

FDNY



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THE BEST BENEFITS IN THE WORLD.

The Recruiter

AUGUST 2013

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FDNY Swears in Most Diverse 'Probie' Class



The FDNY celebrated its next generation on July 29 as 318 new probationary firefighters were sworn in at the Fire Academy.

The new class was hailed as the most diverse to attend training in the Department's history, with 66 percent of the class identifying as people of color.

"I am confident each of you will continue the tradition of valor and service," Mayor Michael Bloomberg said.

The probationary firefighters will take part in an 18-week training program, which will include fire suppression and medical response i.e. high-rise fire simulator, subway simulator) hazmat training, collapse and confined space rescue training and auto extrication.

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‘Probie’ Makes FDNY HS History



considered being a firefighter if I didn't attend the FDNY High School."

In addition to playing football, Thomas participated in different FDNY initiatives during his high school career, including the Fire and Emergency Services Explorers Program, to learn more about the career opportunities within the FDNY. The high school, which is housed in Thomas Jefferson High School in Brooklyn, is a small thematic school that includes a special emphasis on the academic, physical and moral rigors of emergency response in its curriculum. It serves students in 9th through 12th grade.

Probationary Firefighter Swain Thomas

When probationary firefighter Swain Thomas entered his freshman year at the FDNY High School for Fire and Life Safety in 2004, he never once thought that he would mark a spot in the school's history.

But when he graduated from the Fire Academy on May 19, he did just that by becoming his alma mater's first firefighter.

"It's truly an honor," Thomas said about his achievement. "Becoming the first firefighter is special to me because it shows that my high school supports its mission. I would have never

"Being a student at the FDNY High School definitely opened my eyes about the FDNY and everything that it does to keep the city safe," said Thomas, who served as a FDNY EMT before completing the most recent promotional exam. "The instructors there were EMTs and firefighters, and they really taught us about why it's so important to help people."

Thomas, 23, is now serving as a probie at Engine 202 in Brooklyn. He plans to join the FDNY Bravest Football Club in the near future.

New Class Sworn in at Fire Academy

Story continued from front page

They also will learn about the fire code and building inspection, as well as procedures for engine and ladder operations.

“The next 18 weeks will be the most difficult of your life and you will be pushed like never before,” said Commissioner Cassano. “You remind every one of us about the hard work it takes to be a New York City firefighter.”

Twenty-seven percent of the class is African-American, 37 percent Hispanic and two percent Asian. The class includes eight women – the most women in a probationary firefighter class since 1982.



Mayor Michael Bloomberg shared words of encouragement with the new probationary firefighters at the Fire Academy on July 29.

**Important
Reminder:**

**The
FDNY's
Candidate
Physical
Ability
Test
(CPAT)
Training is
offered to
firefighter
candidates
in list
number
order as
part of
candidate
process-
ing. For
more in-
formation,
please call
(718) 999-
FDNY
(3369).**

CPAT Training to Resume in September

As part of the FDNY's ongoing efforts to help prepare firefighter candidates for the challenging Candidate Physical Ability Test (CPAT), another round of CPAT Training at Randall's Island will begin on Sept. 23, 2013.

Candidates who are eligible for the program will receive a CPAT Training Information Session invite by mail and e-mail starting on Sept. 6. The information sessions are scheduled for Sept. 16, 17, 19 and 21. Additional information will be included in the September issue of The Recruiter.

The free program allows candidates to practice the eight components of the CPAT, which is one of the core exams that they must pass to be hired as a firefighter. Candidates are contacted to participate in the training in list number order.*

*** Please note that this story is for informational purposes only. To be eligible for the training, your list number must be called.**



Remain Informed!

The **Join FDNY Facebook and Twitter** pages are a great resource for firefighter information and announcements, as well as other Recruitment news. Follow Us!

Tips to Get Firefighter Fit

Possessing superb stamina and strength is essential to saving lives as a FDNY firefighter. Below are few helpful tips that all firefighter candidates can utilize to help ensure that they are in excellent physical condition. *

- **Commit to Be Fit!** Make sure you exercise at least four days a week.
- **Boost Your Cardio!** Complete exercises that get your heart pumping. Running, stair climbing, swimming and biking are all ways to enhance your cardiovascular fitness. Superb cardio health is a must for all firefighters.
- **Break a Sweat!** The 18-week Fire Academy is intense, so all candidates should workout at a fast pace **NOW** to help prepare for the challenging physical fitness training that is ahead.
- **Build Your Strength!** Include sets of push-ups, sit-ups, pull-ups, squats, bench presses and jumping jacks in your routine to build your strength. Firefighters need to have outstanding upper body and leg strength.

* **All firefighter candidates should consult their physician before starting any exercise program.**

Firefighter 101: A Standpipe System

A standpipe system is a rigid piping system that firefighters use to send water into buildings. It is often installed in locations that are difficult to reach, which includes hospitals, high rise residential or office buildings and stadiums. A wet standpipe system contains water, whereas a dry standpipe system needs to be charged by a fire engine.

RECRUITMENT CORNER

FDNY HS Alumni Train at EMS Academy



For 13 former FDNY High School for Fire and Life Safety students, the summer season has been dedicated to becoming career ready.

As participants in the FDNY's Summer Scholarship Program, the teens are currently training five days a week to become certified emergency medical technicians at Fort Totten in Queens.

The free course, which features both lecture and practical sessions, will educate each trainee about providing proper and extensive pre-hospital medical care.

Upon completion of the class, the teens will be eligible to take the New York State Emergency Medical Technician Examination in August.