**EXAMPLE**

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| **226 Highland Road, Atglen, PA 19310 \* 610.593.8238 \* lmcnamara@octorara.org** |

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| **Career Objective** | Highly motivated Firefighter and EMT with over 9 years of experience. Dedicated to fire prevention, protection, and safety. Certified and trained professional with extensive knowledge of safety procedures, applicable codes, and fire fighting techniques. Adept and providing aid to individuals of disasters including building fires and car wrecks. Effective at quickly assess situations and responding with effective solutions. Solid reputation for superior performance, accuracy, and decision making ability. |
| **Highlights** |

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| * Fire prevention expert
* Safety conscious
* Strategic planner
* Excellent leader
* Lifelong learner
 | * Team player
* Resourceful
* Critical thinker
* Skilled problem solver
* Medical terminology knowledgeable
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| **Professional Experience** | **Firefighter and EMT***Octorara Area Fire Department, Atglen, PA May 2010 - Current** Control, contain, and extinguish fires.
* Answer emergency situations quickly, assess conditions, and act appropriately to contain fires, assist victims, and prevent escalation.
* Administer first aid and artificial respiration to those adversely affected or injured by fire, smoke, or trauma.
* Assess patient needs and provide life support services during medical emergencies.
* Maintain updated knowledge of safety guidelines, firefighting techniques, treatment protocols, response requirements, and quality assurance procedures.
* Inspect buildings as required for regulatory compliance and safety.
* Assist with equipment maintenance and upkeep.
* Act as site leader as needed to supervise activities up to 12 responders.

**Firefighter and EMT***Career and Technical Fire Department, Harrisburg, PA Aug 2005-May 2010** Maintained a state of readiness and alertness for all assignments.
* Rapidly assessed whether life threatening criteria was present and took immediate action.
* Operated and maintained emergency vehicles in a safe, efficient manner while obeying all traffic laws.
* Completed all mandatory education and training classes.
* Worked 24 hour shifts and responded to on-call situations as needed.
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| **Education and Specialized Training** | **OCTORARA AREA SENIOR HIGH SCHOOL, Atglen, PA***High School Diploma, May 2004** GPA: 3.3/4.0
* Published in school’s newspaper editorial
* Girls Lacrosse Team
* Skills USA

**OCTORARA HOMELAND SECURITY & PROTECTIVE SERVICES ACADEMY, Coatesville, PA*** GPA 4.0/4.0
* 3 Years of Career & Technical Education
* Specialized training in Firefighting, Emergency Management Services, and Law Enforcement
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| **Certifications****Awards and Honors** | * PA & National Hazardous Materials Awareness - PA & National Hazardous Materials Operations (4)
* National Traffic Incident Management System (TIMS) Certifications (11)
* American Heart Association CPR/AED (1)
* American Heart Association First Aid (1)
* Association of Public Safety Communication Officials (APCO) Emergency Call Taker (1)
* FEMA Emergency Management Professional Development Series (8)
* PEMA Municipal Basic Local Certification G-191 (1)
* Law Enforcement (10 Separate Chester County Certifications)
* Federal National Incident Management System (FEMA) 100-200-700-800 (4)
* PA Fire Academy Basic Ropes/Rigging (1)
* National Vehicle Rescue Awareness – National Vehicle Rescue Operations – Basic Vehicle Rescue (3)
* National Registry EMT-B – Pennsylvania Department of Health EMT-B (2)
* National Incident Management System (FEMA) 100-200-700-800 (4)
* PA Fire Academy Fire Dynamics Fundamentals - Strategy & Tactics (2)
* PA Fire Academy Essentials of Firefighting (EL14 Mods) (4)
* National ProBoard Firefighter 1 (1)
* PA Fire Academy Advanced Firefighter (1)
* National ProBoard Firefighter 2 (1)
* National Incident Management System (FEMA) 100-200-700-800 (4)
* *National Occupational Competency Testing Institute (NOCTI) Seniors Only (1)*
* OHSPSA Cadet of the Year 2018
* Student of the Quarter
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