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## **SELF-ASSESSMENT QUESTIONNAIRE**

Consider these questions carefully to help decide whether a career as a Firefighter is the right choice for you. Ask yourself:

- Do my lifestyle, work ethic and personal habits reflect ethical and responsible choices?
- Do my lifestyle, work ethic and personal habits fit within the Nanaimo Fire Rescue Department Mission, Vision and Values which are based on dedication to community service, teamwork, honesty, integrity, professionalism, and accountability?
- Am I prepared to maintain lifestyle, work ethic and personal habits to meet the Nanaimo Fire Rescue Mission, Vision and Values?
- Have I been free of unlawful activities for the past three years?
- Have I been free of questionable or inappropriate conduct for the past three years?
- Do I treat others with respect, dignity and professionalism at all times regardless of their circumstances?
- Do I work effectively as part of a team?
- Am I physically and mentally able to perform the duties of a Firefighter?
- Am I able to work long shifts (more than 12 hours) on weekends and holidays with little or no sleep? How will this impact upon my family and personal life?
- Am I able to work for extended periods of time under difficult decisions and in potentially hazardous situations?
- Am I able to perform duties effectively in confined spaces, at heights, and with limited visibility?

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## **SELF-ASSESSMENT QUESTIONNAIRE**

Consider these questions carefully to help decide whether a career as a Firefighter is the right choice for you. Ask yourself:

- Do I have the ability to remain calm and emotionally detached in emergency situations involving extreme stress and distraught persons?
- Do I have substance abuse issues or compulsive behaviours that might be exacerbated by the stress involved in performing the duties of a Firefighter?
- Do I have an adequate personal support system in place to assist me in handling the stress that I may encounter as a Firefighter?
- Am I able to live and work effectively as a team in close proximity to non-family members?
- Do I have the ability to motivate myself and others even in difficult situations?
- Am I prepared to take orders from superiors and to carry out complex instructions?
- Do I have any outside business activities or potential conflicts of interest that might compromise my ability to properly perform the duties of a Firefighter?
- Have I actively supported my community and the interests of others?