

BLACK HELMET CONSULTING

MENTORSHIP PROGRAM

PRE-ENTRY ROADMAP

Recommended FF Courses and Certifications

- NFPA 1001 Level 1 & 2 Pre-Service FF Certification
Community Colleges or Private Career Colleges - online or in-house
- Fire Service Skills Refresher Certificate
Conestoga College (7 courses, 177 hrs) Dan Mills - dmills@conestogac.on.ca
 - o NFPA 1035 - Public Educator
 - o NFPA 1031 – Fire Inspector
 - o NFPA 1002 – Pump Ops
 - o NFPA 1041 – Fire Instructor
 - o safeTALK
 - o The Working Mind for First Responders
 - o Introduction to Reflective Self-Leadership
- OFAI Stage 3 Skills Prep – Access Rescue Canada
- Ontario Class DZ Driver’s Licence
- 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)
- American Sign Language for First Responders – Mohawk or Seneca College
- Communicating With the Deaf in Emergency Situations - Humber College
- NFPA 1521 Incident Safety Officer and Health and Safety Officer (suitable for PT FF’ers)
- Fire Alarm Technician – Certificate Program or Community College Diploma

NFPA 1006 Specialty Rescue Courses:

- **Access Rescue Canada**
 - o Jeff Fitchett training@accessrescuecanada.org (416) 356 2911
 - o accessrescuecanada.org (over 240 courses available in house or online)
 - **Rope Rescue**
 - **Water Rescue**
 - **Ice Rescue**
 - **Confined Space Rescue**
 - **Tower Rescue**
- **RS Rescue**
 - o John O’Blenis – (416) 970 3325
 - o rsrescue.ca
 - o info@rsrescue.ca
 - **Common Passenger Vehicle Rescue**
 - **Heavy Vehicle Rescue**
 - **Machinery Rescue**

Mental Health Courses (you can never have enough mental health training)

- First Responder Wellness – Access Rescue Canada
- Mental Health First Aid
- Psychological First Aid
- The Working Mind First Responders (formerly R2MR - Road to Mental Readiness)
- ASIST Training - Applied Suicide Intervention Skills Training
- Resilient Minds - resilientminds.cmha.ca
- Canadian Mental Health Association (CMHA) - SafeTALK

Health and Safety

Ontario Ministry of Labour - <https://www.ontario.ca/page/health-and-safety-training>

- Worker Health and Safety in 4 Steps
- Supervisor Health and Safety Awareness in 5 Steps

Infrastructure Health and Safety Association

- <https://www.ihsa.ca/Training/Course-List>

Emergency Management Ontario Courses:

- EM131 Accessible Customer Service for Emergency Responders
- emergencymanagementontario.ca

Canada Safety Council - canadasafetycouncil.org

- Harassment, Discrimination and Workplace Violence Prevention Training
- Accessibility for Ontarians with Disabilities Act E-Learning
- Accessibility Standards Training
- Workplace Hazardous Materials Information System – WHMIS 2015

Canadian Police Knowledge Network www.cpkn.ca

- 2SLGBTQ+ Issues
- Mental Health Self-Awareness for First Responders
- Suicide Awareness and Prevention
- Critical Incident Stress Management
- Items of Religious Significance
- Cultural Awareness and Humility

Diversity:

- The Canadian Diversity Initiative – candiversity.com
- Indigenous Canada – University of Alberta – ualberta.ca (online)

Health and Fitness Training:

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

Volunteer Experiences:

- St. John Ambulance Ontario Recruitment: Eyglo Thrastardottir (647) 830 8152
- Environmental Cleanup Organizations
- Habitat for Humanity
- GlobalMedic/GlobalFire
- Canadian Red Cross (PDA Volunteer or ERT Volunteer)
- Ski Patrol/Coast Guard
- Victim Services/ Crisis Intervention/ Crisis Hotline/ Kids Help Phone or Kids Text Line
- At-Risk Youth Counselling Services/ Support Programs - stepstonesforyouth.com
- Non-Profit/Charitable Organizations
- Support 7 – Volunteer Services (inquires: gtmaa1975@gmail.com) – Toronto
- 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
- Meals on Wheels
- Big Brother/Big Sister
- Animal Rescue/Care
- Coaching
- Shelter Movers - sheltermovers.com
- Auxiliary Police
- Rainbow Railroad - rainbowrailroad.org

FIND SOMEWHERE TO VOLUNTEER...ANYWHERE

Beneficial Employment Options:

- Part Time/ Volunteer Firefighter
- Wildland Firefighter - Ministry of Natural Resources
- Oilfield/Industrial Firefighter (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) - 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
- Canada Border Services Agency (CBSA)
- Arborist

Consider applying to the municipality for another position Works Dept ... Parks and Recreation ... establish yourself as an employee... secure an employee number ... apply to FD when vacancies or postings occur