergency Rescue team experience • Emergency Department Nursing experience • Certified Ski Patrol • Urban search & rescue certification • Confined Space training • Other Emergency Service Experience -Specify 	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	(Copy of certificate must be attached for credit) Education institution: Years Obtained Specify number of years of experience in this field: Where?
12. Formal Coaching/Teaching/Counselling/Recreation Leadership <ul style="list-style-type: none"> • Certificate received 	<input type="checkbox"/>	<input type="checkbox"/>	(Copy of certificate must be attached for credit)
13. Volunteer Work e.g. Children, Geriatric, Special Needs) <ul style="list-style-type: none"> • Volunteer • Volunteer in a Leadership Role 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	How long have you volunteered? Details: (Copy of a certificate of participation or reference letter from the organization involved, must be attached for credit)
14. Driving Heavy Vehicles <ul style="list-style-type: none"> • Experience driving a vehicle with air brakes • Experience driving a transport truck, work truck, delivery vehicle • Specialized work equipment 	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	Specify Type of Driver's Licence? How many km's driven per year with a heavy vehicle?
15. Operating Heavy Equipment <ul style="list-style-type: none"> • Experience with construction • Farm equipment • Crane operation 	<input type="checkbox"/>	<input type="checkbox"/>	Specify heavy equipment operated How Long?

The skills and education above will get you an interview as one of the first steps in your journey to becoming a successful firefighter.

One of the next steps is passing the **physical testing**. Not sure what you should be doing in the gym? Check out the book "100 Firehall Workouts" designed by firefighters for firefighters. Scan the QR code to go to the website and get the book.

