



Firefighter/EMT Newsletter City of Saint Paul

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.



"I ended up with a career, not a job."

Cesar | Firefighter/EMT | 3 Years of Service

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

To be a successful Firefighter/EMT you need to have an open mind in order to learn new skills and different things every day. Another important contributing factor to becoming a successful Firefighter/EMT is being involved in any way that you can. To that point, as soon as I graduated I joined the Honor Guards. It just goes to show that you're committed to the community that you serve.

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

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/Arson Investigator

Salary: \$64,480 - \$93,704

The Saint Paul Fire Department is always looking to help grow its employees. The Fire/Arson Investigator performs investigations to determine the cause, origin, and circumstances of fire related incidents.

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

Past Event Recap: FEP Session



awareness?

Whenever I am out in the community and someone approaches me asking what it is like to be a Firefighter/EMT, I do my best to tell them like it is. I'm willing to give out my personal number to those who are interested or want to learn more because I am invested in recruiting Firefighters/EMT for the City of Saint Paul. I want to see what the Fire Department will look like 20 years from now and how it's changed.

There are also many ways to be engaged within the Fire Department. In the last round of interviews, I had the opportunity to be an interview panelist. As a member of the interview panel, I got to interview and recommend individuals for the current fire academy. That process was interesting and I would like to be a part of that in the future when that opportunity arises.

Lastly, to foster understanding about the Firefighter position within the Hispanic community I like to create my own events. Knowing that a large population of the Hispanic community attends Catholic Church, I reach out to the churches and see if I'm able to visit or put up a stand to share what I know.

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

I've tested all over the country. From Texas, New York, Washington, Wisconsin, Iowa, to various cities within Minnesota. I had a stack of 20 rejection letters but I didn't give up. Every test is different in its own way but this can be beneficial in that you can learn what you are doing right and wrong. Based on those experiences, I've learned that maybe I have to change this or tweak that. I can't change my life experiences but I can get better at communicating how those experiences would benefit an organization.

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](#).

Upcoming sessions will be held on:

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 let

Photo Credit: CrossFit Slipstream

Our most recent session had close to 40 participants! If you weren't able to come, don't worry we still have more sessions! Please keep an eye for a survey on this session. Thank you to CrossFit Slipstream for hosting a great session! If you're interested in making this your permanent gym, click on the link below to get information on becoming a member. [Membership Link](#)

Training Tip:



If you haven't been practicing with a weighted vest, we recommend that you get started! This will help simulate the jacket and equipment, weighing from 20 pounds up to 60 pounds.

To simulate dragging a charged hose we've had firefighters in the past trained with a weighted sled or tire attached to a rope.

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](#)

EMS Academy

us know if you plan to attend on our [Facebook Event Page](#).

We have invited our Firefighter/EMT trainees from the Firefighter/EMT academy to join the session on the 15th! Don't miss out and hear their firsthand experiences applying for the Firefighter/EMT position!

March 28, 2018 | 7:00 P.M. - 8:15 P.M.

The Athlete Lab

3225 Country Dr, Little Canada, MN 55117

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



2018 Women's Expo



Want to know what it takes to be a female Saint Paul Firefighter/EMT? This will be a hands on event



The Saint Paul Emergency Medical Services (EMS) Academy is an intensive, tuition-free emergency medical technician (EMT) certification and firefighter awareness program. This is a paid training which lasts 240 hours over 10-14 weeks.

We will be accepting applications **March 26, 2018**.

For more information, please visit: [EMS Academy](#).

Firefighter/EMT Training



Firefighter/EMT at a Water Rescue Training at Lake Phalen.

We prepare all of our Firefighter/EMTs for any and all medical emergencies and critical situations.

Criminal Expungement Clinics

We recognize that during a background check a criminal conviction can be a barrier for people to obtain their EMT Certification.

Did you know that the Saint Paul Rondo Community Library offers a free Criminal Expungement Clinic? Come listen to the Volunteer Lawyers Network explain MN Expungement Law and how it applies to you.

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!

Saturday March 24, 2018
8:30 AM - 1:00 PM
Saint Paul Fire Training Tower
1683 Energy Park Drive Saint Paul, MN 55108

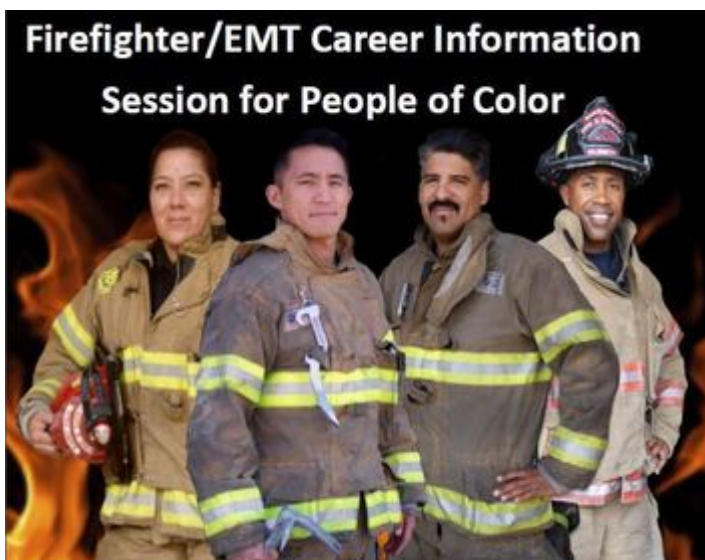
Don't forget to share this great opportunity with your friends and family!

To Register:

www.spfdwomenexpo2018.eventbrite.com

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

Firefighter/EMT Career Information for People of Color



The Saint Paul Fire Department invites you to join us at our first Firefighter/EMT Career Information Session for People of Color. The goal of this event is to educate and empower communities of color on how to start their Firefighter/EMT career with the Saint Paul Fire Department. At this event, you will review the Firefighter/EMT Exam process, hear from Saint Paul Firefighters/EMT of Color, and get an introduction to the testing equipment!

Thursday March 29, 2018
6:00 PM - 7:30 PM
Rondo Community Library - Multipurpose Room
461 Dales St N, St. Paul, MN 55104

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

All clinics are open from
12 PM - 3 PM

March 09 - Sun Ray Library
 March 16 - Rondo Library
 April 06 - Arlington Hills
 Community Center
 April 13 - Sun Ray Library
 April 20 - Rondo Library

For more dates, [click here](#).

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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