



Firefighter Newsletter

Biweekly updates on the upcoming Firefighter hiring process.

Spotlight Feature: Al Fonseca

Spotlight features different staff from the Fire Department in each newsletter.



"Sometimes it's the worse day of their life and doing whatever you can to make it better goes a long way. I love it."

Al Fonseca | Firefighter | 2 Years of Service

What does a typical day look like for you?

First thing we do in the morning is check the rig, stock up the ambulance, go over the EMS bags, and make sure you know where everything is in the rig. After that, we clean the station, have breakfast together, and wait for calls. Some stations rotate the cook and dinner time is a big deal. There is awesome food and we love to eat. That is kind of the routine.

What tools or resources does the City provide to be productive and effective in this role?

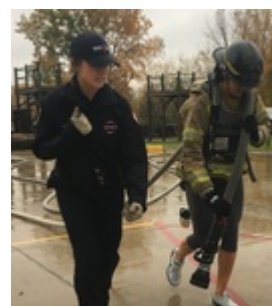
The city provides a lot of training and classes so we can continuously learn. All of the captains are a good resource and very helpful. If I have a question they're always willing to explain to me.

Hiring Process

We will begin accepting applications in April 2018.

We encourage you to start preparing for the physical test now! Click here to see a video of the Firefighter Physical Performance Test: [Video Link](#).

Past Event Recap: Women's Expo



Megan is walking one of the participants through the mock physical performance test.

Our semi-annual Women's Expo was a success! A big thank you to the Firefighter staff and participants that supported the event! Fire will be hosting another Women's Expo in the spring!

Test Tip:

What do you love and/or enjoy about your job and working for the City of Saint Paul?

I love the unpredictability. You never know what to expect. You never know how many runs you'll go on, what kind of issues you may encounter, and I love working with different people. When you first get hired you are 'in the pool' and rotate between the 15 fire stations, always working with different people and captains. You get a chance to learn different things from everybody.

I have lived here for 13 years and working for the City is a way of giving back. I can't even imagine working for any other city than Saint Paul.

What did you do to prepare for the testing process when you applied?

Before I took the written test, I went in and took the tutorial. I highly recommend that! This way I can be familiar with the type of questions they will ask. So that was great.

Get in shape if you have to lose weight and prepare for the physical testing. I did a lot of stairs, very short workouts, high intensity, kind of like a circuit, really push yourself to the limit.

To prepare transporting the dummy in the physical test, we recommend walking backwards on an inclined treadmill or hill. This will get your body use to walking backwards.

Fitness & Engagement Program

We are excited to announce that the City of Saint Paul will be kicking off our Fitness & Engagement Program on February 1, 2018! This program will host workout sessions lead by Saint Paul Firefighters and our partnered gyms at various locations throughout the City. This is a great way to familiarize yourself with our Firefighters, prepare for the upcoming physical performance test, and stay engaged! Information on the date and times can be found in the upcoming Firefighter Newsletters, so stay tuned for more!



Our first workout will be held on:

February 01, 2018 | 2:30 P.M. - 4:00 P.M.

The Power House at Highland will be hosting the first workout! To sign up please follow our Facebook page for updates. This is a FREE event and open to all interested but space is limited.

Click [HERE](#) to get to the Firefighter Fitness & Engagement Program Kickoff Event Page.

For More Information
Visit our Firefighter website: <http://www.stpaul.gov/firefighter> or 651-228-6279
For questions about the Fitness & Engagement Program contact Anita Vue at
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