

BLACK HELMET CONSULTING MENTORSHIP PROGRAM

PRE-ENTRY ROADMAP

YOU SECURED YOUR PRE-SERVICE... NOW WHAT CAN YOU DO?

Recommended Courses, Certifications and Licences

The Basics

- OFAI Stage 3 Skills Prep (don't attempt Stage 3 without prep) – Access Rescue Canada
- Ontario Class DZ Driver's Licence
- Ontario Boating Licence Pleasure Craft Operators Card (PCOC)
- NFPA 472/1072 Hazmat (Awareness and Operations Level is sufficient)
- AEMCA (Paramedic) Certification
- Emergency Medical Responder (EMR)
- Standard First Aid CPR/AED with Basic Life Support (BLS)
- NFPA 1521 Incident Safety Officer and Health and Safety Officer (suitable for PT FF'ers)
- NFPA 1002 Pump Ops (suitable for PT FF'ers)
- NFPA 1041 Fire and Emergency Services Instructor (suitable for PT FF'ers)
- NFPA 1035 Fire and Life Safety Educator
- NFPA 1031 Fire Inspector and Plan Examiner
- Fire Alarm Technician College Diploma or Certificate

NFPA 1006 Specialty Rescue Courses

- Access Rescue Canada – www.accessrescuecanada.org (over 240 courses available in house or online)
 - o Jeff Fitchett
 - training@accessrescuecanada.org
 - 416-356-2911
 - o Rope Rescue
 - o Water Rescue
 - o Ice Rescue
 - o Confined Space Rescue
 - o Tower Rescue
- RS Rescue – www.rsrescue.ca
 - o John O'Blenis
 - info@rsrescue.ca
 - 416-970-3325
 - o Common Passenger Vehicle Rescue
 - o Heavy Vehicle Rescue
 - o Machinery Rescue
- Pulse Point Canada (Canadian Red Cross training partner) - www.pulsepointcanada.com
 - o Clint Scott
 - contact@pulsepointcanada.com
 - 647-491-2911

REMEMBER: FOCUS ON COURSES THAT SUPPORT YOU AS A FUTURE PROBATIONARY FF AND MEET MINIMUM AND PREFERRED QUALIFICATIONS IN JOB POSTINGS

Mental Health Courses

- First Responder Wellness – Access Rescue Canada
- Mental Health First Aid Canadian Mental Health Association
- Psychological First Aid Canadian Red Cross
- The Working Mind First Responders (formerly R2MR – Road to Mental Readiness)
- ASIST Training – Applied Suicide Intervention Skills Training
- Resilient Minds – www.resilientminds.cmha.ca
- Canadian Mental Health Association (CMHA) – SafeTALK
- Courses through Police Knowledge Network – www.cpkn.ca
 - o Mental Health Self-Awareness for First Responders
 - o Suicide Awareness and Prevention
 - o Critical Incident Stress Management

Health and Safety

- Ontario Ministry of Labour – <https://www.ontario.ca/page/health-and-safety-training>
 - o Worker Health and Safety in 4 Steps
 - o Supervisor Health and Safety Awareness in 5 Steps
- Infrastructure Health and Safety Association – <https://www.ihsa.ca/Training/Course-List>
- Harassment, Discrimination and Workplace Violence Prevention Training – www.canadasafetycouncil.org
- Workplace Hazardous Materials Information System – WHMIS 2015

Diversity

- American Sign Language for First Responders – Community College
- Communicating with the Deaf in Emergency Situations – Community College
- EM131 Accessible Customer Service for Emergency Responders – www.emergencymanagementontario.ca
- Accessibility for Ontarians with Disabilities Act E-Learning
- Accessibility Standards Training
- Courses through Police Knowledge Network – www.cpkn.ca
 - o 2SLGBTQ+ Issues
 - o Items of Religious Significance
 - o Cultural Awareness and Humility
- The Canadian Diversity Initiative – www.candiversity.com
- Indigenous Canada – University of Alberta – www.ualberta.ca

Fitness and Wellness Training

- 211 Performance Therapy
 - o www.211pt.com
 - o Instagram: @211pt
- Price Training
 - o www.pricetraining.ca
 - o Instagram: @pricetraining

Volunteer Experience

- St. John Ambulance Ontario Recruitment
 - o Eyglo Thrastardottir 647-830 8152
- Environmental Cleanup Organizations
- Habitat for Humanity
- GlobalMedic/GlobalFire
- Canadian Red Cross ...Personal Disaster Assistance Volunteer (PDA) or Emergency Response Technician Volunteer (ERT)
- Ski Patrol/ Coast Guard
- Victim Services/ Crisis Intervention/ Crisis Hotline/ Kids Help Phone or Kids Text Line
- At-Risk Youth Counselling Services/ Support Programs – www.stepstonesforyouth.com
- Non-Profit/ Charitable Organizations/ Food Banks
- Support 7 – Volunteer Services
 - o inquires: gtmaa1975@gmail.com – Toronto Fire Services
- Box 43 Rehab Service – Hamilton Fire Department
- OSARVA - <https://osarva.ca/find-a-team/>
- OVERT Search and Rescue (Oshawa Branch of OSARVA) – recruiting@overt.ca
- Senior Care
- Big Brother/ Big Sister
- Animal Rescue/ Care/ Humane Society
- Coaching
- Shelter Movers – www.sheltermovers.com
- Auxiliary Police
- Rainbow Railroad – www.rainbowrailroad.org

FIND SOMEWHERE TO VOLUNTEER... ANYWHERE! FOLLOW YOUR INTERESTS

Beneficial Employment Options

- Part Time/ Volunteer Firefighter
- Wildland Firefighter – Ministry of Natural Resources
- Oilfield/Industrial Firefighter (e.g. Toyota Motor Manufacturing Canada)
- Firefighter Work Experience Programs (WEPs)
- Paramedic (Full Time/Part Time)
- Nursing (Full Time/Part Time)
- Patient Transfer Attendant
- Canadian Armed Forces (Regular Force or Reserve Force) – www.forces.ca
- Emergency Response Hazmat Operator
- Technical Rope Rescue Operator
- Fire Alarm/Sprinkler Technician
- Certified Trade
- Construction Industry
- Garbage/Recycling Operator
- Environmental Cleanup
- Youth Worker

- Correctional Officer
- Security Guard
- Armoured Truck Driver
- Canada Border Services Agency (CBSA)
- Lifeguard