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Meet 'Probie' Yves Bony

FDNY Probationary Firefighter Yves Bony said Batman's famous sidekick, Robin, is his favorite superhero. In addition to wanting to give back to the city he grew up in, he explained, being like his favorite childhood comic book character motivated him to become a New York City Firefighter.

"Just like a lot



of boys growing up, I wanted to be a superhero and I found it fascinating that Robin always fought villains who were bigger than him, so he could help save others. Robin is brave and fearless," Bony recalled. "When I was young, whenever I saw a fire engine ride by, I always looked at firefighters as superheroes, because I associated the red color on the engine

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Mentees Learn About Firefighter Life at Information Sessions

The FDNY hosted four Mentee Information Sessions in April to help Firefighter Candidates better prepare for becoming a New York City Firefighter. The sessions were part of ongoing events in the Department's Firefighter Candidate Mentorship Program.



During each session, Mentees were able to speak to Senior and Junior Mentors to learn more about the program and the firefighter career.

In addition, the Mentees obtained information from the Bureau of Health Services and several FDNY Affinity Groups, as well as learned important Fire Academy preparation tips from the Academy's instructors.

As participants in the



program, Mentees are paired with experienced firefighters, who serve as their Mentors throughout their hiring process and the challenging 18-week Fire Academy.

Follow the Eight Week Study Program

To help all firefighter candidates prepare for the rigorous academic classes at the Fire Academy, the FDNY encourages candidates to follow the Eight Week Probationary Firefighters Manual Study Program. In addition to being physically prepared, every “probie” must excel academically throughout the 18-week training. **Don’t Procrastinate! Start Studying TODAY!**

Week 1

Lesson 1

Intro to Engine Co. Apparatus/Tools

Intro to Ladder Co. Tools

Chemistry of Fire

Basic Eng Co Ops

Intro to Knots/Rope

Intro to Scott 4.5 *Mask I*

Traditions/Bunker Gear

Safety Lecture/ Water Supply

Reading Assignment

Ch.11 pg. 29-35

Ch.14 pg. 1-11

Ch.2, Ch.16a; Glossary, pg.1-5

Ch.12 pg. 1-38, 45-55

Ch.5 pg. 1-6, Handout pg. 1-2

Ch.6 pg. 1-23

Ch.4

Ch.4 /Ch.10

Lesson 2

Hose Loading, Stretching, Rolling Folding

Basic Ladder Co Ops

Handie-Talkie Care & Use

Intro to Fittings

Bowline on Bight-No Height

Intro to Scott 4.5 *Mask II*

Ch.11 pg. 1-16

Ch.16 pg. 1-11

Ch.7 pg. 1-15, pg. 31-50

Ch.11 pg. 1-8, 17-34

Ch.5 pg.7-12

Ch.6 pg. 24-31

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Study Program: Week 2

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Lesson 3

Motivation Alley 1 3/4" Hand line

Intro to Search

Intro to Portable Ladders

Basic Construction Tactics 1

Lower Member with Bowline on Bight

Don & Remove Scott 4.5

Reading Assignment

Ch.12 pg. 15-36

Ch.16 pg. 59-72

Ch.15 pg. 1-26

Ch.9 pg. 12-35, 57-60

Ch.5 pg. 21-34, 57-66

Ch.6 pg. 32-35 (thru sec. 5.6.8)

Lesson 4

Engine Co. Attack 1 Review

Motivation Alley 2 1/2" Hand line

Search #1

24 ft. Portable Ladder

Basic Construction Tactics 2

Intro to Belay System

Scott 4.5 Emergency Procedures

Ventilation

Ch. 10 thru 12

Ch.12 pg. 37-49

Ch.16 pg. 59-75

Ch.15 pg. 29-37, 48-49

Ch.9 pg. 1-11, 36-56

Ch.5 pg. 13-17, 47-56

Ch.6 pg. 35-40, Ch.7 pg. 3-9

Ch.16 pg. 40-50, Ch. 16a

Study Program: Week 3

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Lesson 5

Dry Stretch 1 3/4" / OLT Review

Climb & Descend Aerial Ladder

24 ft. Portable Ladder/VEIS

Hydrants & Hooking Up

Intro to Personal Harness

Smoke House

Lesson 6

Rowframe/Brownstone

Stretch/Operate 1 3/4" Handline 1 Review

Intro to Forcible Entry

Victim Removal via 24ft. Portable Ladder

Inline Pumping

LSR Bag Packing & Knot Refresher Review

Scott 4.5 Care & Maintenance

Intro to Portable Extinguishers

Rowframe/Brownstone Tactics

Reading Assignment

Ch.12 pg. 1-49

Ch.3 Pg. 7-20

Ch.15 pg. 29-37, 48-49,

Ch.16a pg. 8-15

Ch. 10, Ch.3 pg. 1-6

Ch. 5 pg. 47-56

Ch.6 Add 1 & 2

Ch.8, Ch.9 pg. 12-28

Ch.12 pg. 1-49

Ch.16 pg. 51-58,

Ch.14 pg. 7-10

Ch.15 pg. 29-37,

48-49, Ch.16a

pg. 8-15

Ch.12 pg. 55-58,

Ch.3 pg. 1-6

Ch.5 pg. 27-34

Ch.6 pg. 40-46

Ch.21, Review Ch.2

Ch.16 pg. 11-12, 40-71

Study Program: Week 4

Story continued from previous page

Lesson 7

Intro to Light Heat & Smoke Review
 Forcible Entry
 One and Two Person Ladder Raise
 Inline Pumping/Backstretch Review
 Lower Member/Rescue Pickup
 Scott 4.5 Mask Review Review

Reading Assignment

Ch. 2, 4 & 6
 Ch.16 pg. 51-58
 Ch.15 pg. 32-37, 46-49
 Ch.12 pg. 55-58
 Ch.5 pg. 67-71
 Ch.6

Lesson 8

PD's (8a/9)
 Well Hole Stretch
 Search #2
 Portable to the Rear of Brownstone
 Stretch/Operate 2 1/2" Hand line 1 Review
 Intro to Single Slide
 Mask Confidence 1
 Collapse
 OLT Construction & Tactics

Ch.9 pg. 29-35, Ch.16 pg. 17-20
 Ch. 12 pg. 48-49
 Ch.16 pg. 59-71
 Ch.15 pg. 12-20
 Ch.12 pg. 21-44
 Ch.5 pg. 85-94
 Ch.6, Ch.7 pg. 3-9 (sec.4)
 Ch.8 pg.1-7, 17-31, 38-46
 Ch.8,Ch.9 pg1-3,Ch.16
 pg1-10,40-50

PD's (8a/9)
 Basic Standpipe Operations
 Climb Aerial-Tools & Mask
 35" Portable-2 Member Raise
 Relay Pump Operations
 Single Slide/Roof Review
 OSHA Two In / Two Out
 1st & 2nd Eng. Private Dwelling Review
 Victim Removal via Aerial Ladder
 1st & 2nd Lad. Private Dwelling
 Foam/Foam Nozzle/Car Fire/Alt Fuel
 Knots for Tying Tools
 Partner Saw/Hydra Ram

Ch.9 pg. 29-35, Ch.16 pg. 17-20
 Ch. 13, Ch.12 pg. 61-64
 Ch.3 pg. 7-20
 Ch.15 pg. 46-47
 Ch.12 pg. 59-61, Ch.3 pg. 1-6
 Ch.5 pg. 85-94
 Ch.16 pg. 60, 73-76
 Ch.12, Ch. 9 pg. 29-35
 Ch. 3 pg. 7-19
 Ch.15 pg. 48-49, Ch.16 pg. 17-20
 Ch. 20, Ch.19 pg. 11-32
 Ch.5 pg. 18-20
 Ch. 14 pg. 8, 11-16

Study Program: Week 5

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Lesson 9

NLT Const. & Tactics

Standpipe Stretch

Search #3

24' Portable Practical

Car Fires/Alt Fuel Fires Review

PSS Bag Repacking

Partner Saw Operations

Oil Burner & Compactor Emergencies

Reading Assignment

Ch.8, Ch.9 pg. 4-7,

Ch.16 pg.1-10, 41-50

Ch.13,

Ch.12 pg. 61-64

Ch.16 pg. 59-71

Ch.15 pg. 5-8, 29-37, 48-49

Ch.19 pg. 11-32

Ch.5 pg. 113-125

Ch.14 pg. 11-16

Ch.17 sec. 5,

Ch.19 pg. 1-9

Lesson 10

Stretch/Operate 1 3/4" Hand line OLT

Air Bags

35' Portable- 3 Member Raise

Foam Operations 2 Review

Lower Member with Personal Harness

Mask Confidence 2

Ch. 12 pg. 1-49

Ch. 14 pg. 17-25

Ch. 15, pg. 38-45

Ch. 20

Ch.5 pg. 72-82

Ch.6, Ch.7 pg. 3-9 (sec.4)

Study Program: Week 6

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Lesson 11

Stretch/Operate 1 3/4" Hand line OLT

Air Bags

35' Portable- 3 Member Raise

Foam Operations 2 Review

Lower Member with Personal Harness

Mask Confidence 2

Reading Assignment

Ch. 12 pg. 1-49

Ch. 14 pg. 17-25

Ch. 15, pg. 38-45

Ch. 20

Ch.5 pg. 72-82

Ch.6, Ch.7 pg. 3-9 (sec.4)

Lesson 12

Standpipe Stretch

Ch.12 pg. 61-64(sec.8), Ch.13

OV and Roof Operations

Ch.16 pg.1-50, Ch. 8

35' Portable Ladder Tip Placement Review

Ch. 15 pg. 5-23

Pump Operations/Hydraulics

Ch.3 pg. 1-6, Ch.11 pg. 1-6

Single Slide w/Personal Harness

Ch.5 pg. 95-105

FAST Truck

Ch. 6 Add's 3 & 5, Ch. 16 pg. 73-80

Standpipe Stretch

Ch.12 pg. 61-64(sec.8), Ch.13

OV and Roof Operations

Ch.16 pg.1-50, Ch. 8

35' Portable Ladder Tip Placement Review

Ch. 15 pg. 5-23

Pump Operations/Hydraulics

Ch.3 pg. 1-6, Ch.11 pg. 1-6

Single Slide w/Personal Harness

Ch.5 pg. 95-105

FAST Truck

Ch. 6 Add's 3 & 5, Ch. 16 pg. 73-80

High Rise P/U w/LSR

Ch.5 pg. 67-71

Study Program: Week 7

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Lesson 13

1st 2nd Due Engine-OLT

1st 2nd Due Ladder-OLT

Handie Talkie Emergencies

Stretch 2 1/2" into Taxpayer

PSS Lower Platform #1

Unconscious FF Removal 1

FP MD Tactics/Wind Driven

Lesson 14

Taxpayer Tactics

Standpipe Stretch

HURST Tool Seenario

Handie Talkie Mayday

2 1/2" Stretch up Aerial

Practical Knot Eval 1 Review Handout

Mask Confidence 3

Reading Assignment

Ch.12 pg.33-37 (sec.6)

Ch.16 pg. 1-10, 40-71,

Ch.9 pg. 2-4

Ch.7 pg. 1-29

Ch.12 pg. 21-44,

Ch.9 pg. 36-50

Ch.5 pg. 113 to end

Ch. 6 Add's 3 & 5,

Ch. 16 pg. 73-80

Ch.9 pg. 8-11,

Ch.16 pg. 21-35

Ch.16 pg. 14-16,

Ch.9 pg. 36-50

Ch.12 pg. 61-64(sec.8),

Ch.13

Ch.14 pg. 33,

Ch.24 pg. 1-27

Ch.7 pg. 3-11

Ch.12 pg. 55-56

Ch.6, Ch.7 pg. 3-9(sec.4)

Study Program: Week 8

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Lesson 15

High Rise Nozzle Scenario

High Heat Search

Wind Driven Scenario

Fire Escape Stretch

PSS Lower Platform #2

SCBA Practical (insp) Review

BISP 4

High Rise

Reading Assignment

Ch.11 pg. 2-3, 44-48

Ch.2 pg. 1-13, Ch.16 pg. 59-71

Ch.9 pg. 8-11, Ch.16 pg. 21-35,

Ch.14 pg. 34-36

Ch.12 pg. 50-51

Ch.5 pg. 113 to end

Ch.6 pg. 24-31(sec 4)

Ch. 25

Ch.9 pg. 51-56, Ch.16 pg. 36-37

Lesson 16

CO / Rad 50 / TIC

Backstretch/Operate 1 3/4"

Forcible Entry Refresher

Elevator Emergencies

2 1/1" Handline Mass Decon

Ch.14 pg. 37-49

Ch.12 pg. 54-55 (sec.5)

Ch.16 pg. 51-58

Ch.18

Ch.23

Partner Saw/Roof Operations

Ch.14 pg.11-16,

Ch.16 pg.1-35(Roof FF),41-50

UWF to Host Training for Candidates

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

May 2014 UWF Training Schedule

May 8, 15, 22 and 29 at 7:30 p.m.

May 11, 18 and 25 at 12 p.m.

FDNY 'Probie' Becomes a Junior Mentor

Story continued from front page

with Robin. I always wanted to be a firefighter.”

And now, like Robin, Bony is helping to save lives, while wearing a uniform that features red.

Bony describes himself as a person who is passionate about health and fitness. To prepare for the Fire Academy, he said he ran at least 10 miles twice a week in addition to maintaining a nutritionally sound diet. He also noted that the Fire Academy requires a high level of academic discipline and studying beforehand is instrumental to passing the exams.

Bony is also an FDNY Mentee, which he said helped him better prepare for the Fire Academy and firehouse. He noted that his Mentor, Firefighter Paul Francomano, consistently provided him with tips to help him complete the 18-week training at the Fire Academy. He is now serving as a Junior Mentor in the program, which, he said, is another way for him to help others.

Since graduating from the Fire Academy in December 2013, Bony noted that he has been working diligently to help keep the city a safe place at Engine 224 in Brooklyn.

“Working as a New York City Firefighter is definitely a great job and I really love being able to help those in need,” he said. “It’s a brotherhood and sisterhood here in the FDNY, and we work together to help other people.”

RECRUITMENT CORNER

FDNY HS Alumni Update: Arallia Heggs



“Life-changing” is the adjective that FDNY High School for Fire and Life Safety alumna Arallia Heggs used to describe her alma mater.

Heggs, who now serves as an FDNY EMT in Brooklyn, credited the school for providing her with the education, guidance and resources that she needed to become a young career woman.

“The FDNY High School will always

be special to me, because the programs there motivated me to want to succeed in life,” she explained. “As a student at that school, I learned about hard work, respect, safety and why it’s so important to help others.”

In addition, Heggs noted that the school’s Job Readiness Class helped her to develop the life skills that she now uses to fulfill her duties as an EMT. FDNY Assistant Commissioner for Recruitment and Diversity Michele Maglione teaches the course, which is offered to students during their senior year.

“The lessons we

Story continues on the next page

RECRUITMENT CORNER

Alumna Aspires to Become an FDNY Chief

Story continued from previous page learned in Commissioner Maglione's class helped me mature as a person, because I became more professional," the 20-year-old said. "I'm very happy that I was able to learn those important skills before I graduated high school."

Last month, Heggs also served as a guest speaker during the Department's Women's History Month Celebration, where she shared her journey to becoming an FDNY EMT with those in attendance. The Class of 2011 alumna currently aspires to become a chief in the Department.

"When I was 14, if someone would have told me I would be working as an EMT in the FDNY, I



FDNY Chief of EMS Abdo Nahmod, left, congratulated EMT Arallia Heggs for her career success during the Department's Women's History Month Celebration in March. Heggs is also a FDNY High School for Fire and Life Safety Class of 2011 alumna.

would have thought that person was crazy," she said jokingly. "But I'm working in the FDNY and being an EMT is really a great job. It all started at the FDNY High School. Being a student at that school was really a life-changing experience for me."