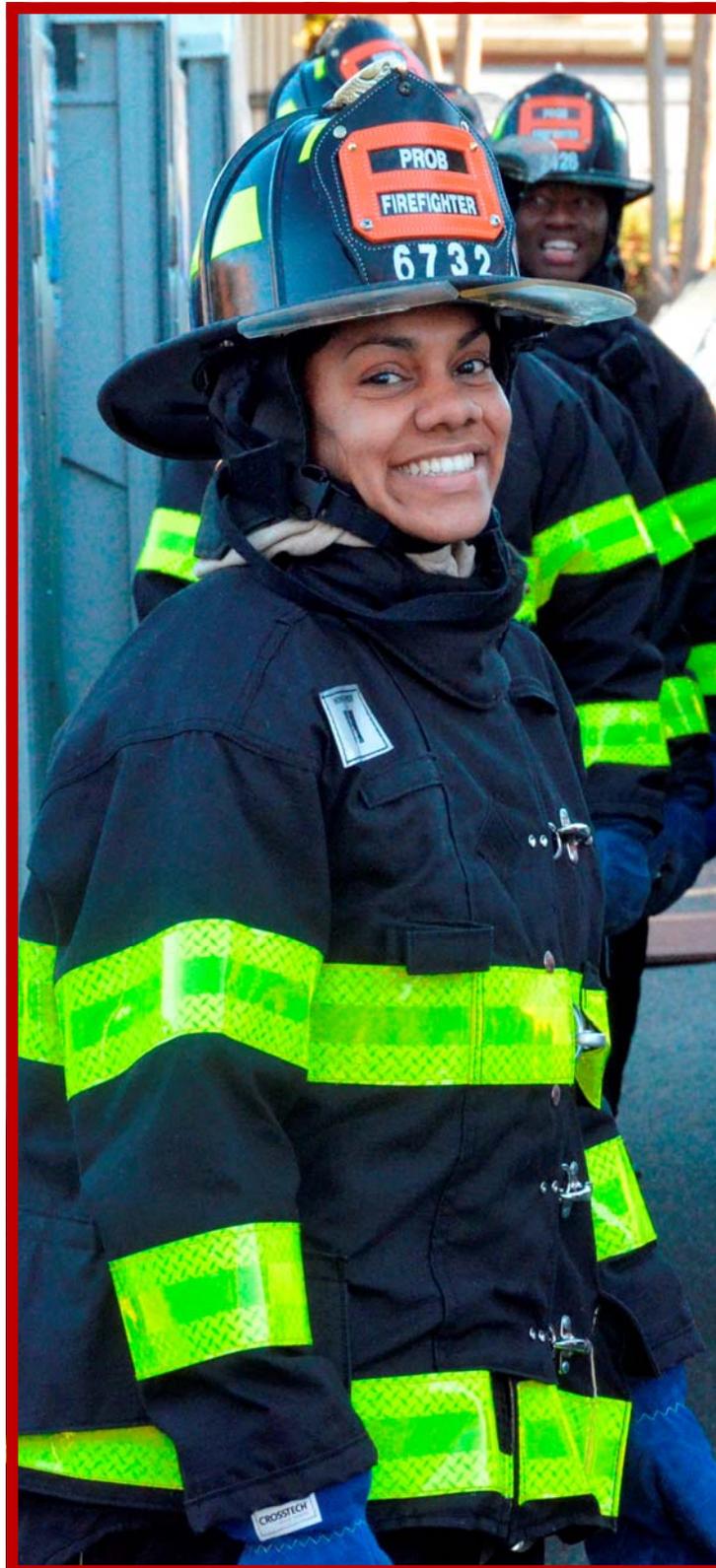


Meet 'Probie' Sheliz Salcedo

When Join
FDNY
first met

FDNY Probationary Firefighter Sheliz Salcedo in March 2014, she was running up and down the staircase at the New York Sports Club on Wall Street alongside other FDNY female Firefighter candidates during the United Women Firefighters (UWF) Training. Standing at 5-foot-1, she pushed through the intense Firefighter workout drills that evening as part of her pursuit of the best job in the world.



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As a FDNY Firefighter Candidate, Probationary Firefighter Sheliz Salcedo participated in the FDNY's free Fitness Awareness Program (FAP) at the Fire Academy on Randall's Island in New York City. During FAP, candidates complete intense physical workouts under the leadership of the FDNY's Fitness Unit Instructors to help prepare for the rigorous 18-week Fire Academy.

Flash forward to present day and Salcedo is proudly helping to protect lives and property in New York City at Engine 24 in Greenwich Village as one of New York's Bravest.

And Salcedo, 29, is no stranger to working in a career that is non-traditional for women. Before joining the Department, she served as an electrician apprentice for Local Union No. 3 in New York City.

"I love my new career as a New York City Firefighter because it's a challenging one and it's one that

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Meet 'Probie' Sheliz Salcedo

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people wouldn't expect me to choose," she said.

As a Firefighter Candidate, she worked two jobs, while attending college full-time and training for the Academy. She also participated in the FDNY's Candidate Physical Ability Test (CPAT) Training Program, Firefighter Candidate Mentorship Program (FFCMP) and Fitness Awareness Program (FAP).

Salcedo noted that her Mentor, Captain Thomas Coleman, never hesitated to share important Firefighter information throughout her hiring process.

"It was very encouraging to have a Mentor throughout this whole experience, especially during the Academy, because the Academy is tough," she said.

Now, Salcedo is living life as a New York City Firefighter, while continuing her journey as a woman who is helping to break down barriers for other women. When she graduated from the Fire Academy in November 2015, she became one of 295 new Firefighters in the Department. In addition, she was one of four female graduates in that class, bringing the total number of female Firefighters to 49 - the highest in FDNY history.

"This job is really revered by people all over the world and it's not one that I take for granted," she said. "This is a very important job and it's an honor to be working here."



Firefighter Candidates Complete CPAT Training



F DNY Firefighter Candidates are preparing for the physical portion of the FDNY Firefighter exam by participating in the FDNY's Candidate Physical Ability Test (CPAT) Training at Randall's Island in New York City.

The free program provides candidates with the opportunity to practice the eight components of the CPAT, which they must pass to be hired as a Firefighter. The components include the stair climb, hose drag, equipment carry, ladder raise and extension, forcible entry, search, rescue, and ceiling

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Firefighter Candidates Complete CPAT Training

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breach and pull evolutions.

During the program, candidates wear a hard hat, gloves and a weighted vest to simulate Firefighter protective clothing and equipment while working to finish the practice test in less than 10 minutes and 20 seconds.

In addition to boosting their test performance, the candidates show their determination to meet the demands of the job, as well as learn the skills and values needed to properly save lives as a Firefighter.

All Firefighter



Candidates enrolled in this training completed the computer-based exam in 2012 and obtained list numbers based on their scores, which will be valid for approximately four years.

Candidates are contacted in list number order to participate in the training, which will better prepare them for the physical test.



Firefighter 101: Portable Extinguishers

Portable fire extinguishers are classified according to their intended use on the four classes of fires, which are A, B, C, and D. In addition to the letter classification, extinguishers also receive a numerical rating. The number preceding the letter designates the potential size



LETTERS			
• Indicate class of fuel on which the extinguisher will be effective			
			
Ordinary Combustibles	Flammable Liquids	Electrical Equipment	Combustible Metals
NUMBERS			
• Used with letters on Class A and Class B extinguishers only			
• Indicate the relative effectiveness of the extinguisher			
A 2-A extinguisher will extinguish twice as much fuel as a 1-A extinguisher.			
A 20-B extinguisher will extinguish 20 times as much fuel as a 1-B extinguisher.			

fire the extinguisher can be expected to extinguish. Want to learn more about this topic? Visit our website: <http://on.nyc.gov/1Kea0tF>.

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

FFCMP Mentors Complete Training



The FDNY Firefighter Candidate Mentorship Program (FFCMP) hosted a Mentor Training at the Fire Academy in New York City on Dec. 22.

During the training, the Mentors participated in different discussions and activities that strengthen the skills that they will use when they are helping FDNY Firefighter Candidates.

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 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.

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



January 2016 UWF Training Schedule

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

January 7, 14, 21 and 28 at 7:30 p.m.

January 10, 17, 24 and 31 at 12 p.m.

RECRUITMENT CORNER

FDNY HS Students Record 30-Second Commercial



Congratulations to the students in the FDNY High School for Fire and Life Safety's Job Readiness Class for completing Part II of their television commercial assignment on Dec. 18.

As part of the project, the students visited the production studio at FDNY Headquarters in Brooklyn to record a 30-second commercial, which highlighted the important lessons they have learned in the FDNY High School thus far.

The annual project, which is one of many career preparation assignments in the challenging class, **Story continues on page 9**

RECRUITMENT CORNER

FDNY HS Students Record 30-Second Commercial

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helps the students to strengthen their public speaking, critical thinking and presentation skills.

The high 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.