



Firefighter/EMT Newsletter

Bi-weekly updates on the upcoming Firefighter/EMT hiring process.

Spotlight Feature:

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



"I get to go to work and make a difference in peoples' lives."

Jamie | Firefighter/EMT | 5 Years of Service

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

In addition to getting your EMT certification, it boils down to your willingness to serve because this career can be very demanding. You can be in various environments, it could be during the middle of the night and outside could be hot or cold. You don't know what the situation is going to call for and what's going to be asked of you. You have to be willing and have the right attitude to do what it takes to best serve the community.

Hiring Process

We will begin accepting applications **April 2, 2018**. Firefight/EMT Written Test is scheduled for **June 1, 2018**. Mark the dates on your calendar!

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 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.

Payments can be made online or by cash in person after you've applied at the Office of Human Resources at 200 City Hall Annex, 25 W. 4th Street, Saint Paul, MN 55102.

Firefighter Trainee

Salary: \$20.45 hourly

Performs trainee duties as a student in the Saint Paul Fire Academy, working a forty-hour (40) work week for 16 weeks. Recruits attend classes to learn fire procedures and other fire-related subject matter.

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

You also need to have the hunger to learn. The field is always changing and you can never know everything about every possible scenario. By having a willingness to learn more about the fire service and the emergency services you can prepare yourself for any circumstances. No situations are the same and you never know what you're going to encounter at the scene.

What did you do before your current position?

Right after college, I went into real estate and then got into the fire service. It just goes to show you don't always need to have the background or experience. As long as you pass the requirements, have your certificate and the right attitude you can do it.

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

I like my job because I grew up in Saint Paul. I have a lot of family and friends in Saint Paul. To be able to live and serve the community where I have a lot of roots is very fulfilling.

Secondly, I like that no two days are alike because that's what keeps me engaged. We work 24 hour shifts, which can go by very quickly. There's always something to do and always something new. You come in contact with new people and lots of different stimulus to engage in your mind and career.

Being a Firefighter/EMT gives a lot of purpose to my day and my job. To be able to help people when they're at their greatest need and knowing they're counting on us to do our best is very fulfilling.

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:

After the 16 week Fire Academy Graduation recruits are promoted to Firefighter/EMT.

Firefighter Starting Salary: \$24.70 hourly

Past Event Recap: Fitness & Engagement Session



Saint Paul Fire recruits joined us at Oxford Community Center on Thursday!

Did you catch us on the news last week? We had over 20 participants on a Thursday afternoon! Don't miss out on the next session at The Athlete Lab, we have **11 spots** open left!

[KSTP Featuring Saint Paul Fire Department](#)

Training Tip:

Firefighter/EMT Physical Performance

Saint Paul Fire Department has designed beginning phase of training for the Saint Paul manual is only a sample of exercises to increase the intensity and frequency of yo

- [Part 1 - Training Manual](#) ←
- [Part 2 - Workout Calendar Sample](#)
- [Part 3 - Workout Calendar Blank](#)
- [Part 4 - Exercise Appendix](#)
- [Part 5 - Prep Guide](#)

Saint Paul Fire Department has designed a training manual written for individuals who are in the beginning phase of training for the Saint Paul Firefighter/EMT Physical Performance Test. This manual is only a sample of exercises to get you started. As you progress it is recommended to

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](#).

April 14, 2018 | 10:00 A.M. - 12:00 P.M.

North Dale Recreation Center

1414 St Albans St N, Saint Paul, MN 55117

*There is no registration for this session, just let us know if you plan to attend on our [Facebook Event Page](#).

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 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!

increase the intensity and frequency of your workouts.

[Training Manual](#)

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



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](#)

Saint Paul Fire Fact



Did you know that Saint Paul Fire operated with horses from 1856 to 1924? Check out Saint Paul Fire Department's first ambulance from 1967!

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!

Rondo Community Library - Multipurpose Room

461 Dales St N, St. Paul, MN 55104

Thursday March 29, 2018

6:00 PM - 7:30 PM

There is no registration for this session, just let us know you plan to attend on our [Facebook Event Page](#).

Firefighter/EMT Career Information Session

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.

All clinics are open from
12 PM - 3 PM

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

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



You've signed up for the newsletters and attended a few of the Fitness & Engagement Sessions but do you know where and how to apply? Make sure you attend at least one Career Information Session! The Career Information Sessions are optional but we strongly encourage you all to attend. We will have a Firefighter/EMT panel, review the hiring process, and give out information on resources to help you through the application process!

Washington Magnet School – Great Hall

1495 Rice Street, Saint Paul, MN 55117

April 7, 2018, Saturday

10 am – 12 pm

The Wellstone Center – Auditorium

179 Robie Street E, Saint Paul, MN 55107

April 16, 2018, Monday

6 pm – 8 pm

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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