

# Heartland Fire & Rescue El Cajon



is currently accepting  
applications for the position of

***Reserve Firefighter***

## What is a Reserve Firefighter?

A Reserve Firefighter is an auxiliary position with Heartland Fire Rescue-El Cajon. It is an opportunity for those interested in a fire service career to get invaluable hands-on experience while giving back to the community. Participation as a Reserve neither implies nor guarantees an offer of employment with Heartland Fire Rescue-El Cajon.

## Reserve Firefighter Duties

After successful completion of the Heartland Fire Academy, the Reserve Firefighter is expected to continue personal growth through required monthly training classes, training assignments and ride-along experience. During the ride-along shifts, Reserve Firefighters will be assigned to be part of an engine company or paramedic unit and experience, firsthand, firefighting, medical aids, rescue calls and other public service activities. Reserve Firefighters also gain experience through participation in fire prevention and fire education programs.

## Training

Each Reserve must successfully complete the Heartland Fire Academy, which consists of both classroom instruction and manipulative practice. Academy instruction is scheduled to last from January to April, 2012.

- ◆ The 488-hour academy includes classroom sessions on topics such as firefighter safety, equipment operation, fire extinguishers, forcible entry tools and techniques, lifting and hoisting equipment, fire hose, hose nozzles and fittings, hose evolutions, ladders, breathing apparatus, fire control, fire prevention, and more; plus manipulative classes giving recruits the opportunity to practice skills taught in the classroom.
- ◆ Recruits must pass weekly training evaluations by assigned instructors.
- ◆ Recruits are expected to be present at each of the required academy training sessions.
- ◆ College credit and State Certifications for 100A, 100B, Haz. Mat. FRO, Low Angle Rescue, ICS-100/200, Auto Extrication

## Minimum Requirements

- ◆ Age: 18 years of age at time of application.
- ◆ Education: High School graduate or equivalent (GED).
- ◆ Certifications: Possession of a valid San Diego County EMT-1A and CPR card.
- ◆ Paramedic: San Diego County Paramedic Accreditation highly desirable.
- ◆ License: Must have and maintain a valid, unrestricted Class C California driver's license.
- ◆ Residence: Shall reside within San Diego County.

- ◆ Telephone: Must have a working phone and keep current number updated with department.
- ◆ Occupation: Employment or involvement with occupations that may be considered a conflict of interest or which may impair performance or discredit the Department are unacceptable.
- ◆ Certification of ability to work in the United States: Prior to employment, applicants must demonstrate, as required by law that they are legally able to work in the United States.
- ◆ Uniforms and Safety Shoes: Reserves are responsible for purchasing their own uniform and safety shoes. Approximate cost totaling \$600.

## Selection Process

- ◆ Submittal and review of a Department application. Applications will be accepted in person or via mail from August 1, 2011 through August 12, 2011 at the Heartland Fire Rescue-El Cajon Headquarters (100 E. Lexington Ave., El Cajon, CA 92020). Access office at northeast corner or Magnolia and Lexington. Hours of operation: Monday through Friday, 0800-1200 and 1330-1700 (closed from 1200-1330).
- ◆ Communication/Notifications: All information related to the selection process will be posted on either website, **elcajonfire.com** or **heartlandfire.org** , identifying individuals by the last four digits of their social security number. Check the website prior to August 20th for test times.
- ◆ Written Examination: The test will be based on *Essentials of Fire Fighting*, chapters: Fire Behavior, Building Construction, Forcible Entry, Ground Ladders, and Ventilation. The written examination is scheduled for August 21, 2011. Candidates that pass the written test will move on to the physical abilities test, then the top 40 will move on to interviews. Written examination will take place at Heartland Training Facility (1301 N. Marshall Ave. El Cajon, CA 92020). Park on N. Marshall and walk to rear of Fire Station 9 on north side of station.
- ◆ Physical Abilities Test: A job-specific physical abilities test to evaluate physical strength and endurance. This portion will take place on same date and at same location as the written examination. Only candidates that pass the written will be invited to take the physical abilities test. Candidates are encouraged to wear shoes and clothing that are conducive to physical fitness activity.
- ◆ Oral Examination: Oral interviews by a panel of Heartland Fire Rescue-El Cajon personnel to determine qualifications. This portion will be administered on August 24<sup>th</sup> and 25<sup>th</sup>, 2011. Top 40 candidates will receive an appointment for one of the two dates.
- ◆ Background Investigation: Prior to employment, an applicant's personal history and employment background will be reviewed. Top five candidates (and two alternates) will receive this portion of the process.

- ◆ Medical Examination: Applicant must successfully pass a pre-employment medical examination

Heartland Fire Rescue-El Cajon in partnership with Miramar College, are combining resources to provide this excellent fire service career opportunity. We will be conducting a Regional Fire Academy to train candidates for positions as Reserve Firefighters for Heartland Fire Rescue-El Cajon. Miramar College has teamed up with Heartland Fire Rescue-El Cajon to provide funding for the Fire Academy and college credit for successful Academy candidates.

For detailed information about each agency please refer to the following websites:

**Heartland Fire Rescue-El Cajon**  
**100 East Lexington Avenue**  
**El Cajon, CA 92020**  
**619-441-1601**  
[www.elcajonfire.com](http://www.elcajonfire.com)  
[www.heartlandfire.org](http://www.heartlandfire.org)

**San Diego Miramar College**  
**10440 Black Mountain Road**  
**San Diego, CA 92126**  
**www.sdmiramar.edu**