



## Firefighter/EMT Newsletter

Biweekly updates on the upcoming Firefighter/EMT hiring process.

### Spotlight Feature:

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



**"Do your own research and get in touch with other firefighters. Every firefighter will share different advice, tips, and personal experiences."**

#### Tou | Firefighter/EMT | 4 Years of Service

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

The City provides a free program called the EMS Academy. This is one way to get into firefighting. They give you an introduction and teach you what EMS work is like. You can get your EMT certification once your application is accepted, you've gone through the course, and passed the EMT state exam. The EMS Academy is really helpful for individuals who may need the support, whether that be financially or emotionally through the process, making it a great resource! And since you need your EMT certification to be interviewed for this job, it's a great place to get started.

## Hiring Process

We will begin accepting applications **April 2, 2018**.

Candidates must submit a job application and an application fee of \$50. Financial hardship waivers will be available for those who qualify. The application fee of \$50 does not apply to City of Saint Paul residents. Applicants must live in the City limits and submit proof of residency in order to have the fee waived.

## Fire Captain

Did you know that you can become a Fire Captain in just 5 years? SPFD Fire Captains supervise a fire company (one company per ambulance/engine or ladder truck), supervises fire ground tactical operations until relieved by a superior officer, and much more!

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

## Past Event Recap: FEP Session

I know that SPFD host women's expos, another great place to get started for women who are interested in becoming a firefighter.

Lastly, all the fire stations that are open to the community is another option. I know that's how I got started. I went to a few stations and connected with individual firefighters. .

### **How did you know you wanted to become a firefighter/EMT?**

I knew pretty early on that I wanted to be a firefighter. It all started during my junior year in high school after I watched a documentary on 9/11. At 16 I didn't have anyone in the fire service to influence me but I knew that the main purpose and mission was to help people. That's when I had the idea. It wasn't a concrete idea, but I knew that was something I was interested in. I later on went to the Marine Corps and became a firefighter there. I came home, applied in 2010 and got hired a few years later. My ultimate goal was to help people.

### **What efforts have you made, or been involved with, to foster multicultural understanding and cultural awareness?**

In the station, I do my best to answer any and all questions to educate my peer firefighters/EMT about Hmong people. It is fun telling them about what we see or encounter on medical runs. Outside of the Fire Department, I am constantly informing others in my community about the job, what it is, and what it takes to become a firefighter/EMT. This is a rewarding career and by talking about it, I always hope it will grab the attention of someone who has the desire to help the community, who may have not had that type of role model in their life.

### **In the interview, we discussed your diverse upbringing, having lived abroad in France, City of Saint Paul, and urban MN along with being multilingual, how has this benefited you on the job?**

I believe the diverse areas I've had the opportunity to grow up in has given me a chance to see people from all walks of life. There have been multiple times on the job when I've had to use either French or Hmong to assist our crews to provide EMS service. This has always proved greatly beneficial in bridging the language barrier gap which can make a big difference when we are on the field trying to figure out how to best help the patient.

## **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!

Click here to see a video of the Firefighter Physical Performance Test: [Video Link.](#)



*Participants came out on a Monday morning to train with Firefighters!*

### **Test Tip:**



*The keiser sled is a simulation of forcible entry. If you don't have access to a keiser sled, we recommend placing wood pallets on both sides of a tire or log and practice swinging the sledgehammer and moving your feet.*

*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**



**American Lung Association | Fight for Air Climb**

February 24, 2018  
U.S. Bank Plaza



Upcoming sessions will be held on:

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.](#)

March 15, 2018 | 12:00 P.M. - 2:00 P.M.

**Oxford Community Center - Gym B & Fitness Center**

270 Lexington Pkwy N, Saint Paul, MN 55104

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

Click on the link to register now!

[Register Link](#)



CYSTIC FIBROSIS FOUNDATION

**Cystic Fibrosis Foundation | CF Climb**

March 3, 2018

**IDS Center**

Click on the link to register now!

[Register Link](#)

**2018 Women's Expo**



This will be a hands on event for you to get to know our Fire Department staff, experience what it takes to be a Firefighter/EMT and learn more about our hiring process. The event will be held rain or shine, so come in weather appropriate athletic gear ready to get your hands on some Firefighting/EMS equipment and to have fun!

We hope to see you at the Saint Paul Fire Training Tower (1683 Energy Park Drive Saint Paul, MN 55108) on **Saturday March 24, 2018 at 8:30 AM - 1:00 PM** and don't forget to share this great opportunity with your friends and family!

To Register:

[www.spfdwomenexpo2018.eventbrite.com](http://www.spfdwomenexpo2018.eventbrite.com)

**\* If there is a high demand in attendance, we may contact you with an updated start time.\***

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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](mailto:anita.vue@ci.stpaul.mn.us)

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