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## Meet 'Probie' Melissa Bennett



Probationary Firefighter Melissa Bennett was one of four female firefighters who graduated from the Fire Academy in December.

Probationary Firefighter Melissa Bennett said she is always up for a true challenge. After serving as an FDNY EMT in Brooklyn for two years, she recalled, that in 2011, she came across a career challenge that she simply couldn't refuse.

The challenge required bravery, selflessness, physical fitness and dedication. The challenge was also a non-traditional one for women.

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# 'Probie' Helps to Break Down Career Barrier

Story continued from front page

And that challenge was: Becoming a New York City Firefighter.

"I always wanted to work at a job where I am helping people each day and being a FDNY firefighter allows me to do that, but in a very different way," Bennett explained. "Being a female firefighter is different and I like being different. This job was a great challenge for me and I'm glad I pursued it."

To prepare for the 18-week Fire Academy, Bennett noted that four to five times a week she ran three miles, completed sets of calisthenics, and hit the gym. While at the Academy, she said using flashcards helped her to remember the firefighter curriculum and pass the challenging exams. She offered the following advice to future "probies:"

"The Fire Academy is all about hard work and you really have to be mentally and physically prepared for it," she said. "The Academy is a great experience, but you have to stay humble, listen, and follow directions if you want to succeed at the training."

On December 5, 2013, Bennett graduated from the Academy with 241 of her fellow outstanding probies. In addition, she was one of four female firefighters to graduate on that special day.

She is now serving as one of New York's Bravest at Engine 257 in Brooklyn.

## Visit Us on Social Media

Have an FDNY hiring question that you need answered? Don't forget to visit the **Join FDNY Facebook** and **Twitter** pages for assistance.

We are here to help you.

**Follow Us!**

# Learn the FDNY Core Values

As you prepare to serve as one of New York's Bravest, please remember that you will be required to uphold the following **Core Values**:

- **SERVICE**- The Department continues its unwavering call to protect and serve.
- **BRAVERY**- Bravery is the ability to overcome fear through fortitude, instinct, compassion for others and training.
- **SAFETY**-We strive to keep our citizens free from danger, especially deliberate, harmful acts. With the best equipment and training, the Department can reduce the risk to the public and its members at fires, emergencies and medical incidents.
- **HONOR**-The enormous commitment necessary to perform the Department's tasks requires excellence of character. We inspire each other through pride in our unit, which is a belief that every action reflects on all the members of the unit, both past and present.
- **DEDICATION**-A commitment to the objectives of our mission is an essential part of our code of conduct. The faithful observance of duty calls for us to fulfill our obligations professionally and honestly.
- **PREPAREDNESS**-By combining all of the components of our core values, the FDNY will maintain its constant state of readiness to meet all threats and challenges, traditional and new.



# Be Prepared for CPAT Training

The FDNY offers a free Candidate Physical Ability Test (CPAT) Training program at Randall's Island to help firefighter hopefuls perform their best on the challenging physical exam. The training allows candidates to practice the exam's eight evolutions — the Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull — each week.

All training participants should remember the following guidelines to ensure that they succeed during the program:

- Get sufficient rest the night before each session
- Eat a balanced meal at least two hours before each session
- Arrive to each session 10-15 minutes early
- Bring your identification and CPAT Preparation Program Card with you to every session
- Bring water with you to each session to help ensure that you remain hydrated
- Attend each session ready to listen, learn, cooperate and work hard

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



# Firefighter 101: Conduction vs. Convection

At the Fire Academy, “probies” learn all about the chemistry of fire, which includes the difference between **Conduction** and **Convection**.

**Conduction** is the transfer of heat from one point to another through a solid medium, whereas **Convection** is the transfer of heat by the movement of air or liquid.

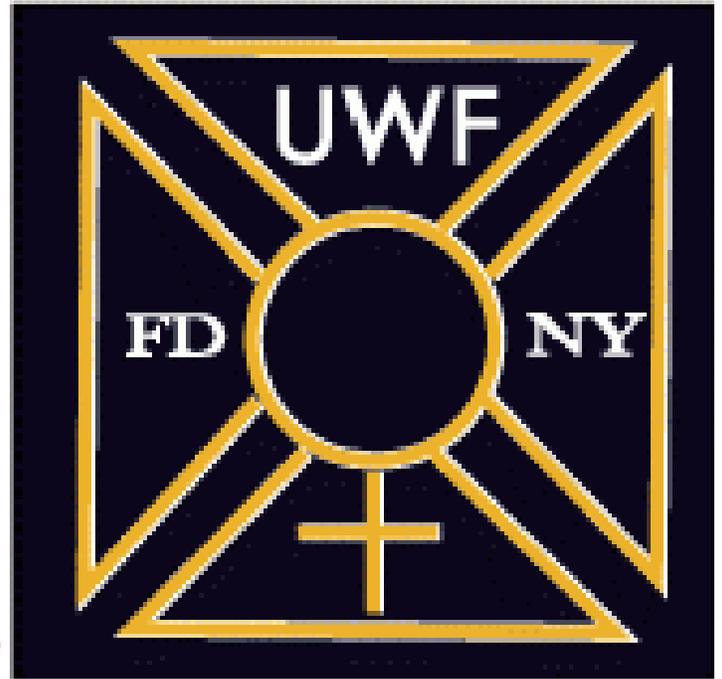
## Check Out Our Firefighter Candidate Prep Corner

Visit our **Firefighter Candidate Resources** page on the FDNY website. The page features detailed videos, training tips, study guides and other information that will help all firefighter candidates prepare for the Candidate Physical Ability Test (CPAT) and the Fire Academy. **Get READY!**

[www.nyc.gov/html/fdny/html/units/recruitment/cand\\_prep/introduction.shtml](http://www.nyc.gov/html/fdny/html/units/recruitment/cand_prep/introduction.shtml)

# UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in February at the New York Sports Club on Wall Street in New York City. The club is located at 30 Wall Street, New York, NY 10005. To be eligible to participate, every candidate must have a gym lock, at least a 50 pound vest, fitness clothes and sneakers, water and a medical waiver. In addition, every candidate should attend the training properly hydrated and fueled and ready for an intense workout. Please note that these workout sessions are designed to prepare candidates for the physical training at the Fire Academy. To register for the sessions, please e-mail [womenrecruitfdny-subscribe@yahoogroup.com](mailto:womenrecruitfdny-subscribe@yahoogroup.com).



## February 2014 UWF Training Schedule

**Feb. 9, 16 and 23 at 12 p.m.**

**Feb. 11, 18 and 25 at 7:30 p.m.**