

ONTARIO OFFICE OF THE FIRE MARSHAL (OFM) FIREFIGHTER I CERTIFICATION PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://ofmfirefighter1.examzify.com>



Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

SAMPLE

- 1. Which type of rope is designed for high-stress situations involving potential falls?**
 - A. Kernmantle Rope
 - B. Dynamic Rope
 - C. Static Rope
 - D. Braided Rope
- 2. What is the best knot for creating a closed loop?**
 - A. Bowline
 - B. Figure eight on a bight
 - C. Double fisherman's knot
 - D. Square knot
- 3. Stored pressure water extinguishers are intended for which class of fire?**
 - A. Class B
 - B. Class A
 - C. Class C
 - D. Class K
- 4. Which window type is known for allowing circulation through both the top and bottom due to its design?**
 - A. Single-hung
 - B. Double-hung
 - C. Horizontal sliding
 - D. Awning
- 5. What is the cooling method in fire suppression?**
 - A. Inserting an object into the fire
 - B. Reducing burning material below ignition temperature
 - C. Dispersing the flames
 - D. Using a fire retarding agent

- 6. Which type of door is typically used in both exterior and interior locations, especially in office buildings?**
- A. Glass Doors
 - B. Sliding Doors
 - C. Hollow-Core Doors
 - D. Folding Doors
- 7. What effect does oxygen deficiency have on the human body?**
- A. Decreases respiratory rate
 - B. Increases heart rate
 - C. Causes unconsciousness
 - D. Increases respiratory rate
- 8. What impact can inhaling smoke have on a firefighter's health?**
- A. It may improve lung function
 - B. It poses no significant risk
 - C. It can cause respiratory distress
 - D. It leads to enhanced endurance
- 9. Which NFPA standard specifies the requirements for Wildland firefighting PPE?**
- A. 1980
 - B. 1987
 - C. 1977
 - D. 1952
- 10. Vertical doors are commonly used for which purpose?**
- A. To divide rooms in a residential house
 - B. For loading docks and garage entrances
 - C. As fire barriers in public buildings
 - D. As decorative access points in shopping malls

Answers

SAMPLE

1. B
2. B
3. B
4. B
5. B
6. A
7. D
8. C
9. C
10. B

SAMPLE

Explanations

SAMPLE

1. Which type of rope is designed for high-stress situations involving potential falls?

- A. Kernmantle Rope
- B. Dynamic Rope**
- C. Static Rope
- D. Braided Rope

Dynamic rope is specifically designed for high-stress situations involving potential falls. This type of rope has the ability to stretch, which is crucial when it comes to absorbing energy during a fall. The dynamic properties of this rope allow it to elongate and minimize the impact force on both the climber and the anchor points, making it ideal for climbing, rescue operations, and other scenarios where falls may occur. The construction of dynamic ropes includes a core that can stretch significantly, typically around 25-30% under load, which is key in reducing the risk of injuries caused by sudden fall impacts. This elasticity helps to dissipate the energy of the fall over a longer duration, allowing for a safer descent. In contrast, static ropes are designed for situations where minimal stretch is preferred, such as rappelling or for rescue hoisting applications. They are not suited for situations where shock absorption is necessary. Kernmantle rope, while it can refer to a type of rope construction—comprising a core (kern) and a protective sheath (mantle)—can be either static or dynamic. Thus, it is not exclusively associated with high-stress fall situations like dynamic rope. Braided rope is often used for general-purpose tasks and may not provide the same

2. What is the best knot for creating a closed loop?

- A. Bowline
- B. Figure eight on a bight**
- C. Double fisherman's knot
- D. Square knot

The figure eight on a bight is an excellent choice for creating a closed loop because it is both strong and secure, making it well-suited for various applications in firefighting and rescue scenarios. This knot is tied by doubling the rope back on itself to create a loop and then tying a figure-eight knot with the two strands. One of the key advantages of the figure eight on a bight is that it is easy to untie even after being loaded, which is vital in emergency situations where efficiency is crucial. Its stability and resistance to slipping make it a reliable option when a strong and secure loop is required. In contrast, while the bowline also creates a closed loop, it is primarily used for connecting a loop to a fixed object and is more prone to becoming loose when not under constant tension. The double fisherman's knot is typically used to join two ropes together rather than forming a loop. The square knot is often used for tying two ends of a rope together, but it does not create a secure loop and can come undone under load, making it less suitable for scenarios where safety is a concern.

3. Stored pressure water extinguishers are intended for which class of fire?

- A. Class B
- B. Class A**
- C. Class C
- D. Class K

Stored pressure water extinguishers are designed specifically for Class A fires, which involve ordinary combustible materials such as wood, paper, cloth, rubber, and many plastics. The effectiveness of these extinguishers lies in their ability to cool and quench the fire by soaking the burning materials, removing the heat component of the fire triangle. Class A fires require a water-based suppression method, as water cools and helps prevent the fire from reigniting. The stored pressure design allows for quick deployment and immediate use, making them effective for tackling these types of fires in certain environments, such as residential or light commercial settings. On the other hand, Class B fires involve flammable liquids and gases, which can be exacerbated by water since it may spread the fire. Class C fires involve energized electrical equipment, where using water would pose a risk of electrical shock. Class K fires, associated with cooking oils and fats, typically require special extinguishing agents designed to combat high-temperature grease fires. Therefore, the suitability of stored pressure water extinguishers is confined to Class A fires only, affirming the selection of this answer.

4. Which window type is known for allowing circulation through both the top and bottom due to its design?

- A. Single-hung
- B. Double-hung**
- C. Horizontal sliding
- D. Awning

The correct choice is recognized for its two operable sashes, one on the top and one on the bottom. This design allows both the upper and lower sections of the window to move independently, facilitating airflow. When the lower sash is opened, cool air can enter from the bottom, while warmer air can escape from the top, creating a natural circulation of air. This window type is particularly advantageous in situations where ventilation is crucial, as it provides greater control over airflow compared to other window designs. For example, single-hung windows only allow movement of the bottom sash, limiting ventilation options. Similarly, horizontal sliding windows slide left or right, which can restrict airflow patterns compared to the double-hung design. Awning windows, on the other hand, are hinged at the top and open outward, primarily designed for ventilation while still providing some protection from rain. Thus, the double-hung window stands out for its effective potential in facilitating air exchange within a space.

5. What is the cooling method in fire suppression?

- A. Inserting an object into the fire
- B. Reducing burning material below ignition temperature**
- C. Dispersing the flames
- D. Using a fire retarding agent

The cooling method in fire suppression specifically focuses on reducing the temperature of the burning material to below its ignition temperature. This is essential because for combustion to occur, a material must reach a certain temperature that sustains the chemical reactions of fire. By applying water or other cooling agents, the heat is lowered, which not only quenches the flames but also prevents the potential for reignition. This method is fundamental in firefighting because it effectively removes one of the critical elements of the fire triangle: heat. In contrast, inserting an object into the fire may not necessarily address the heat temperature or extinguish the flames effectively. Dispersing the flames does not directly cool the materials but may only move them around without reducing the temperature. Using fire-retarding agents plays a role in preventing the fire from spreading but doesn't primarily focus on reducing the immediate temperature of the burning material. Each of these methods serves different functions in fire suppression, but cooling specifically involves lowering the temperature to eliminate the fire's source of heat.

6. Which type of door is typically used in both exterior and interior locations, especially in office buildings?

- A. Glass Doors**
- B. Sliding Doors
- C. Hollow-Core Doors
- D. Folding Doors

The choice of a glass door for use in both exterior and interior locations, particularly in office buildings, is based on several functional and aesthetic qualities. Glass doors are often employed for their ability to create an open and inviting space, allowing natural light to flow and maintaining a sense of transparency between different areas. This feature is especially desirable in office environments where communication and visibility between spaces can enhance collaboration. Additionally, glass doors can be designed for security and are generally durable, making them suitable for entryways as well as internal partitioning. Furthermore, glass doors can also be fitted with various types of hardware and safety features, ensuring they meet building codes and accessibility standards. The versatility of glass doors, alongside their modern aesthetic, makes them a popular choice in commercial designs, allowing for both functionality and design coherence in office buildings. In contrast, sliding doors, hollow-core doors, and folding doors serve different purposes or are typically found in specific settings. Sliding doors might be used in areas where space-saving is needed, hollow-core doors are often more appropriate for interior applications where cost efficiency is a concern, and folding doors would generally be utilized in more specialized situations. Thus, glass doors stand out due to their effectiveness in both exterior and interior contexts.

7. What effect does oxygen deficiency have on the human body?

- A. Decreases respiratory rate
- B. Increases heart rate
- C. Causes unconsciousness
- D. Increases respiratory rate**

Oxygen deficiency has significant effects on the human body, particularly in how the respiratory system responds. When the body experiences a lack of oxygen, a physiological reaction occurs that typically involves the respiratory system increasing its activity to compensate for the reduced availability of oxygen in the air. This increased respiratory rate is the body's attempt to draw in more oxygen to meet its metabolic needs. The increase in respiratory activity occurs as the body recognizes it needs to enhance the oxygen intake, which can be a protective mechanism to avoid hypoxia. While other symptoms of oxygen deficiency can include increased heart rate or even potential loss of consciousness if the deficiency becomes severe, the immediate response tends to involve an increase in the respiratory rate as the body tries to respond to the low oxygen availability. Understanding these physiological reactions is crucial for first responders and firefighters as they may encounter environments where oxygen levels are compromised, making the knowledge of these effects vital for safety and health.

8. What impact can inhaling smoke have on a firefighter's health?

- A. It may improve lung function
- B. It poses no significant risk
- C. It can cause respiratory distress**
- D. It leads to enhanced endurance

Inhaling smoke can cause respiratory distress, primarily due to the presence of toxic gases, particulate matter, and other harmful substances that are released during combustion. These substances can irritate the respiratory tract, cause inflammation, and reduce lung function, leading to an array of breathing difficulties. Firefighters are particularly at risk because they are often exposed to smoke during firefighting operations, which can result in short-term effects, such as coughing, shortness of breath, and wheezing, as well as long-term health issues, including chronic respiratory diseases. Understanding the impact of smoke inhalation is crucial for firefighters, as it highlights the importance of using appropriate respiratory protection and monitoring their health over time to prevent serious complications. This knowledge helps in maintaining physical fitness and operational readiness while ensuring safety standards are met during emergency responses.

9. Which NFPA standard specifies the requirements for Wildland firefighting PPE?

- A. 1980
- B. 1987
- C. 1977**
- D. 1952

The National Fire Protection Association (NFPA) standard that outlines the requirements for Wildland firefighting personal protective equipment (PPE) is NFPA 1977. This standard provides specifications for clothing and equipment designed to meet the unique hazards faced during wildland firefighting operations, including protections against heat, flame, and other environmental elements. The importance of NFPA 1977 lies in its focus on ensuring that firefighters have appropriate gear that not only provides safety and comfort but also addresses the specific challenges of wildland environments. The PPE covered by this standard typically includes components like flame-resistant shirts and trousers, gloves, and head protection specifically tested and approved for wildland firefighting conditions. The other NFPA standards listed pertain to different types of firefighting gear or operations and do not address wildland firefighting PPE requirements specifically. For instance, NFPA 1980 deals with emergency services respirators, NFPA 1987 relates to the testing and certification of protective clothing for electrical hazards, and NFPA 1952 focuses on personal protective equipment for technical rescue incidents.

10. Vertical doors are commonly used for which purpose?

- A. To divide rooms in a residential house
- B. For loading docks and garage entrances**
- C. As fire barriers in public buildings
- D. As decorative access points in shopping malls

Vertical doors, often referred to as roll-up doors or vertical lift doors, are designed primarily for functionality in spaces such as loading docks and garage entrances. Their design allows them to open vertically, which is ideal for maximizing space when large vehicles or equipment need to enter or exit. This vertical movement eliminates the need for swinging space that other types of doors require, making them particularly advantageous in areas where every inch of space is valuable. In loading dock applications, these doors provide easy access for trucks and ensure that the interior of the facility remains secure when closed. Their robustness and efficiency in transitioning between indoor and outdoor environments are why they are commonly utilized in these settings. The other options, while related to door usage, do not accurately capture the primary function of vertical doors.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ofmfirefighter1.examzify.com>

We wish you the very best on your exam journey. You've got this!

SAMPLE