



# *Seattle Fire Department*

## *Recruit Training Bi-weekly Messages*

***Cognition—the activities of thinking, understanding, learning and remembering.***

When getting hired with any Fire Department, expect to go back to school. You are taking on a profession that is used to operating in environments that are Immediately Dangerous to Life or Health (IDLH). It is imperative that any organization that expects this to prepare you, so you can operate efficiently and safely in such an environment.

The nationally recognized standard for which firefighter training is measured against is the National Fire Protection Association (NFPA) 1001 standard. This standard covers education and manipulative skills required to become a Firefighter I and II. IFSAC Hazmat Awareness and Operations certifications are prerequisites which you will receive through this program.

The Seattle Fire Department has created one of the best Recruit Training programs on the west coast. Our curriculum covers all of Firefighter I, some of Firefighter II, and encompasses much more information necessary for safety. We include IAFF Fireground Survival techniques, two weeks of Live Fire Training, and other training material necessary to function in Operations in the Seattle Fire Department.

Learning this much material requires you to study, read, and comprehend a large amount of material. Despite how much reading and comprehension we require in Recruit School, there is even more to learn in Operations as a Probationary Firefighter. This job requires you to take on the role of student for your entire career. You must be willing to dedicate yourself to learning and improving in this field. Information is constantly changing and evolving as science continues to test products, fuels, and methods of operation.

**TIP:** Start reading. If reading is not a regular activity for you, you need to start. The more you read, the better you can recall information about what is read and you will be able to read faster. Read whatever is interesting to you: fiction, non-fiction, magazines, trade publications, newspapers. The important thing is to read.