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Aspiring Firefighters from around New York City were able to train like one of New York's Bravest on June 6 and 27 as participants in the Office of Recruitment and Diversity's Outreach Events.

During both events, the Firefighter hopefuls completed evolutions, physical training sessions, as well as participated in questions and answer sessions with FDNY Firefighters.

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FDNY Hosts Two Firefighter Outreach Events

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FDNY Chief of Probationary Firefighter School David Morkal discussed Fire Academy training with aspiring Firefighters during the Recruitment Outreach Event on June 6.

These latest events are part of the Department's ongoing efforts to educate New York City residents about the Firefighter career.

#CPATTraining

#FFCMP

#FutureFirefighters



Meet 'Probie' Jeremy Niland

In 2007, FDNY Probationary Firefighter Jeremy Niland received medical attention from FDNY members for a concussion he sustained in an accident. It was this experience, he said, that inspired him to pursue a career as a New York City Firefighter.

“There are just some experiences in life that you don’t forget and I will never forget how the FDNY helped me in my time of need,” he said. “Now it’s my



FDNY Probationary Firefighter Jeremy Niland center, celebrated his graduation from the Fire Academy on May 5 with his wife, Jessica, left, and his daughter Bria.

turn to help others as a member of this Department.”

Niland also noted that he made it a priority to prepare for the rigorous 18-week training at the Fire Academy while he was a Fire-

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Meet 'Probie' Jeremy Niland

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fighter Candidate. He visited his Firefighter Candidate Mentorship Program (FFCMP) Mentor Gregory LaRoche's firehouse, Engine 319, in Queens to learn about the fire apparatus, fire equipment and firehouse life. In addition, he hired a personal trainer, completed weight training four times a week and cardio exercises seven days a week.

“When it comes to the Fire Academy, I think it's important to remember that it's very intense work for almost eight hours and advanced preparation goes a long way,” said Niland, who previously served as a New York City Inspector. “Throughout the day, you're carrying equipment, completing evolutions, completing physical training, learning new information in the academic classes and you really have to be in excellent shape to get through all of that training.”

And all of his hard work paid off when he graduated from the Fire Academy on May 5 as a member of Academy Class 3 of 2014. He now serves the city at Ladder 162 in Queens and he noted, that he never takes for granted that he has the best job in the world.

“Becoming a New York City Firefighter was very humbling for me, because I became a part of something so significant,” Niland said. “This is a very important job, because we're helping people every day and I'm humbled to be working for such a great Department.”



Visit Join FDNY at the FDNY 150 Block Parties

As part of the FDNY's 150th Anniversary celebration, our recruiters will attend the FDNY 150 Block Parties throughout the summer. Come celebrate a milestone year with the FDNY and learn about all of our great



careers. Check out the Community Calendar on our website for the schedule: <http://on.nyc.gov/1C9hxGV>.



Follow Join FDNY



YouTube



FDNY Celebrates Pride Month



#JoinFDNY



Members of FDNY Recruitment celebrated Pride Month in June by attending a host of LBGQTQ events throughout New York City. The month-long celebration concluded on June 28 with our members marching in the New York City Gay Pride Parade along Fifth Avenue. Check out additional photos from the parade on Flickr: <https://www.flickr.com/photos/joinfdny>.

Firefighter 101: Self Contained Breathing Apparatus (SCBA)

The Self Contained Breathing Apparatus (SCBA) is designed to protect Firefighters against the Immediate Dangerous to Life and Health (IDLH) atmosphere. The FDNY currently uses the NFPA 2007 Edition, Scott 4.5 Positive Pressure SCBA. This SCBA meets the approval of the National Fire Protection Association (NFPA), Occupational Safety and Health Administration (OSHA) and National Institute for Occupational Safety and Health (NIOSH). Use of the SCBA is regulated by the U.S. Department of Labor Safety and Health Act and together with full firefighting clothing, makes it a part of the framework of FDNY Firefighters' Personal Protective Equipment (PPE). Want to read more about this topic? Check out the "Probie" Manual on our website. <http://on.nyc.gov/1Kea0tF>

Don't Procrastinate! Start studying today to get ready for the *Fire Academy!* ■

Train FDNY Style

Preparing for the FDNY Fire Academy? Don't forget that there are two Probationary Firefighter School Physical Training Session videos on the Join FDNY You Tube page. Check it out TODAY and start training like a Probationary Firefighter! <http://bit.ly/1Dizfuy> <http://bit.ly/1uFY6XQ>

UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in August 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 bring 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 UWF President Sarinya Srisakul at sarinyyya@yahoo.com.

August 2015 UWF Training Schedule

August 2, 9, 16, 23 and 30 at 12 p.m.

August 6, 13, 20 and 27 at 7:30 p.m.

RECRUITMENT CORNER

FDNY YWDI Students Continue Their Success

June was a very special month for the Office of Recruitment and Diversity's Youth Workforce Development Initiative (YWDI).



Forty-five students graduated from the FDNY High School for Fire and Life Safety on June 25.

On June 25, 45 students graduated from the FDNY High School for Fire and Life Safety. This is the eighth class

to graduate from the Brooklyn school, which provides a rigorous educational program to students in 9th to 12th grade, with a special emphasis on the academic, physical and moral rigors of emergency response.

This year's graduating class includes six students who will enter the FDNY's EMT Certification Program at the EMS Academy at Fort Totten in Queens in July, with two more

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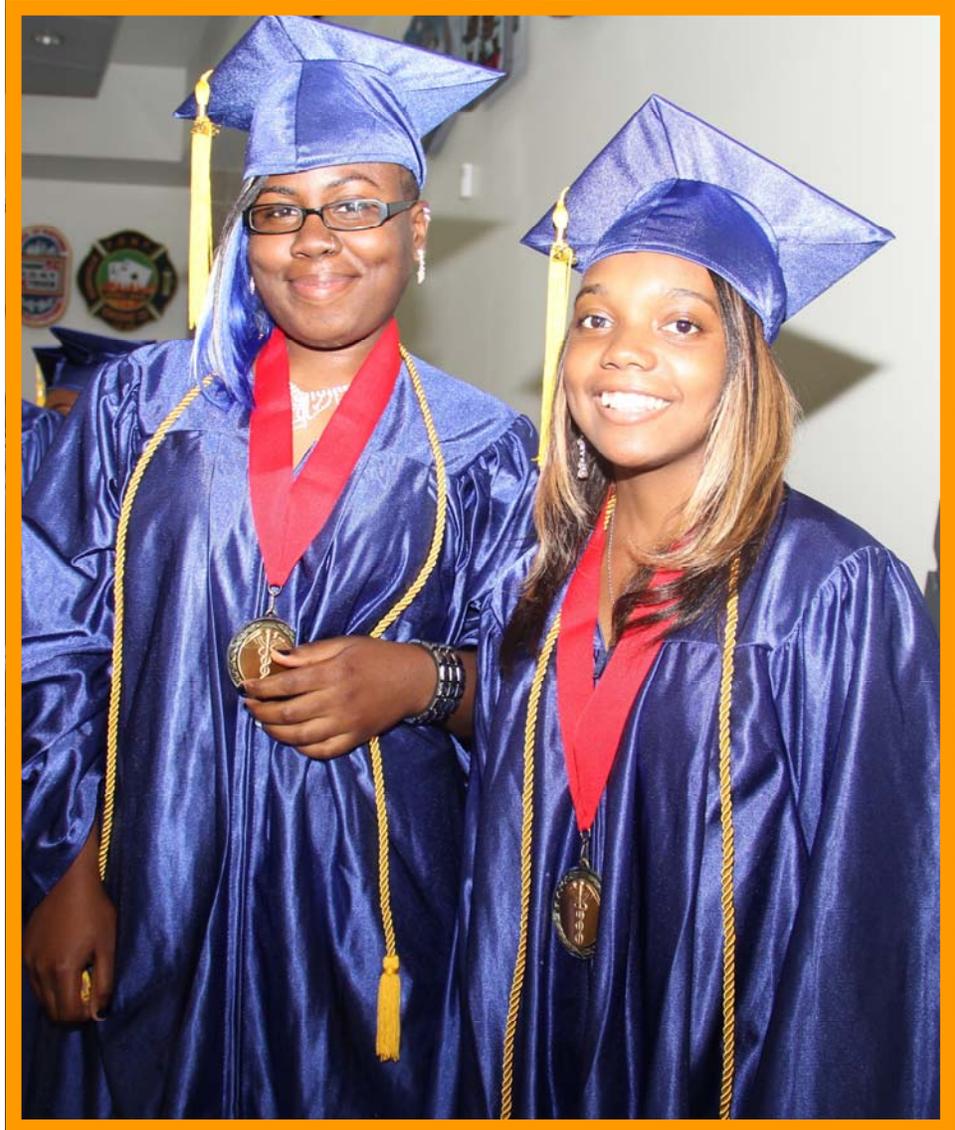
FDNY YWDI Students Continue Their Success

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scheduled to participate in the winter session later this year.

In addition, 31 students will attend college in the fall and one student will be serving in the United States Armed Forces.

This year's Valedictorian Award was presented to Iyana Curtis, right, and student India Glover earned the Salutatorian Award, left. The two academic achievers, along with 14 of their fellow graduates, were also the recipients of the 2015



Senior Awards for their exceptional success during high school.

And on June 29, 23 YWDI students celebrated their completion of the latest winter session of the EMT Certi-

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FDNY YWDI Students Continue Their Success

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FDNY Fire Commissioner Daniel Nigro, center, congratulated the Youth Workforce Development Initiative students for completing the FDNY EMS Academy's EMT Basic Course during a special ceremony on June 29.

ification Program at the EMS Academy during a special ceremony at the Department's Headquarters in Brooklyn.

For six months, the YWDI students trained in life-saving skills, physical fitness, trauma and cardiac emergencies, patient assessment, Hazmat and much more as part of the program. In addition, 21 students in this group became New York State certified EMTs on June 18.

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FDNY YWDI Students Continue Their Success

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“Before you tonight are not just any group of EMTs, these are top flight EMTs,” said Assistant Commissioner for the Office of Recruitment and Diversity Michele

Maglione, who served as the ceremony’s keynote speaker. “These EMTs are taught by ‘The Best’ to be the best.”

The YWDI includes alumni from both the



high school and FDNY Fire and Emergency Medical Services Exploring Program. To date, 138 YWDI alumni members have become New York State certified EMTs and 35 members are working for the Department.

The initiative is largely funded by the FDNY Foundation, the official non-profit organization of the FDNY.

#FDNYHS #FDNYExplorers