

Title: Joining Fire and Rescue NSW: Your Essential Guide to Becoming a Firefighter

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1. Welcome & Introduction

Welcome to your essential guide to beginning a career with Fire and Rescue New South Wales (FRNSW). This eBook provides a detailed overview of what it takes to become a firefighter in one of the world's leading fire and emergency services. Whether you're just starting your career or considering a career change, this guide will give you the information you need to get started on your journey.

2. About Fire and Rescue NSW

Fire and Rescue NSW is one of Australia's largest urban fire and rescue services and is recognized globally for its professionalism and expertise. The organization operates more than 330 fire stations across New South Wales and responds to fires, rescues, hazardous materials incidents, and other emergencies. FRNSW is committed to protecting lives, property, and the environment through prevention, education, and rapid emergency response.

3. Why Join FRNSW?

Joining FRNSW offers numerous personal and professional benefits:

- **Job Stability:** Government-backed employment with competitive pay.
- **Career Progression:** Opportunities to specialize in areas such as Urban Search and Rescue, HazMat, and community education.
- **Team Environment:** Work alongside dedicated professionals committed to public service.
- **Community Impact:** Make a tangible difference in people's lives.
- **Professional Development:** Access to continuous training and educational opportunities.

4. Eligibility Requirements

To apply for a firefighter position with FRNSW, you must meet the following criteria:

- Be an Australian or New Zealand citizen, or hold permanent Australian residency.
- Be at least 18 years old.
- Hold a current Australian driver's license (a Medium Rigid license is preferred but not mandatory at application stage).
- Have a good level of physical fitness.
- Pass a National Police Check and provide satisfactory references.
- Meet health and medical standards, including drug and alcohol testing.
- Meet literacy and numeracy requirements.

5. Application Process Overview

The application process is designed to assess a candidate's suitability across multiple competencies and includes:

- Submission of an online application
- Completion of online cognitive assessments
- Physical Aptitude Test (PAT)
- Panel Interview
- Medical Examination
- Background and Reference Checks

6. Recruitment Stages

Stage 1: Online Application

Submit your application during an open recruitment period via the FRNSW Careers Portal.

Stage 2: Cognitive Assessments

Online tests evaluate numerical, verbal, and abstract reasoning.

Stage 3: Physical Aptitude Test (PAT)

Includes simulated firefighting tasks such as hose drag, ladder raise, casualty drag, and stair climb with weights.

Stage 4: Interview

A structured panel interview to assess communication, teamwork, problem-solving, and alignment with FRNSW values.

Stage 5: Medical and Background Checks

Medical exam to ensure you meet health standards. Includes drug and alcohol screening, hearing, vision, and cardiovascular fitness.

7. Training Academy: What to Expect

Successful applicants attend the FRNSW Emergency Services Academy in Orchard Hills, Sydney. The 13-week Recruit Training Program includes:

- Firefighting theory and tactics
 - Hose and ladder drills
 - Breathing apparatus training
 - First aid and CPR
 - Road crash rescue
 - HazMat awareness
 - Community safety and education
- Graduates are then deployed to fire stations across NSW as Probationary Firefighters.

8. Life as a Firefighter

Firefighters in NSW work a rotating roster, typically involving four days on (two day shifts, two night shifts) followed by four days off. Responsibilities include:

- Responding to emergency incidents
- Conducting fire safety inspections and community education
- Maintaining equipment and station readiness
- Participating in ongoing training and development

9. Frequently Asked Questions (FAQs)

Q: Do I need firefighting experience to apply?

A: No prior experience is required. FRNSW provides full training to successful applicants.

Q: Can women apply?

A: Absolutely. FRNSW is committed to diversity and encourages applications from all genders.

Q: How often are recruitment campaigns held?

A: Generally once or twice a year. Keep an eye on the FRNSW website for announcements.

Q: Is the Physical Aptitude Test hard?

A: It is challenging but achievable with proper preparation. FRNSW provides guidelines and practice tips.

10. Helpful Resources & Contacts

- **FRNSW Careers Page:** <https://www.fire.nsw.gov.au/page.php?id=5>
- **Recruitment Updates:** Sign up for notifications on the FRNSW careers portal
- **Email:** recruitment@fire.nsw.gov.au
- **Phone:** 1800 347 437
- **Physical Address:** FRNSW Headquarters, 1 Amarina Ave, Greenacre NSW 2190

