

# UNIFIED FIRE

FIREFIGHTER RECRUITMENT INFORMATION BOOKLET

# AUTHORITY



# NATIONAL FIRE SELECT TEST PRACTICE GUIDE

## NATIONAL FIRE SELECT GUIDE DESCRIPTION

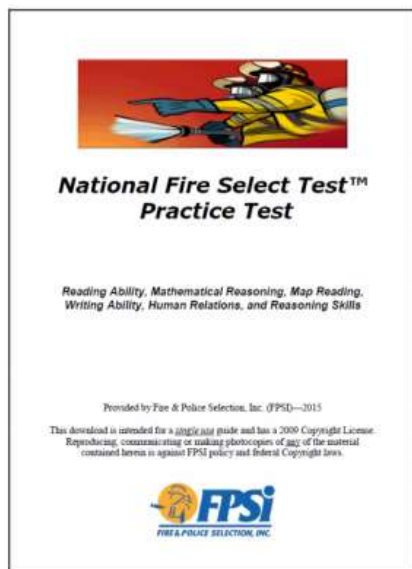
The NFST Guide is an entry-level firefighter practice test that will determine how prepared you are to pass the actual National Fire Select Test (NFST) exam. This practice test consists of 35 multiple-choice questions.

### **COST**

The cost of the guide is \$15.00 for a one-time instant download.



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GUIDE



# NATIONAL FIRE SELECT VIDEO

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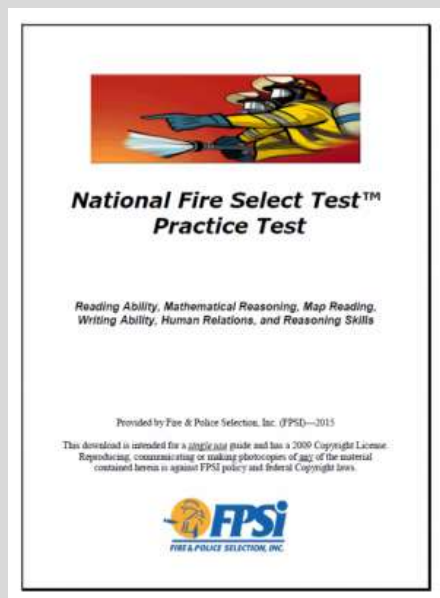
NFST also offers an **optional** video course that is a great way to prepare for the National Fire Select Test (NFST) written test. FPSI has created the video which includes descriptions of the written test components, helpful test-taking tips, ways to prepare for the NFST written test and sample test items.

### COST

The cost of the video is \$19.99 for a 1-week streaming period.



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THE NFST  
VIDEO



# FIREFIGHTER PHYSICAL AGILITY TEST

All prospective Candidates will be required to pass the Firefighter Physical Agilities Test in 13:00 minutes or better. This test evaluates one's preparedness in performing physically demanding skills commonly found on the fireground. Firefighting is physically arduous, and to ensure you are physically prepared to participate in recruit training, meeting the entry standard time is a requirement to move forward in the hiring process.

Candidates will be guided by a proctor as they work through each component of the test. They will be given instructions and guidance on event completion and must listen carefully to instructions to ensure the task is completed satisfactorily and safely. Candidates will start the exam by wearing a helmet, turnout coat, SCBA (air pack) gloves, and knee pads. Candidates are responsible for providing their own athletic clothing and shoes.

Here are the events in order of completion:

**Event #1 – Walk and Hose Drag:** Candidates will be required to start at a designated location and walk around a cone to the far end of the hose line, pick up the 100-foot uncharged 2-1/2-inch hose line, place it over their preferred shoulder and drag it 100 feet in one direction. The candidate will then place it on the ground, walk to the other end, pick up the hose line, and drag it 100 feet in the opposite direction. The coupling that goes over the shoulder must not drag on the ground. The hose must be shouldered within five feet of the coupling.

**Event #2 – Hydrant Connection:** Candidates will be required to unscrew and remove two 2-1/2-inch caps from the sides of the hydrant, screw the two hydrant gates onto the hydrant, hook up two 50-foot 2-1/2-inch hose lengths to the hydrant, and open the hydrant 10 complete turns with the hydrant wrench. Candidates will then close the hydrant with the wrench, remove the hoses and gates, and place the caps back onto the hydrant.

\*Following the Hydrant Connection and before starting Event #3 – Candidates will have help from the proctor to put on a “blacked-out” facemask.

**Event #3 – Room Search:** Candidates will crawl on their hands and knees, performing a right-hand search carrying a tool; a hux-bar (similar to a crowbar); a Halligan Bar; or a sledgehammer.

\*Following the Room Search and before starting Event #4 - The proctor will help the candidate remove the “blacked-out” facemask.

**Event #4 – Sled Drag:** Candidates will stand behind the starting line and utilizing the drag strap, drag the 183-pound weighted sled (sled plus one 45-pound plate and one 35-pound plate) 30 feet each way for a total of 60 feet, ensuring the sled passes the cones at the other end. Once past the initial 30-foot section, the candidate will drop the drag strap and move to the other side of the sled and utilizing the drag strap drag the sled back past the starting line.

**Event #5 – Stair Climb with Hose Bundle:** Candidates will place a 50-foot, three-inch hose bundle over their preferred shoulder, climb up two stories (4 flights), turn and walk back down the stairs. They should use the handrails, step on every step, and not run.

**Event #6 – Ladder Raise:** Candidates will be required to bend at the knees to lower themselves down to reach the top rung of the 24-foot extension ladder and lift the ladder using their leg strength (not their back). Candidates should lift the ladder using hand under hand motions to full upright position, then immediately lower the ladder to the ground using hand-over-hand motions, until the ladder is back on the ground. If the candidate misses a rung, they must start over.

**Event #7 – Ceiling Breach & Pull:** Candidates will be required to remove the 6-foot pike pole from the bracket, stand within the boundary established by the equipment frame, and place the end of the pole in the painted area of the hinged door in the ceiling. The candidate will fully push up the hinged door in the ceiling with the pike pole three times. The candidate will then hook the pike pole to the ceiling device and pull the pole down five times, making full contact with the stopper of the ceiling device. Each set consists of three pushes and five pulls. The candidate repeats the set four times. At any time, the candidate is permitted to readjust the grip.

If the candidate does not successfully complete a repetition, the proctor calls out “MISS” and the candidate must push or pull the apparatus again to complete the repetition.

The event and total test time ends when the candidate completes the final pull stroke repetition as indicated by the proctor who calls out “TIME.”

# RECRUIT CAMP PREP WORKOUT SCHEDULE & SAMPLE WORKOUTS

## Schedule:

Monday  
Weight Training

Proper nutrition and quality calorie intake are the building blocks of any workout regimen. Recruit camp is physically demanding, being prepared both physically and mentally will help you when recruit camp begins. Being physically fit is what the body wants and eating healthy is a lifestyle. If you get on top of both of those things before camp starts, it will help you tremendously through the 16 weeks of Recruit Camp.

Tuesday  
Conditioning

The website (QR code) listed below is a sample nutrition plan and list of healthy foods to eat. This literature is not the end all be all. Unified Fire Authority's training division personnel are not nutritionist nor are we personal trainers. Each individual will have to tailor the workouts and nutrition plan to fit their lifestyle and dietary needs.

Wednesday  
Yoga/Stretch (30 min)  
-Use YouTube or preferred workout

The information below is a sample of the workouts that will be performed in the upcoming recruit camp and is only a guide and not a necessity. If you have your own workout and nutrition plan then please continue to use it.

Thursday  
Weight Training

With weight training all muscles groups need to be trained. Weight training days are to be used and focused on muscle groups that need to be strengthened. The conditioning days will also strengthen muscles but these focused weight days will assist in areas you might be less strong in and improve in the areas you are. When doing these strength workouts, it is beneficial to pair a large muscle group with a smaller muscle group. Remember to use free weights, cable machines, body weight and dumbbells. Also make sure your core is strong. The core is the support to our entire body. Having a strong core will reduce the risk for back and knee injuries. Do 5-7 minutes every day of core and AB work. Listed below are some examples of what muscles to pair together.

Friday  
Conditioning

Saturday  
Running/Run 3-5 miles

Sunday  
Rest Day

Ex...  
-Chest, Triceps and Shoulders  
-Legs, Back and Biceps

## Weight Lifting Example

- Chest
- 1x25 Pushups
  - 3x6 Barbell Bench Press
  - 3x6 Standing Plate Flys
  - 1x25 Pushups

- Triceps
- 1x25 Dips
  - 3x6 Cable Pushdowns
  - 3x6 DB Behind the head extensions
  - 1x25 Dips

4 second count up on the rep and 4 second down on the rep

## Cardio Example

Sprint Interval (Go up to 12.0 mph then reverse and come back down to 7.0 mph)

- 7.0 MPH 1 MIN
- 7.5 MPH 1 MIN
- 8.0 MPH 45 SEC
- 8.5 MPH 45 SEC
- 9.0 MPH 30 SEC
- 9.5 MPH 30 SEC
- 10.0 MPH 20 SEC
- 10.5 MPH 20 SEC
- 11.0 MPH 15 SEC
- 11.5 MPH 15 SEC
- 12.0 MPH 10 SEC

## HIIT Example

LUCKY 7s

7 rounds, 7 exercises, 7 reps each exercise

- Box Jumps
- Cleans
- Ball Slams
- Pushups
- Kettlebell Press
- Hindu Squats
- Pike Push Ups

## Core Example

Jump Core (18 mins)  
3 rounds total for 1min on each station

- Jump Rope
- Plank on Elbows
- Heels to Heaven
- Jump Rope
- Russian Twist
- Flutter Kicks



NUTRITION  
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# STAR METHOD

The STAR method is structured to respond to a behavioral-based interview question by discussing the specific situation, task, action, and result of the situation you are describing.

**Situation:** Describe the situation that you were in or the task that you needed to accomplish. You must describe a specific event or situation, not a generalized description of what you have done in the past. Be sure to give enough detail for the interviewer to understand. This situation can be from a previous job, from a volunteer experience, or any relevant event.

**Task:** What goal were you working toward?

**Action:** Describe the actions you took to address the situation with an appropriate amount of detail and keep the focus on YOU. What specific steps did you take, and what was your particular contribution? Be careful that you don't describe what the team or group did when talking about a project but what you actually did. Use the word "I," not "we" when describing actions.

**Result:** Describe the outcome of your actions, and don't be shy about taking credit for your behavior. What happened? How did the event end? What did you accomplish? What did you learn? Make sure your answer contains multiple positive results.

Make sure that you follow all parts of the STAR method. Be as specific as possible at all times, without rambling or including too much information. Oftentimes students have to be prompted to include their results, so try to include that without being asked. Also, eliminate any examples that do not paint you in a positive light. However, keep in mind that some examples that have a negative result (such as "lost the game") can highlight your strengths in the face of adversity.

## SAMPLE STAR RESPONSE

**Situation (S):** Advertising revenue was falling off for my college newspaper and large numbers of long-term advertisers were not renewing contracts.

**Task (T):** My goal was to generate new ideas, materials and incentives that would result in at least a 15% increase in advertisers from the year before.

**Action (A):** I designed a new promotional packet to go with the rate sheet and compared the benefits of circulation with other ad media in the area. I also set-up a special training session for the account executives with the School of Business Administration professor who discussed competitive selling strategies.

**Result (R):** We signed contracts with 15 former advertisers for daily ads and five for special supplements. We increased our new advertisers by 20 percent over the same period last year.

## HOW TO PREPARE FOR A BEHAVIORAL INTERVIEW

- Recall recent situations that show favorable behaviors or actions, especially involving course work, work experience, leadership, teamwork, initiative, planning, and customer service.
- Prepare short descriptions of each situation; be ready to give details if asked.
- Be sure each story has a beginning, middle, and an end, i.e., be ready to describe the situation, including the task at hand, your action, and the outcome or result.
- Be sure the outcome or result reflects positively on you (even if the result itself was not favorable).
- Be honest. Don't embellish or omit any part of the story. The interviewer will find out if your story is built on a weak foundation.
- Be specific. Don't generalize about several events; give a detailed accounting of one event. Vary your examples; don't take them all from just one area of your life.

# SAMPLE BEHAVIORAL INTERVIEW QUESTIONS

Practice using the STAR Method on these common behavioral interviewing questions:

- Describe a situation in which you were able to use persuasion to successfully convince someone to see things your way.
- Describe a time when you were faced with a stressful situation that demonstrated your coping skills.
- Give me a specific example of a time when you used good judgment and logic in solving a problem.
- Give me an example of a time when you set a goal and were able to meet or achieve it.
- Tell me about a time when you had to use your presentation skills to influence someone's opinion.
- Give me a specific example of a time when you had to conform to a policy with which you did not agree.
- Please discuss an important written document you were required to complete.
- Tell me about a time when you had to go above and beyond the call of duty in order to get a job done.
- Tell me about a time when you had too many things to do and you were required to prioritize your tasks.
- Give me an example of a time when you had to make a split-second decision.
- What is your typical way of dealing with conflict? Give me an example.
- Tell me about a time you successfully dealt with another person even when that individual may not have personally liked you (or vice versa).
- Tell me about a difficult decision you've made in the last year.
- Give me an example of a time when something you tried to accomplish failed.
- Give me an example of when you showed initiative and took the lead.
- Tell me about a recent situation in which you had to deal with a very upset customer or co-worker.
- Give me an example of a time when you motivated others.
- Tell me about a time when you delegated a project effectively.
- Give me an example of a time when you used your fact-finding skills to solve a problem.
- Tell me about a time when you missed an obvious solution to a problem.
- Describe a time when you anticipated potential problems and developed preventive measures.
- Tell me about a time when you were forced to make an unpopular decision.
- Please tell me about a time you had to fire a friend.
- Describe a time when you set your sights too high (or too low).

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## RECRUITMENT TIMELINE (2024)

REGISTRATION	JUNE 1 THROUGH JUNE 30
WRITTEN EXAM	WEDNESDAY, JULY 10 SATURDAY, JULY 13 WEDNESDAY, JULY 17 SATURDAY, JULY 20
FIREFIGHTER PHYSICAL AGILITY AND ORAL BOARD ASSESSMENT	AUGUST 12 THROUGH AUGUST 16
BACKGROUND INVESTIGATIONS	SEPTEMBER THROUGH DECEMBER
FINAL JOB OFFERS	SEPTEMBER THROUGH DECEMBER
NEW HIRE ORIENTATION	JANUARY 6, 2025
START OF RECRUIT CAMP	FIRST WEEK OF FEBRUARY 2025



DATES AND TIME MAY BE ADDED OR CHANGED IF NEEDED



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## REGISTER FOR WRITTEN EXAM

**NEW HIRE FIREFIGHTER WRITTEN EXAMINATION  
REGISTRATION IS OPEN NOW UNTIL JUNE 30, 2024**



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## FIREFIGHTER PHYSICAL AGILITY

**VIEW OUR FIREFIGHTER PHYSICAL AGILITY VIDEO**



## WATCH "FIRE ACADEMY"

**DO YOU HAVE WHAT IT TAKES? FIND OUT HERE**



## FREQUENTLY ASKED QUESTIONS

**CHECK OUT OUR ENTRY LEVEL FIREFIGHTER  
FAQ'S**