

Kyle Rotheram, Firefighter, Whitehaven and Workington Fire Station

What or who inspired you to become a firefighter? And why?



I decided to join the fire service as I was attracted to the role and the challenges it provides, from training in fire, to Road Traffic Collisions to Water Rescue.

How did you prepare for the various stages of the recruitment process?

I visited both wholtime fire stations in my area and spoke to serving firefighters to get a feel for the service and what was required during the recruitment process. I researched the values,

types of incidents etc. for Cumbria Fire and Rescue Service on their website and videos on Youtube.

What advice would you give someone who is interested in applying?

Visit the stations, work on personal fitness. Visit a station and speak to serving firefighters.

What do you enjoy most about your job?

Learning a wide array of skills from Firefighting, Road Traffic Collisions to Swift Water Rescue Technician.

What do you find challenging?

Learning all the different drills but this is also enjoyable.

What skills did you already have that have helped you?

I was a police officer for 5 years with Cumbria constabulary (last 12 months within the armed response department) prior to joining Cumbria Fire and Rescue Service and felt that I had a number of transferable skills such as dealing with emergency incidents and remaining calm, dealing with members of the public and being self-motivated with regards to my own development and following orders.



How was the training course?

The training course was brilliant. A good balance of written and physical training. The instructors were very knowledgeable and approachable, as well as ensuring everyone acted to a certain standard and behaved accordingly.

How do you keep fit for the job?

I visit the gym 3 times a week.

If you have children, how do you balance the job with your home life?

I have 2 children, one school age (9 years old) and the other 2 years old. The 4 days on 4 off works brilliantly with childcare. Plenty of time off to spend with the children and as I know what my shifts are 12 months in advance, I can easily plan my personal arrangements.