

# **Belen Fire Department**

## **Volunteer Firefighter Job Description**



### **General Purpose**

Under close supervision, works on crews that provide fire suppression, fire protection, fire prevention, public education, rescue and emergency medical services, and prepares to develop firefighting skills and knowledge required.

### **Minimum Qualifications**

1. Applicants must meet the following requirements for consideration:
  - a. A high school diploma or equivalent and a US citizen.
  - b. Be at least 18 years of age at the time of application for general membership.
  - c. Posses a valid New Mexico Driver's License.
  - d. Not have been convicted of a felony or other crimes involving moral turpitude
  - e. Pass the physical agility standard requirements of the City of Belen Fire Department and annually thereafter.
  - f. Pass an initial mandatory drug and alcohol screening and subsequent random drug and alcohol screenings.
2. Obtain knowledge and skill to successfully complete New Mexico Firefighter I standards within 2 years of service and maintain certification thereafter.
3. Ability to follow orders under stressful emergency and non-emergency situations.
4. Ability to learn skills in operating and maintaining fire department apparatus in order to drive and operate equipment.
5. Ability to communicate and get along with others.
6. Comply with the Belen Fire Department Member Policies and Guidelines Manual.
7. Comply with a six (6) month probationary period.

### **Preferred and Training Requirements:**

- Cardiopulmonary Resuscitation Basic Life Support Healthcare Provider Level
- Basic First Aid provider
- Incident Command 100, 200
- NIMS 700
- NM Hazardous Materials Awareness
- New Mexico Firefighter Level 1

### **General Performance Requirements and Essential Functions**

- Desire to serve and protect the public.
- Responds to fire alarms; performs hose, ladder, hydrant and rescue evolutions.
- Participates in classroom and drill training activities in all phases of fire suppression, protection and rescue operations and attend regularly scheduled meetings and training sessions.
- Provide proper and accurate Fire and/or EMS report writing.
- Able to provide proper scope of work necessary to level of certification/licensure.
- Ability to lift and carry at least fifty pounds over horizontal and vertical distances of at least 250 feet.
- Must be able to sit, stand, walk, jog, run, sprint, climb, bend, lift, raise, kneel, crawl, squat, stretch, push, pull, twist, hold, grip, carry, drag, throw, catch, lean, maintain balance, and other miscellaneous physical abilities.
- Dexterity and ability to use a wide variety of fire suppression and special protective gear under stressful emergency conditions.
- Properly maintain all equipment issued by fire department.
- Ability to operate manual and power firefighting tools in both emergency and non-emergency situations.
- Able to face life or death decisions during emergency conditions.
- Able to operate in environments of high noise, poor visibility, limited mobility, at heights and in enclosed or confined spaces.
- Capable of performing job at a safe level with or without reasonable accommodation.
- Must be able to communicate face-to-face, radio and telephone. Must be able to communicate effectively with co-workers and the public.
- Ability to drag hoses, both charged and uncharged, limited distances, both horizontally and vertically, at ground level and at varying heights.
- Ability to connect hose couplings in complete visibility or in total darkness.

## Working Conditions

- Ability to spend extensive time outside exposed to the elements.
- Ability to tolerate extreme fluctuations in temperature while performing duties. Must perform physically demanding work in hot (up to 400° F) atmospheres while wearing protective equipment that significantly impairs body cooling systems.
- Ability to be able to experience frequent transition from hot to cold and from wet to dry atmospheres.
- Ability to perform a variety of tasks on slippery, hazardous surfaces such as on rooftops or from ladders.
- Ability to work in areas where the potential for traumatic or thermal injuries are possible.
- Ability to face possible exposure to hazardous materials or infectious agents including carcinogenic dusts such as asbestos, toxic substances such as chlorine, corrosives, carbon monoxide, or organic solvents either through inhalation or skin contact.
- Able to wear personal protective equipment and self contained breathing apparatus that weighs approximately 50 pounds while performing various strenuous firefighting, rescue and other related tasks.
- Able to perform complex tasks during life-threatening emergencies.
- Able to work for long periods of time, requiring sustained physical activity and intense concentration.
- Able to face exposure to grotesque sights and smells associated with major trauma and burn victims.
- Must not pose a direct threat to the health and safety of self and others. Must be capable of performing all required functions in an efficient and safe manner.
- Must be free of significant personality limitations (e.g., inflexibility, rigidity, etc.) that will interfere with learning the job in reasonable training time frames.

## Disclaimer

The above information is intended to describe the general of this position and is not considered a complete statement of duties, responsibilities, requirements or knowledge, skills and abilities.

This job description does not constitute a contract for service in the Belen Fire Department.

I, \_\_\_\_\_, have reviewed the job description of a Volunteer Firefighter with the Belen Fire Department. Date: \_\_\_\_\_

# Belen Fire Department

## Physical Fitness Agility Test Requirements

### General Purpose

The purpose of the physical fitness agility test is to provide the Belen Fire Department with a firefighter that is well conditioned, realizing that performances by firefighters under varying conditions of stress and exertion requires the maintenance of high levels of physical fitness.

The applicant should refrain from smoking, chewing tobacco, or eating at least 2 hours prior to the physical agility test. Time will be allotted for stretching and warm-up exercises. During the administration of the test, applicants will be informed of their lap times

### Examination

The Belen Fire Department will require the 1.0 mile run, push ups, and sit ups as part of the physical agility test within the time allotment for successful completion.

Aerobic Power 1.0 Mile Run			Upper Body Strength 1.5 Minute maximum number of push ups			Muscular Endurance 1.5 minute maximum number of sit ups		
Age	Male	Female	Age	Male	Female	Age	Male	Female
<20	13:05	15:29	<20	20	23	<20	41	32
20-29	13:05	15:29	20-29	29	23	20-29	38	32
30-39	13:31	16:05	30-39	24	19	30-39	35	25
40-49	14:26	16:52	40-49	18	13	40-49	29	20
50-59	15:34	17:54	50-59	13	12	50-59	24	14
60 +	16:56	18:40	60 +	10	5	60 +	19	6

### **Aerobic Power Instructions**

The applicant shall stretch and warm-up prior to this test. The applicant will run 1.0. on a outdoor track within the given time allotment per age group. The times have been increased 40 seconds for altitude adjustment.

### **Upper Body Strength Instructions**

1. The hands are placed about the shoulder width apart.
2. Starting from the up position (elbows fully extended), the applicant must keep the back straight at all times and lower their body to the floor.
3. The modified push-up (for females only) is performed on the hands and knees with the back straight and hands slightly ahead of the shoulders in the up position.

### **Muscular Endurance Instructions**

1. The applicant starts by lying on their back, knees bent, heels flat on the floor, fingers interlaced and placed behind the head.
2. A partner holds down the feet firmly.
3. In the up position, the applicant should touch the elbows to the knees and then return until the shoulder blades touch the floor. Any resting should be done in the up position.

## Test Results

Aerobic Power	Upper Body Strength	Muscular Endurance
Time Allotment _____	<input type="checkbox"/> Pass	<input type="checkbox"/> Pass
Test Time _____	<input type="checkbox"/> Fail	<input type="checkbox"/> Fail
<input type="checkbox"/> Pass <input type="checkbox"/> Fail		

Evaluator Signature \_\_\_\_\_

Applicant Signature \_\_\_\_\_