

Attn:  
Human Resources Coordinator,  
Trojan Safety Services Inc.,

Re:  
Industrial Firefighter Recruitment

Hello,

My name is Kris Rous. I am an experienced firefighter residing in Ontario. I hold accreditation with the Texas Commission on Fire Protection including N.F.P.A. 1001, FF 1 and 2 including N.F.P.A. 472 Operations level.

As you can see from my resume, I have a thriving passion for firefighting. I am eager to expand my professional scope to industrial / oilfield fire fighting and safety. I seek and welcome such opportunities to apply myself and look forward to a new adventure.

In addition, I am able to attain H2S ticketing and upgrade to Emergency Medical Responder to meet the standards set by the Alberta College of Paramedics prior to any employment start dates.

I look forward to hearing from you to discuss how I may aid your fine company in reaching its' operational goals.

I am interested in any, all of your advertised job locations (Grand Prairie, Red Deer, Weyburn, Fort St. John, Calgary).

Thank you,

Kris Rous

# Kris Rous

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Ottawa, ON K1T 3N7

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## Profile

- Ability to prioritize tasks, quick to adjust to dynamic working conditions
- Ability to recognize causes of problems and determine effective solutions
- Broad communication skills, along with the ability to work cooperatively and productively within a team-oriented environment
- Quick to understand new models and approaches to problem solving, along with the ability to express new thought processes to influence efficiency

## Employment History

*\*references available upon request*

- **Contractor**, Save On Energy c/o Ontario Power Generation Apr. 2013-Present  
Provide clientele under service of Hydro Ottawa with installation and service of Powercost Monitor units and PeakSaver Thermostats. I assist a very diverse group of clientele with interactive public education on how to better manage / lower energy consumption.
- **Senior Level Personal Trainer**, The Athletic Club 2011-2013  
Provided a diverse group of clientele with fitness programming tailored to their personal needs. I maintain an active client roster in which I specialize in high intensity strength training, nutritional counseling, and post injury rehabilitation.
- **Personal Trainer**, Premier Fitness Clubs 2002-2011  
Provided fitness assessments, personal training, and lifestyle prescriptions. I managed special needs programs and provided one-on-one counseling, and mediated all group support meetings.
- **Tradesperson**, John Rous Window Service 1995-2011  
Provided window and door repair services throughout the Ottawa region. I assisted with installation of windows (often in high-angle settings), screen replacement, and hardware replacement.
- **Firefighter (Rural Division)**, Ottawa Fire Services Station 91 2005-2008  
Provided emergency response for fire suppression, medical emergencies, motor-vehicle collisions, technical rescue incidents, and hazardous materials incidents. I also participated in various fund raising and public relations activities.
- **Goaltender**, Texas Brahmas Professional Ice Hockey Club 2000-2001  
Extracurricular team duties included various public appearances and fundraiser events.

## Education / Credentials

- **OSSD Graduate**, St. Mark Catholic High School (June 1999)
- **Chainsaw Safety Training**, Wildfire Specialists (Apr. 2004)
- **Restricted Radio Operator**, Industry Canada c/o Wildfire Specialists (July 2004)
- **Self Contained Breathing Apparatus**, NFPA Awareness Level, Humber College (Sept. 2004)
- **Tactical Communications**, Standard Level, Langlois Survival Tactics (Oct. 2004)
- **Water Rescue**, NFPA Awareness Level, DART Rescue (Jan. 2005)
- **Ice Rescue**, NFPA Technician Level, DART Rescue (Feb. 2005)
- **Auto Extrication**, NFPA Operations Level, Humber College (Oct. 2005)
- **Pleasure Craft Operator**, Canadian Coast Guard c/o Best Boating (Oct. 2005)
- **Confined Space Rescue**, NFPA Technician Level, Humber College (Nov. 2005)
- **Basic Search and Rescue Skills (Ground)**, Emergency Response Institute Canada (Nov. 2005)
- **Certified Fire Fighter I & II**, NFPA 1001, Texas Com. on Fire Protection (Mar. 2006)
- **Hazardous Materials**, NFPA Operations Level, Texas Com. on Fire Protection (Mar. 2006)
- **Trench Rescue**, NFPA Awareness Level, DART Rescue (Nov. 2006)
- **Rope Rescue**, NFPA Awareness Level, DART Rescue (Aug. 2007)
- **Advanced Medical First Responder 1**, St. John Ambulance (Mar. 2012)
- **SP-100 Certified Forest Fire Fighter**, Wildfire Specialists (Apr. 2012)
- **Workplace Hazardous Materials Information Systems**, Wildfire Specialists (Apr. 2012)
- **Transportation of Dangerous Goods**, Wildfire Specialists (Apr. 2012)
- **Personal Trainer Masters Level**, Sports Performance Institute (Aug. 2012)
- **CPR – Health Care Provider ‘C’ w/ A.E.D.**, Ottawa Paramedic Services (Mar. 2013)
- **Ontario ‘D’ Class Drivers License w/ Air Brake Endorsement**

## Volunteer / Community Involvement

*\*references available upon request*

- **Firefighter**, Ontario Race Physicians Safety Team Mar. 2013-Present  
Provide trackside emergency response for drivers competing at Canadian Tire Motorsport Park. Responses include fire suppression, extrication, emergency medical care, and various public service duties.
- **Operational Search Team Member**, Search and Rescue Global One 2005-2009  
Provided ground-based search and rescue services for the Ottawa / Gatineau regions. We offered assistance to individuals and communities through search and rescue operations, education and prevention programs, and support to emergency response organizations.
- **Goaltending Coach**, Capital Crusaders Minor Hockey Association 2003-2005  
Provided coaching / mentoring of young athletes in both on and off ice settings. I also took on the role of instructor for all off ice conditioning activities in which I developed and implemented programming tailored to the age group.
- **General Volunteer**, Circle of Healing (Trauma and Addictions Counseling) 2000-2008  
Provided assistance with construction of outbuildings, wood gathering, as well as general property maintenance.