

# Employment



**Contact Information:**

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## SO YOU WANT TO BE A FIREFIGHTER...

Do you have what it takes to become a firefighter? Firefighting is a physically and mentally demanding job. Are you prepared to travel for extended periods of time? How about sleep in tent? Do you have the right attitude and character to work as a team? If you can meet the physical requirements for the job then perhaps firefighting is for you.

The **h.i.s.** Group of Companies does recruit from time to time. If you interested in applying please **forward your résumé via email to [his@telus.net](mailto:his@telus.net) or fax us at 250-374-5458.** \*All Résumés must be accompanied with a copy of current level 1 or higher basic First Aid Certificate. New hires must be willing to take 3 weeks of training prior to going out in the field.

### Fitness requirements are as follows:

1. Pack Test - person must walk 3 miles carrying a 45lb backpack without running or jogging in less than 45 minutes.
2. Upright Row – 18 repetitions of a 45 lb barbell in less than one minute.
3. Pump Relay – carry a Mark III pump 50 yards out and back. Clock starts once the pump is down then you must carry 4 lengths of 1 ½ hose 75 yards out and back twice, then carry a charged line of 1 ½ hose 50 yards out and back twice. You have 4 minutes and 10 seconds to complete.

Good Luck!