

# Pararescue

JOB

**“These things we do . . . that others may live.”**

**The requirements to qualify for Pararescuemen training are tough. The requirements to become a Pararescueman, better known as a PJ, are physically, mentally and technically demanding.**



“It’s often not the most physically fit who make it. It’s the person who is most determined to do the job – the one who is most committed to being a PJ,” said Chief Master Sergeant Jeffrey Curl, 308th Rescue Squadron Pararescueman, who has served for a couple of decades. “Qualifying isn’t easy. It took me two tries before I was accepted into the program.”

The PJs began during the Second World War when medical corpsmen had to be dropped into an aircraft crash site on the China-Burma border to care for the injured. That incident evolved into one of the most elite military missions in our nation’s history.

The creed of the Pararescuemen is “These things we do . . . that others may live.” These men, who frequently serve with Navy Seals and Army Rangers, are trained to rescue those who are in need, offer medical assistance and guide them to safety. They primarily render medical assistance during conflicts, especially to downed pilots in combat zones. At other times, they may assist victims of natural disasters, such as the patients stranded on hospital roofs during Hurricane Katrina or injured hikers in the Cascade Mountains or lost travelers in snow storms.

## Benefits

**In the Air Force Reserve, you are entitled to a wide range of benefits, similar to those on Active Duty.**

- Earn a paycheck – The pay is competitive for part-time and some full-time jobs.
- Get an education – The Air Force Reserve encourages continuing education and offers several programs – Non-contributory Montgomery G.I. Bill, Tuition Assistance, free credits through the Community College of the Air Force (CCAF), and specialized training that can lead to certifications and licenses. There can also be bonuses and incentives for those going into critically needed areas.
- Low-cost health care plan – This new program applies to both the Reservist and immediate family and can significantly reduce the cost of medical care.
- Retirement plan – Military retirement programs are very generous. If you have previously served, your time counts toward your retirement in the Air Force Reserve.
- Commissary and BX Privileges – Military bases offer discounted and tax-free supermarket and department store shopping plus low-cost recreational vehicle rentals.
- Live and serve at home – Serve where you live and transfer to a new location only at your request.
- Maintain rank – If you have previously served in the Air Force or any other branch of the military, chances are you will retain your rank when you join the Air Force Reserve.
- Do the extraordinary – This is an opportunity to meet American heroes accomplishing amazing feats and to become one with them.



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To learn more, call 800-257-1212 or log on to [AFReserve.com](http://AFReserve.com)

**“We can teach you, but you train your body to be a SCUBA diver, parachutist, mountain climber, swimmer, marksman, and certified paramedic. What we can’t teach you is personal commitment. That you bring with you.”**

–CMSgt Jeffrey CurL



## Prerequisites to Enter the PJ Program

- Male only
- U.S. Citizens
- Normal color vision
- Vision in best eye of 20/70, worst eye of 20/100, correctable to 20/20
- High school diploma or GED
- General score of 44 in the Armed Services Vocational Aptitude Battery (ASVAB)
- SECRET security clearance
- Pass a Class III Flight Physical
- Pass a Physical Ability and Stamina Test (PAST). Requirements must be completed in this order:
  - (2) 20 meter underwater swims
  - 500 meter surface swim in 14 minutes
  - 1.5 mile run in less than 10 min. 45 sec.
  - 6 Pull Ups (1 Minute)
  - 45 Sit Ups (2 Minutes)
  - 45 Push Ups (2 Minutes)
  - 45 Flutter-Kicks (2 Minutes)
- Minimum physical profile (PULHES) of 111111
- Strength aptitude of “K” for retention of Air Force Specialty Code (AFSC)

## What Happens Next?

The commitment to getting into shape, maintaining that physical condition and intensely studying for nearly two years is extraordinary. After such training, Pararescuemen continue to serve in the Air Force Reserve, which permit them to live at home, work at civilian careers and serve as part-time Pararescuemen.

## The Training Pipeline

Once accepted into the Pararescuemen, you will receive intensive training and education for 18 to 24 months:

**The Pararescue Indoctrination Course:** A ten-week program at Lackland Air Force Base, this is an intensely physical program, and those who pass move on to specialized PJ training.

**U.S. Army Airborne School:** Three weeks at Ft. Benning, Georgia, to learn and earn parachutist’s wings.

**U.S. Air Force Combat Divers School:** Six-week USAF Combat Diver Course, Panama City, Florida, to become a combat diver and learn SCUBA skills.

**U.S. Navy Underwater Egress Training:** A day at NAS Pensacola to learn how to get out of an aircraft that has ditched in the water.

**U.S. Air Force Basic Survival School:** Two-and-a-half weeks are spent at Fairchild Air Force Base in Washington learning to survive in physically hostile environments.

**U.S. Army Military Free Fall Parachutist School:** Five weeks at Ft. Bragg, North Carolina, and Yuma Proving Grounds, Arizona, concentrating on high altitude, day/night free fall jumps.

**Pararescue EMT-Paramedic Training:** This is an intense 20-week course at Kirtland Air Force Base in New Mexico, leading to paramedic certification through the National Registry.

**Pararescue Recovery Specialist Course:** Another 20 weeks at Kirtland Air Force Base trains participants to use paramedic skills in adverse conditions. After completion, the Maroon Beret of the Pararescuemen is awarded.



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