

Brought to you by MyCinemaAccess.com

Sign-up for FREE ADVANCE MOVIE SCREENINGS

See a Free Movie before it's released to the public. Send your email address to the "Ticket Guy" (ncotton@cityemployeesclub.com). You'll hear about future specials, promotions and Advance screenings.



Herbie Fully Loaded



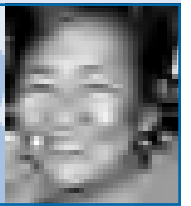
War of the Worlds



The Honeymooners

WORKING MATTERS

by JACKIE DAVID, Public Information Director, Public Safety Division, Personnel



— PART 1 OF 2 —
To be continued in July.

The First Step to Becoming a Firefighter

Do you ever notice how physically fit our firefighters are? Take a good look. You must admit they exude confidence and look great (both male and female) in their neatly pressed uniforms: white starched shirts, shoulders out, stomachs in and a strong sense of dignity and pride in who they are and what they do – and why not? They are testament to what all of us can be and what we can do not only in terms of physical fitness and discipline but also in terms of what being a hero or heroine is all about.

These are the men and women who fight fires, conduct search and rescue, and provide emergency medical services. They inspect buildings and property to ensure compliance with fire codes and do what it takes to prevent fires. Some take extra training to be able to provide paramedic services as well.

So, what makes a firefighter? What does it take to perform this physically demanding work? If you or someone you know wanted to become a firefighter, what would be the first step?

It's called CPAT – the Candidate Physical Abilities Test.

Before you can even apply to be a firefighter, you must have a CPAT card to show you are physically fit to perform firefighter duties. This is a new minimum requirement. You must also:

- be at least 18 years old at the time of application;
- have a U.S. high school diploma or G.E.D. equivalent, or a California High School Proficiency Examination (CHSPE) certificate;
- complete a Preliminary Background Application as part of the application process at the time of filing; and
- have a valid California driver's license at the time of appointment.

The City does not administer the Candidate Physical Abilities Test. Rather, CPAT is administered by independent testing centers in Southern California. These testing centers charge you approximately \$150 to pay for registration, orientation, printed material and the actual test. If you pass, the testing center will issue you a CPAT card. This card will be valid for one year.

How difficult is it to earn a CPAT card? You decide. Below is a list and description of the individual tests that comprise CPAT.

To start off, you will be required to wear a 50-pound vest throughout the entire testing period. This extra weight simulates the weight of a self-contained breathing apparatus and firefighter protective clothing.

Once you're wearing the extra 50 pounds, you will be required to complete all of the exercises or events listed below. You will have a maximum of 10 minutes and 20 seconds to complete all tests (combined) as you walk from one test to the next!

Event 1: Stair Climb

This event is designed to simulate the critical task of climbing stairs in full protective clothing and carrying firefighter equipment. For starters, additional 12.5 pound weights will be placed on your shoulders (on top of the 50-pound vest you are already wearing). You are now carrying an extra 75 pounds of weight as you step onto a Stepmill. This is a treadmill with stairs – like an escalator. You will be given 20 seconds to warm up and get familiar with the Stepmill. There are no rest periods. Once the timer starts, you must walk the Stepmill for three minutes and at a rate of 60 steps per minute. (This test has me huffing and puffing just thinking about it.)

Event 2: Hose Drag

This event simulates dragging an uncharged hose line from a fire apparatus to the fire occupancy and pulling the hose around obstacles. You are required to do some of this while remaining stationary and kneeling on one knee.

Event 3: Equipment Carry

As the name implies, this task involves removing power tools from a fire apparatus, carrying them to an emergency scene and then returning the equipment to the fire apparatus. The power tools used for this event are two saws. You're not allowed to drop equipment; i.e., you drop a saw or two and you're out!

Event 4: Ladder Raise and Extension

This simulates placing a ground ladder at a fire structure, extending the ladder to a roof or window and then lowering the fly section of the ladder in a controlled fashion. You will be asked to do just that.

Event 5: Forcible Entry

This simulates the task of using force to open a locked door or to breach a wall. You will be given a 10-pound sledgehammer with which to strike a measuring device in the target area. You keep pounding away until a buzzer (attached to the target area) is activated. (If I were asked to pick one task, this is the one I would select. Think of the pent-up stress you could relieve. Come to think of it, just picking up that sledgehammer could mess my back up even more ... hmm ... maybe not.)

Event 6: Search

Looking at the enclosed search maze used for this event reminded me of watching a rat crawl through something similar. The tunnel maze used for this event is about three feet high, four feet wide and around 64 feet long. It's got two 90-degree turns and it's pitch-black inside the maze. Once inside, you must navigate around, over and under obstacles – including areas that may narrow. Not to worry; trainers will monitor your movement through the maze just to make sure you're okay. There are escape hatches though in case you need out – now!

Event 7: Rescue

A 165-pound mannequin is used for this exercise, which simulates removing a victim or injured partner from a fire scene. So, here's how it goes: The mannequin has a harness. You grab the harness, drag the dummy 35 feet, make a 180-degree turn and then drag it back another 35 feet to starting point. (I took a physical agility test for LAPD a long, long, long time ago, and this was my downfall. I just could not drag that 165-pound dummy more than a few feet!)

Event 8: Ceiling Breach and Pull

This event simulates the task of breaching and pulling down a ceiling to check for fire extension. To complete this test you must remove a pike pole from a bracket and place the tip of the pole on a painted area of a hinged door in the ceiling. You must then push up the 60-pound hinge door three times. Then, you take that same pike pole, hook it to an 80-pound ceiling device and pull down on the pole five times. You repeat this process four times. (No dropping poles either. You drop once and you are warned. You drop twice and you're out!)

— LOOK FOR PART 2 IN JULY

SAVE \$'s
At Our June Multi-Dealer
VEHICLE SALES

INCENTIVES INCLUDE:

- Reduced Vehicle Prices
- LAFU Loan Programs

... and more!

FREE Home Auto Insurance

• For Dealer Lists, Watch Your Mail or Visit www.lafcu.org
• Ask Us about Getting Pre-Approved!

LAFU Los Angeles Federal Credit Union • P.O. Box 1000 • Los Angeles, CA 90011
Tel: 800-477-8484 • (818) 242-8484 • (800) 222-8484
www.lafcu.org

LAFU is a member of the FDIC. LAFU is an Equal Opportunity Lender. LAFU is a member of the Los Angeles County Employees Credit Union Association. LAFU is a member of the Los Angeles County Employees Credit Union Association. LAFU is a member of the Los Angeles County Employees Credit Union Association.