

# FDNY



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# The Recruiter

JULY 2013

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## Meet 'Probies' Matthew Cook and Thomas Staubitser

FDNY probationary firefighters Matthew Cook, left, and Thomas Staubitser were honored at Medal Day in June.



There is no doubt that “The Dynamic Duo” is the best nickname for FDNY probationary firefighters Matthew Cook and Thomas Staubitser.

While serving as FDNY EMTs in Manhattan on March 28, 2012, Cook and Staubitser saved the lives of hundreds of people by disabling a disoriented motorist’s vehicle after it careened towards a crowded intersection.

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## Firefighter

## Exam

## Update

We are pleased to announce that we are continuing our processing for Promotional Exam #2500 candidates and we have started processing candidates from the Open Competitive Exam #2000 for hire. We expect to hire 600 firefighters per year over the next four years, drawing first from the Promotional list and then the Open Competitive list.

## Important Reminder:

Please note that our Probationary Firefighter Curriculum is posted on the Recruitment page of our website. All firefighter candidates should review the curriculum on a daily basis to help prepare for the challenging Fire Academy.

# Lt. Cacciola Talks Fire Academy Fitness



FDNY Lt. Michael Cacciola leads probationary firefighter training at the Fire Academy at Randall's Island in New York City.

**EDITOR'S NOTE:** *Lt. Michael Cacciola is the FDNY's Director of Health and Fitness.*

**The Recruiter:** Why is it important for probationary firefighters to be in excellent physical shape for the Fire Academy?

**Lt. Michael Cacciola:** We expect our 'probies' to be in tip-top shape because starting on the first day of the Fire Academy, they have to be able to handle the intense level of firefighter training. The Fire Academy is eighteen weeks and there is absolutely no time for us to get them in shape for that kind of training. We start at a high level of training on the very first day and the intensity just progresses each day. Also, our probies train with firefighter gear and equipment that weighs one hundred pounds, so they have to possess the proper physical fitness that will allow them to complete all of the required firefighting related tasks while wearing the gear and equipment.

**Story continues on the next page**

# FDNY: Candidates Must Commit to Being Fit

Story continued from Page 2

**TR: On a scale of one to ten, how much does the Candidate Physical Ability Test (CPAT) prepare candidates for the Fire Academy?**

**LMC:** I would say about a four, because the CPAT is basically a ten minute event and then the candidates are finished. At the Fire Academy, our probies go to and from different classes that involve different evolutions where they are required to train for extended periods of time throughout the day. Probies can be in a class for an hour and a half where they are performing up to forty minutes at a time. Of course, they don't train every single minute of the day, but basically probie school is nine hours of intense training each day for eighteen weeks. Also, during the CPAT, the candidates wear a fifty pound vest while they are completing the evolutions and a seventy-five pound vest during the Stair Climb, whereas at the Fire Academy, probies train with bunker gear and equipment that weighs one hundred pounds. The physical fitness demands at the Academy are at a high level.

**TR: How often should candidates exercise each week to better prepare for the Fire Academy?**

**LMC:** What the candidates have to remember is that they must main a high level of fitness if they want to be a FDNY firefighter. The workout routine depends on the individual, but we recommend that all candidates engage in cardiovascular exercises four to five days a week, with running being two to three of those days.\* Running is predominately how we complete our cardiovascular training here at the Fire Academy because we train large amounts of probies in each class. Also, if candidates are using a treadmill to complete their running workout, we recommend that they transition from the treadmill to solid ground because we run on the hard surface at the Academy.

**TR: Are there nutrition guidelines that candidates should follow as well?**

**LMC:** Absolutely. In addition to being in great shape, we always tell our candidates and probies that they should have a well-rounded and nutritionally-sound diet. In other words, they must have a combination of the three macronutrients — proteins, fats and carbohydrates — at every meal and it should be properly proportioned.\* Excellent nutrition is also essential to succeeding at the Fire Academy.

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

# 'Probies' Honored at 2013 Medal Day

## Story continued from front page

At 5:45 p.m. that day, they were flagged by a NYPD traffic cop, who said a man appeared to be having a seizure in a vehicle a few cars ahead. Concerned for the safety of the driver and those around him, the two boxed in the vehicle with their ambulance so it could not move forward.

As they were radioing dispatch to notify them of the situation, the man stepped on the gas, striking and sideswiping the ambulance, and then pulled into the left lane's oncoming traffic. While the vehicle was still in motion, Cook, 26, tried to reach through the crack in the window to grab the steering wheel as Staubitser tried to open the car doors. Both attempts were unsuccessful, so Staubitser, 23, tried to kick in the door of the car while Cook tried to break the window. After Cook broke the window, the two were able to stop the vehicle, put it in park and assess the patient, who appeared to be in an altered mental state rather than suffering from a seizure.

"I used my center punch on the car window and it shattered," Cook recalled. "Then 'Tommy' helped me steer the car to the side of the street and we stopped the car before it reached an intersection and a park filled with people."

"'Matt' and I just did what we could to stop the car and help the driver," added Staubitser, who is the son of retired Engine 298 Firefighter Thomas Staubitser. "We were in the right place at the right time."

During the FDNY's Medal Day on June 5, Mayor Michael Bloomberg and FDNY Fire Commissioner Salvatore Cassano recognized the heroic actions of the former EMTs by presenting them with the Lieutenant Kirby McElhearn Medal.

Cook and Staubitser graduated from the Fire Academy on May 17. They are now serving as probies at Engine 157 in Staten Island and Engine 202 in Brooklyn, respectively.

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# Firefighter Hopefuls Meet Their Mentors

**S**aving lives, physical fitness and teamwork were a few of the many topics discussed during the latest sessions of the FDNY's Firefighter Candidate Mentorship Program Meet and Greets. The Office of Recruitment and Diversity hosted five sessions for candidates at the FDNY's Headquarters in Brooklyn in June to help them meet their mentors and learn more about what it takes to serve as one of New York's Bravest.

During the sessions, Director of Health and Physical Fitness Lt. Michael Cacciola led an in-depth discussion about the intense physical requirements that "probies" have to meet to complete the 18-week training at the Fire Academy. In addition, the candidates were able to participate in a question and answer session with senior mentors and view Engine 207's apparatus.

The program currently pairs Exam #2000 candidates with existing firefighters who can help to answer questions that they have about the firefighter career. The mentors will continue to assist the candidates throughout their hiring process, and if they become probationary firefighters, during the Fire Academy. Candidates are contacted to participate in the program in list number order.



## RECRUITMENT CORNER

# FDNY HS Students Graduate



Friends and family gathered at the Fire Academy on June 21 to celebrate a huge milestone in 52 young lives – their high school graduation. The students are the sixth class to graduate from the FDNY High School for Fire and Life Safety in Brooklyn.

“Everyone is here today because they believe in you, care about you and want to see you succeed,” Fire Commissioner Salvatore Cassano said.

He also noted that one of the high school’s past graduates, Swain Thomas, became a FDNY EMT and then went on to graduate from probationary firefighter school on May 17.

The high school is part of the City’s small schools initiative. Housed in Thomas Jefferson High School in East New York, the school provides a rigorous academic program with a special emphasis on the academic, physical and moral rigors of emergency response.