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To learn about the opportunities that the FDNY offers to help Firefighter Candidates prepare for the job, hundreds of Candidates attended one of six information sessions at the FDNY Fire Academy in New York City in October.

During the Candidate Physical Ability Test (CPAT) Training presentation, Chief of Probationary Firefighter School David Morkal outlined the program's goals and schedule, as well as highlighted the FDNY's Firefighter physical fitness expectations.

The free program, which is held at Randall's Island five days a week, allows candidates to practice the physical exam's Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and **Story continues on page 2**

Firefighter Candidates Attend Information Sessions

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Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull evolutions.

During each Information Session, the aspiring firefighters were also encouraged to join the FDNY's Firefighter Candidate Mentorship Program (FFCMP), which is currently preparing for its sixth round. The initiative pairs Firefighter Candidates with existing firefighters who can help to answer any questions that they have about the Firefighter hiring process and career. The Mentors remain available to their Mentees during the hiring process, and if their Mentees are accepted into the Fire Academy, throughout the 18-week training.

Candidates are contacted in list number order to participate in both programs. If you're a Firefighter Candidate whose list number has been called for processing, don't forget to register for these programs.

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

*** Please note that this story is for informational purposes only. Candidates are contacted in list number order to participate in CPAT Training. To be eligible for the program, your list number must be called.**

Meet 'Probie' Henry Liang



As a teenager growing up in Sunset Park in Brooklyn, Probationary Firefighter Henry Liang recalled that he became inspired each time he would see a FDNY engine pass through his neighborhood. Since then, he explained, becoming one of New York's Bravest has always been one of his dreams.

And on May 5, 2015, he brought that dream to fruition when he graduated from the Fire Academy as a member of Class 3 of 2014.

"I always wanted join the FDNY as a Firefighter, because Firefighters help people every day and make a difference in the communities they serve," he said. "Joining this Department is really a dream come true for me."

Liang also noted that he trained extensively in preparation for the Academy. His workout routine included strength, circuit, cardio

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FDNY Probationary Firefighter Henry Liang participated in the FDNY’s Fitness Awareness Program at the Fire Academy in New York City, while he was a Firefighter Candidate. During the program, he completed exercises that are part of the physical training at the Department’s 18-week Fire Academy.

and plyometrics training at least five times a week. While he was a Firefighter Candidate, Liang also trained with the Department’s Fitness instructors at the Fitness Awareness Program (FAP).

“After going to my first FAP session, I realized that I had to step up my training to help get ready for the Academy,” he explained. “We trained hard in those sessions and we learned a lot about the workouts at the Academy.”

During the Academy, Liang said he learned all about teamwork and how nearly every decision affects

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the group. That important lesson, he said, directly applies to the work that Firefighters complete each day.

“When you’re training at the Academy, you learn very quickly that this job is not about the individual,” he said. “It’s all about teamwork and working hard together and it’s the same way in the firehouse. We’re a family and we work together to help people.”

Liang, 27, is also a member of the FDNY Phoenix Society, one of the FDNY’s Affinity Societies, which helps to develop a cultural bridge between the FDNY and the Asian communities it serves. As a member, he said he plans to help with educating kids throughout the city about the FDNY and the importance of helping others.

The “Probie” is proudly serving New York City at Engine 9 in Chinatown. ■

Share Your #CPATTraining Selfie

Headed to your Candidate Physical Ability Test (CPAT) Training Session? Share your #CPATTraining selfie with Join FDNY on [Facebook](#), [Twitter](#), [Instagram](#) and/or [Flickr](#). Show us how you are getting ready to become one of New York’s Bravest by attending your CPAT Training sessions.

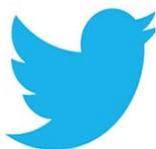
Join FDNY in the Community

Join FDNY participated in the 13th Annual China Day Cultural Festival and Children's Lantern Parade in Brooklyn on Oct. 18.

Our recruiters met with the future firefighters and future EMS members at that event to help them learn more about the many careers at the New York City Fire Department.



Follow Join FDNY



YouTube



Firefighter 101: Foam

Foam is an agent designed for certain unusual type incidents. There are two main categories of foam in use at the New York City Fire Department: Low Expansion Foams and High Expansion Foams. Low Expansion Foams are extremely useful on fires and spills involving flammable and combustible liquids. They provide extinguishment and vapor control when properly selected and applied. High Expansion Foams are intended to fight fires of class "A" combustible materials in areas that are inaccessible to firefighters, such as cellars and ship holds. High expansion foam is not suitable for use on outdoor flammable liquids fires. Want to learn more about this topic? Visit our website: [http:// on.nyc.gov/1Kea0tF](http://on.nyc.gov/1Kea0tF).

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

A New BHS Manual is Live on our Website

Attention FDNY Firefighter Candidates: In addition to the "Probie" Manual, exercise videos and program fact sheets, the Firefighter Candidate Resources Page now also has a Bureau of Health Services Guidance Manual to help you prepare for your medical exam. Check it out: <http://on.nyc.gov/1qKedxu>.

UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women Firefighter Candidates in November 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 womenrecruitsfdny@yahoogroups.com.

November 2015 UWF Training Schedule

November 3, 10, 17 and 24 at 7:30 p.m.

November 5, 12, 19 and 26 at 7:30 p.m.

November 8, 15, 22 and 29 at 12 p.m.

RECRUITMENT CORNER

FDNY HS Hosts Open House for Future Freshmen



The FDNY High School for Fire and Life Safety hosted an Open House for families throughout the New York City area on Oct. 22.

As part of the event, interested applicants and their families were able to learn more about the school's courses, programs, expectations, sports, students and alumni.

In addition, the attendees were able to discuss career opportunities within the New York City Fire Department with Assistant Commissioner for Recruitment and Diversity Michele Maglione and Director of Youth Workforce De-

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RECRUITMENT CORNER

FDNY HS Hosts Open House for Future Freshmen

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velopment Initiatives Brandon Mahon.

The school, which is housed in the Thomas Jefferson High School Campus in Brooklyn, is a small thematic school that educates students from 9th to 12th grade, while introducing them to careers as Firefighters, Paramedics and EMTs. It is largely funded by the FDNY Foundation, the official non-profit organization of the FDNY.

For more information about the high school, please visit www.nyc.gov/fdny and click on employment opportunities.