



# SAM PINTO

## FIREFIGHTER

"BEING IN THE FIRE SERVICE DEFINITELY BREEDS YOU INTO A DIFFERENT PERSON. I CAN OVERCOME CHALLENGES FASTER AT THE FIRE STATION OR EVEN BACK AT HOME — IT REALLY DOES CONDITION YOU TO BE A MORE RESILIENT PERSON."

As a firefighter, Sam's job is to help people when they call, whether it's a fire, a medical emergency, or a crash. He works in Long Beach, New York and loves giving back to his community.

### WHAT IS YOUR UNIQUE GENIUS?

"My unique genius is to respond to life threatening emergencies, quickly analyze the situation, put a plan in action, and save lives."

### HOW DID YOU BECOME INTERESTED IN THIS CAREER?

"From the outside of my high school gymnasium, we saw the smoke coming out from the Twin Towers during 911. [That's] what motivated me to want to get in the fire service and become a firefighter."

### IN WHAT WAYS IS YOUR CAREER A PERFECT FIT FOR YOU?

"I love being a firefighter. I want to continue as long as I possibly can as a firefighter, climbing the ranks to a lieutenant or a captain or a chief one day. Because I know that I want to make a positive impact on somebody."

**"The adrenaline rush, the opportunity to get hands on and help people. If people do that for their entire career, that's an awesome career."**

### WHAT DOES A DAY IN THE LIFE LOOK LIKE?

"We start our shifts at eight in the morning and our shifts don't end till the next day. At eight in the morning, we work the entire 24 hour cycle. That gives us the opportunity to be able to help on emergencies day and night."

When the bells ring, we start our day. We check our equipment, we make sure that the place is in good order so we can go out in emergencies. There's daily drills and daily training — we do hands on, we do classrooms, we do video training now, which is big, but our main job is to go out and serve the public. Our typical day can start nice and easy, and by the end of the shift you can be so exhausted from running 24/7."

### WHAT SKILLS DOES IT TAKE TO BE SUCCESSFUL IN YOUR JOB?

"If I can't trust my coworker or they can't trust me, we won't be able to get the job done. We end up going in environments where everyone else is running out and we're running in. To do those types of jobs, you need to be tough. You need to be resilient, you need to be educated, you need to be physically fit, and you want to help others."

### WHAT DO YOU WISH YOU KNEW WHEN YOU WERE YOUNGER?

"I've been really blessed with this career choice. I was focused and motivated to pursue it. I maybe would have gone a different directions, but [you] never know where [life is] going to take you. I always say go into a situation with an open mind to absorb as much as you can."

### WHAT ARE YOU MOST PROUD OF ON YOUR JOURNEY?

"Having the respect of my coworkers, having respect of the public is probably what I'm most proud of. People knowing that when you're there, you're going to help them is very important to me."

### WHAT IS THE COOLEST PART OF YOUR JOB? WHAT IS THE MOST CHALLENGING PART OF YOUR JOB?

"There's a lot of cool parts about being a firefighter: the adrenaline rush, the opportunity to help people. But I think one of the coolest parts about being a firefighter is that every time you make contact with someone in the public, they know you're going to help somebody and they're happy to see you."

It's definitely a challenging, but rewarding career choice. You get the opportunity to help a lot of people, but you also deal with a lot of bad. You see people who've lost lives and who've lost their entire home. You realize your job is to help them, but sometimes it's out of your control."

**"We run in environments, doing medical care, saving people's lives, risking our own health to help people."**

### WHAT IS THE ONE THING THAT PEOPLE DON'T KNOW ABOUT YOUR FIELD/JOB?

"It's not as much fun as it looks like it is on TV. People think we sit around a lot, [but] we don't get breaks. We don't have downtime. We run all day, all night. Other times, we're going to be spending three hours on the training yard with zero interruptions."

### WHAT WAS A DEFINING MOMENT IN YOUR LIFE?

"[After] my first fire, I'm more of an aggressive firefighter. Back then, I wasn't too sure what to do and how to do it. I literally had to be pushed into the room by my boss saying, 'Hey, if you want to put this fire out, you got to make the room.'"

I also realized that being in those fires is really hot, even with all your safety gear on. It's not a superhero garment — it's safety gear. Your adrenaline is flowing. There's no feeling like it."