

Self-evaluation questionnaire

March 2015

Use these questions to help decide if firefighting is the career choice for you.

Ask yourself:

- ✓ Does my lifestyle support ethical and responsible choices and actions?
- ✓ Am I prepared to maintain a level of professionalism on and off duty?
- ✓ Does my lifestyle align itself with the Fire Department's values of pride, professionalism, teamwork, and respect?
- ✓ Have I been free from involvement in unlawful activities for at least three years?
- ✓ Am I actively supporting my community for the benefit of others?
- ✓ Have I adopted and do I maintain physical fitness as a way of life (i.e., daily workouts)?
- ✓ Am I physically able to perform the firefighter job tasks?
- ✓ Am I able to work 14-hour night shifts on weekends and holidays with little or no sleep?
- ✓ Can I work for extended periods of time under difficult and strenuous conditions?
- ✓ Am I free of phobias relating to height, confined spaces and able to maneuver with limited or no visibility?
- ✓ Am I comfortable using different hand/power tools and technical equipment?
- ✓ Can I disengage from emotional suffering, tragedy or loss of life in order to complete essential job tasks?
- ✓ Do I have a support system in place for debriefing and stress relief?
- ✓ Have I considered the impact shift work will have on my family environment?
- ✓ Am I familiar with and able to operate within a paramilitary working environment?
- ✓ Am I able to work harmoniously in close quarters with other persons?
- ✓ Do I treat all people with respect, dignity and professionalism regardless of race, creed, gender or beliefs?
- ✓ Am I able to and do I take steps to maintain a positive attitude?
- ✓ Am I able to motivate myself? Do I motivate others?
- ✓ Do I actively engage myself in a problem solving capacity? Do I make sound judgments and decisions?
- ✓ Am I able to follow and carry out complex oral and written instructions?
- ✓ Does my lifestyle allow me to commit 1½ to 2 hours daily to studying training materials?
- ✓ Do I have a thirst for life-long learning?
- ✓ Is my family aware of the time demands that I would be under during recruit training?
- ✓ Do I meet and am I prepared to maintain the minimum qualifications?
- ✓ Am I adaptable to changing conditions?
- ✓ Am I a self-starter, do I show initiative and am I action-orientated?
- ✓ Do I have a strong commitment to customer service and a motivation to serve the public?