

INSIDE THIS ISSUE:

CPAT
Training to
Resume in
January

Get
Firefighter
Fit for the
New Year

UWF to
Host
Workout
Sessions

FDNY Graduates 242 Firefighters

FDNY members welcomed 242 outstanding new Probationary Firefighters on Dec. 5.

“I’m confident that this graduating class is as prepared as any to make their own contributions to the storied legacy of the New York City Fire Department,” Mayor Michael Bloomberg said during the ceremony at the Christian Cultural Center in Brooklyn. “It’s an honor to be your mayor. Thank you for your service, and congratulations on reaching this milestone.”



Another class of FDNY Probationary Firefighters graduated on Dec. 5.

This class was noted to be the most diverse in FDNY history, with 62 percent of its members identifying as people of color.

Story continues on Page 2

‘Probies’ Graduate from the Fire Academy

Story continued from front page

In addition, the class included four female graduates, which marks 12 female firefighters from the last three probie classes.

“You’ve proven to your instructors that you have what it takes to be New York City firefighters, and, just as importantly, you proved it to yourselves as well,” Fire Commissioner Salvatore Cassano said.

Also among the graduates were 35 who served in the military and eight who had a family member who died in the line of duty.

Probationary Firefighter Connor Geraghty, whose father, Chief Ed Geraghty died on Sept. 11, 2001, was named Valedictorian of the class. The Salutatorian was Probationary Firefighter Sean McCarthy and the Physical Fitness Award was given to Probationary Firefighter Fernando Rodrigues.

“This is the culmination of an 18-week journey, we started as strangers and became brothers and sisters,” Probationary Firefighter Geraghty said.

He described his father as modest, remembering a stamp on his desk that read, ‘Stay Humble, Stay Teachable.’ The new FDNY member said he always wanted to become a firefighter, and “We have, without a doubt, hit the lotto with this job.”

Probationary Firefighter Dwayne Hill, who previously served in Iraq with the U.S. Army, agreed, saying, “[The Fire Department] feels like family.” He then added, “I served my country, now I’m looking forward to serving my city, too.”

Looking around the room, Probationary Firefighter Stephen Howard described his happiness simply, “I still feel like I’m dreaming.”

Meet 'Probie' Fernando Rodrigues

FDNY Probationary Firefighter Fernando Rodrigues certainly ended 2013 on an accomplished note. Not only is he one of 242 "probies" who graduated from the Fire Academy in December, he is also the Academy's latest Physical Fitness Award recipient.

For the past decade, Rodrigues, 31, has worked as a personal trainer, which, he explained, has enabled him to develop a true passion for health and fitness. To prepare for the Academy, he exercised intensely six times a week, which included calisthenics and running, as well as weight, interval and circuit training.

Therefore, it is no surprise that he attained the highest score in the push-ups, pull-ups, sit-ups and the one



and a half mile run at the Academy to earn the firefighter fitness accolade.

And Rodrigues offered the following words of wisdom to future probies: "If you want to work as an FDNY firefighter, which is a physical and dangerous job, you have to embody a physical wellness type of lifestyle," he said.

Story continues on Page 4

‘Probie’ Earns Physical Fitness Award

Story continued from Page 3

“You can’t just come to the Fire Academy and expect to get in shape. You have to come to the Academy in great shape and be ready to learn and work hard every day.”

He also noted that the academic training at the Academy is “very detailed” and that “studying the Probationary Firefighter Manual in advance” will help each probie succeed on the challenging exams.

In addition, Rodrigues is a mentee in the FDNY’s Firefighter Candidate Mentorship Program. The probie said his mentor, Firefighter Joy Flores, helped him to learn all about the training at the Academy, the role of a probationary firefighter and FDNY fire-house life. The program, which is now beginning its second round, pairs candidates with existing firefighters who can provide guidance to them during their hiring process and, if they become probies, throughout the Academy.

Rodrigues is now serving as one of New York’s Bravest at Engine 315 in Queens.

“I’m honored to be working as a firefighter, because I get to help people improve their quality of life and that’s very important,” he said. “Working in the FDNY has been a really great experience for me. The FDNY is all about family and camaraderie and being an FDNY firefighter is really a great job.”

Get Firefighter Fit in 2014

The new year is here and there is no time like the present for all firefighter candidates to select **Become Firefighter Fit** as their **New Year's Resolution**. All candidates should remember that the FDNY expects you to arrive to the Fire Academy in excellent physical condition. You must be ready for the challenging training starting on **DAY ONE**. Below are a few exercise tips that will help all firefighter candidates improve their firefighter fitness.*

- **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.

Follow Join FDNY

The **Join FDNY Facebook** and **Twitter** pages are great resources for the latest firefighter information and announcements. **Follow Us!**

UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training for women firefighter candidates in January 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@yahooogroup.com.



January 2014 UWF Training Schedule

Jan. 19 and 26 at 12 p.m.

Jan. 21 and 28 at 7:30 p.m.

Another Round of CPAT Training Coming Soon



As participants in the FDNY's Candidate Physical Ability Test (CPAT) Training at Randall's Island, candidates practice components of the challenging exam including the Stair Climb.

The FDNY is currently gearing up for another round of Candidate Physical Ability Test (CPAT) Training at Randall's Island. The first session is scheduled to begin on January 20, 2014.

The free training, which is held five days a week, allows candidates to practice the physical exam's Stair Climb, Hose Drag, Equipment Carry, Ladder Raise and Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull evolutions.

Candidates who are eligible for this latest round of training will receive a CPAT Training Information Session invite by mail and e-mail.*

If you are a firefighter candidate who is completing processing, the FDNY strongly encourages you to participate in this important physical preparation program.

*** 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.**

Firefighter 101: A Hydra Ram

A Hydra Ram is a hydraulically-operated forcible entry tool that FDNY Ladder Companies use mostly for the inward and outward opening of doors. In addition to exerting a maximum of 10,000 pounds of force, this tool can be used under water.



Visit the Firefighter Candidate Resources Page

Don't forget to visit the **NEW Firefighter Candidate Resources page** on the FDNY website. The information in this section will help all aspiring FDNY firefighters prepare for the **Candidate Physical Ability Test (CPAT)** and the **Fire Academy**. The page has detailed videos, training tips, study guides and more.

START PREPARING NOW!

www.nyc.gov/html/fdny/html/units/recruitment/cand_prep/introduction.shtml

RECRUITMENT CORNER

FDNY HS Alumni Graduate from the EMS Academy



Friends and family cheered as 161 FDNY paramedics and EMTs graduated from the Academy on Dec. 6. The graduating class included FDNY High School for Fire and Life Safety alumni, from left, Derrick Henderson, Jose Pacheco, Christopher Parente, Ezequiel Rodriguez and Malaysia Wheelless.

“It makes me so proud to stand here looking out at all of you, and realize the tremendous commitment, dedication and perseverance it took for you to reach this moment,” Fire Commissioner Salvatore Cassano said during the ceremony at the Christian Cultural Center. “You have the best training possible, and you have that drive and motivation to make a difference in this city on every tour.”

“Your greatness can come from simply improving a patient’s quality of life,” added Chief of EMS Abdo Nahmod, who poignantly quoted Nelson Mandela in his speech. “We all wish you a lot of luck in the field. We know you’ll do a great job.”

Story continues on Page 10

RECRUITMENT CORNER

HS Alumni Celebrate EMS Academy Graduation



The FDNY High School for Fire and Life Safety, 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. To date, 59 graduates have become state certified EMTs and 15 of those 59 graduates are currently serving as FDNY EMTs.

Story continued from Page 9

RECRUITMENT CORNER

FDNY HS Students Host Community Fair



It was an evening of learning for more than 170 people at the FDNY High School for Fire and Life Safety on Nov. 21 as FDNY Prep Class students hosted a Community Health and Life Safety Fair.

Thanks to the efforts of 30 seniors and five alumni students, attendees were able to complete blood pressure screenings and join the Bone Marrow Registry, as well as receive important health, fitness and safety information during the fair.

Story continues on Page 12

RECRUITMENT CORNER

HS Seniors Promote Health Awareness



The event was part of a project-based learning assignment in the school's FDNY Prep Class, which required the students to plan, organize and execute the entire fair. During the 11-week process, the high schoolers learned about the importance of leadership, teamwork, networking, event planning, community outreach and more.

The high school, housed in Thomas Jefferson High School 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.

Story continued from Page 11

RECRUITMENT CORNER

FDNY HS Students Become Great Debaters



Is the glass half full?

That is the question that FDNY High School for Fire and Life Safety seniors answered in November as participants in a Job Readiness Debate.

As part of the challenging homework assignment in the school's Job Readiness Class, 30 students competed in teams of three in a thrilling debate. In total, five teams served as the proposition and five teams competed as the opposition.

Story continues on Page 14

RECRUITMENT CORNER

Students Compete in Job Readiness Debate



While using quotes, anecdotes, scientific facts, props and humor to help prove their case to three guest judges, the students also learned about persuasive public speaking, rebuttal arguments, time management and teamwork during the tournament-style debate.

The interactive assignment is one of many in the class, which also features résumé writing, job interviewing skills and other workshops in its curriculum to help the high schoolers become career ready.

The high school, housed in Thomas Jefferson High School 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.

Story continued from Page 13