



Firefighter Newsletter

Biweekly updates on the upcoming Firefighter hiring process.

Spotlight Feature: Melissa

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



"I grew up just outside of Saint Paul and I love this city."

Melissa | Firefighter/EMT | 3 Years of Service

What knowledge and skills do you need to be successful as a Firefighter/EMT?

The trainers teach you everything you need to know as you go through the 16 week academy. You need problem solving skills because you run into problems every day. Sometimes your equipment fails, and you have to come up with a solution as a team. We learn new things every day. It doesn't matter if it's your first-year or twentieth.

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

I went to every Women's Expo that was offered. For training, I made my own keiser. I had someone make the weighted part, I built the track, and bought the mallet. I knew it required a lot of technique and that I wasn't going to have access to practice this part of the test very often.

I ran stairs a lot and trained hard. I wore my 40 pound weighted vest everywhere to get used to the weight. I

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](#).

Fire Equipment Operator

One of the many career paths you can take as a Firefighter is becoming a Fire Equipment Operator. This is a promoted position. The responsibilities are to drive the ambulance or fire truck, pump water from the hydrants, and raise the ladders for rescues.

Click on the link below to see the detailed job description: [Fire Equipment Operator](#)

Past Event Recap: First FEP Session



The participants are working out at the Power House at Highland.

Our first session had 20 participants, making this a

mowed the lawn in it and I did things around the house just so that when it came to the test I was prepared to do it with the additional weight on me.

As for the written test, I didn't do the tutorial. The tutorial probably gives you a little more direction on what type of questions to anticipate. I wish I would have attended the tutorial in hindsight, and I encourage everyone to go to the tutorials because it will only benefit you in this process.

Firefighter/EMT Fitness & Engagement Program

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!

Upcoming sessions will be held on:

February 12, 2018 | 8:00 A.M. - 10:00 A.M.

Linwood Recreation Center

860 St. Clair Ave. Saint Paul, MN 55106

* There are no registrations for this session just show up!

March 02, 2018 | 6:30 P.M. - 8:00 P.M.

CrossFit Slipstream

105 State St S #100, Saint Paul, MN 55107

* This is a free session, but space is limited so sign up! [Register Here](#)



huge success! We hope that the program will grow with more people who are interested in becoming a Firefighter. We want to give a shout out to the Power House at Highland and Meredith Forbes for leading a great workout. If you're interested in making a permanent training site, click on the link below to get information on becoming a member: [Membership Link](#).

Test Tip:



To simulate the equipment carry we recommend carrying a milk crate with weight in it, cinder block, and or case of water.

Check out this video SPFD put together with detailed information breaking down the Physical Performance Test and ways to train for the different sections of the Physical Performance Test: [Video Link](#)

Upcoming Stair Climb Events



Leukemia & Lymphoma Society | Big Climb MPLS

February 17, 2018

Capella Tower

Click on the link to register now!

[Register Link](#)

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 anita.vue@ci.stpaul.mn.us

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Questions?

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