

# FDNY



THE BEST JOB IN THE WORLD HAS  
THE BEST BENEFITS IN THE WORLD.

# The Recruiter

OCTOBER 2013

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## Meet 'Probie' Robert Fredette

Running six times a week, lifting weights, completing sets of calisthenics and playing sports are a few of the ways that Probationary Firefighter Robert Fredette trained for the Fire Academy.

And this "probie" could be viewed as a bit of a firefighter fitness expert since he was named as

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## Perform at Your Best Everyday

All firefighter candidates should be reminded that the FDNY expects all candidates to conduct themselves professionally throughout their entire hiring process. Whether you are communicating with an FDNY employee by telephone or e-mail or you are attending an FDNY event, please remember that it is required that you conduct yourself in a professional manner. All candidates should know that every interaction with an FDNY employee is part of their interview process. Unprofessional conduct will be documented and may negatively affect your candidacy. Thank you for your cooperation.

# Fredette Earns FDNY Fitness Award

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the Academy's Physical Fitness Award recipient in May. To earn the honor, a probie must attain the highest score in the push-ups, pull-ups, sit-ups and the one and a half mile run at the Academy.

Serving as an active duty U.S. Marine has helped the probie to maintain his outstanding physical condition, but he noted that the 18-week training at the Academy is at a higher intensity level than the Marine Corps training. His advice to all FDNY firefighter candidates is simple: "Do not walk into the Fire Academy out of shape, because you will be miserable everyday. Get in shape now!"

"The Fire Academy is very demanding on your body because of the training and there were many days where I was completely exhausted," Fredette recalled. "The instructors at the Academy push everyone constantly and although completing the Academy is an amazing experience, it is a lot of hard work."

Fredette, 27, served as an FDNY EMT for almost six years, before completing Promotional Exam #2500 to become one of New York's Bravest. He is now serving as a probie at Engine 298 in Queens. In addition, his father, Thomas, and brother, Jason, are FDNY firefighters at Rescue 3 in the Bronx and Engine 28 in Manhattan, respectively.

# Candidates Prepare for CPAT Training



To learn about the opportunities that the FDNY offers to help candidates prepare for the firefighter career, hundreds of candidates attended one of five information sessions at Randall's Island in September.

During the Candidate Physical Ability Test (CPAT) Training presentation, Physical Fitness Unit instructors 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 Extension, Forcible Entry, Search, Rescue, and Ceiling Breach and Pull evolutions.

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# Firefighter Hopefuls Talk Mentorship



During each Information Session, the aspiring firefighters were also encouraged to join the FDNY's Firefighter Candidate Mentorship Program, which is currently preparing for its second round. The initiative pairs Exam 2000 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 the CPAT Training and Firefighter Candidate Mentorship programs. The FDNY strongly encourages all firefighter candidates to utilize these career beneficial opportunities.

**\* Please note that this story is for informational purposes only. To be eligible for CPAT Training and/or the Firefighter Candidate Mentorship Program, your list number must be called.**

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# FDNY Celebrates Fire Prevention Week



The FDNY celebrated Fire Prevention Week in a big way on Oct. 8, with activities and events in Rockefeller Center.

“The best part of my job is to see, first hand, how our fire safety education efforts save lives,” Fire Commissioner Salvatore Cassano said.

In addition to fire safety education, the event included demonstrations, apparatus tours and conversations with FDNY firefighters and EMS members. This year’s theme was “Prevent Kitchen Fires.”

Chief of Department Edward Kilduff also joined the Commissioner to swear in 300 New York City students, from all five boroughs, as Junior Firefighters and EMTs.

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# Fire Safety Reminders from the FDNY

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## Kitchen Cooking Safety Tips

- Stay in the kitchen and don't leave cooking food unattended.
- Wear short or tight fitting sleeves.
- Turn pot handles inward facing the wall to prevent burns caused by overturning or spills.
- Keep the area around the stove clear of towels, papers, pot holders or anything that could burn.
- Cook at indicated temperatures settings rather than higher settings.
- Clean your cooking equipment regularly, so that there is no cooking residue, food or grease accumulation.
- Have a pot lid handy to smother a pan fire. Do not attempt to pick up the pot or pan. Instead, shut off the heat and cover the fire with a lid. Also, do not use water, because it will cause splashing and spread the fire.

# UWF to Host Training for Candidates

The United Women Firefighters (UWF) is scheduled to host physical fitness training in October and November for women firefighter candidates on the Exam 2500 and Exam 2000 lists. To be eligible to participate, every candidate must have 10 pound dumbbells, 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. To register for the UWF Yahoo Group, please send an e-mail to [womenrecruitfdny-subscribe@yahoogroup.com](mailto:womenrecruitfdny-subscribe@yahoogroup.com).



**\*Please note that all new candidates must arrive to the training sessions early.**

## October and November 2013 Training Schedule

Oct. 27 and Nov. 3, 10 and 17 at Roy Wilkins Park in Queens from 2:30-4:30 p.m. The entrance is between Foch Blvd and Merrick Blvd. All candidates should meet at the bleachers to the right of the running track.

Oct. 30 and Nov. 7 and 13 at Fort Greene Park in Brooklyn from 7-9 p.m. All candidates should meet at the top of the stairs by the memorial.

## RECRUITMENT CORNER

# FDNY HS Students Develop Leadership Skills



**O**n Sept. 5, the FDNY celebrated the achievements of 35 FDNY High School for Fire and Life Safety students during a special completion ceremony at its Headquarters in Brooklyn. The young achievers were recognized for completing the Department's Summer Leadership Academy in August.

During the one-week Academy at Fort Totten in Queens, the high schoolers completed rigorous physical fitness training and academic courses. The program developed each student's leadership skills, as well as educated the teens about the

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## RECRUITMENT CORNER

# Students Become Stronger Leaders



importance of teamwork, bravery, integrity and working diligently at achieving their goals.

As part of the completion ceremony's demonstrations, the students showcased several skills that they learned at the Academy for those in attendance. In addition, Academy drill instructors presented certificates of outstanding achievement to students who performed with distinction throughout the challenging program.

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