



## Firefighter/EMT Newsletter City of Saint Paul

### Firefighter/EMT Newsletter

#### Important Update:

Firefighter/EMT application deadline has been extended to  
**4:30 p.m. on May 11, 2018**

#### Spotlight Feature:

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



**"If you really want to challenge yourself and dare to be great, get off the fence and give it a shot."**

**Gerone | Chief of Community Relations | 21 Years of Service**

### Hiring Process

Now accepting applications online for Firefighter/EMT through **Friday, May 11, 2018, 4:30 p.m.**

Firefight/EMT Written Exam is scheduled for **June 1, 2018**. See more information below.

Candidates must submit an online job application **and** an application fee of \$50. Economic 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 at the Office of Human Resources at 200 City Hall Annex, 25 W. 4th Street, Saint Paul, MN 55102.*

Please visit [www.stpaul.gov/firefighter](http://www.stpaul.gov/firefighter) for more information.

### Emergency Medical Services Coordinator

**Salary:** \$60,569.60 - \$88,025.60

SPFD has various opportunities for professional growth. See

### How do you support the mission of the City of Saint Paul and the Fire Department?

I currently serve as the Chief of Community Relations, so I do most things that aren't operations related. I do recruiting, I work with the EMS academy, public relations, public education, and community events. My job is about improving racial equity and making the Fire department a positive part of the community. These are just a few ways that I support the Fire and City missions.

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

Being a good team player will make you a very successful Firefighter/EMT. No one knows everything. There are days where you're working the streets and you're in a situation that you have no knowledge of. Being able to work as a team and relying on one another is a great strength.

I would say you also need to be a problem solver, creative, dedicated to the mission, and want to serve. These are the big things that make you a success Firefighter/EMT. Your commitment to service and wanting to give back to the community will help drive your career.

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

To prepare for the Physical Performance Test, I bought a back pack and put sand in it. I started with 40 pounds, eventually working my way up to 70 pounds of sand. There used to be a long stair way on the west side and I would just climb stairs until I was tired.

As I progressed I went to a surplus store and bought a fire hose. So it was a bundle that weighed around 75 pounds. I would do stairs with the weighted back pack and hose bundle.

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## 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 dates 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](#).

the information on being an EMS Coordinator.

EMS Coordinator performs intermediate emergency medical services work assisting in planning, implementing, and coordinating Emergency Medical Services operations. Assists in developing and implementing emergency medical services policies and procedures. Click on the link below to see the detailed job announcement: [EMS Coordinator](#)

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## Past Event Recap: Fitness & Engagement Session



April 14, 2018

We had 26 people who came to our most recent session in the middle of a BLIZZARD! We hope to see more dedicated folks at our last public session on May 1, 2018. We only have 15 spots available; sign up today!!

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### 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



### Upcoming session will be held on:

**May 01, 2018 | 4:30 P.M. - 6:30 P.M.**

#### YWCA of St. Paul

375 Selby Ave, Saint Paul, MN 55102

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

*\*Upcoming sessions will be advertised only to Firefighter applicants\**

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## SPFD Women's Event



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!

Wednesday, May 2, 2018

5:30 P.M. - 8:30 P.M.

Fire Training Facility

1683 Energy Park Dr, Saint Paul, MN 55108

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

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 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](#)

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## 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 are now accepting applications through **April 30, 2018**. See job announcement for requirements.

#### [EMS Job Announcement](#)

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

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## Saint Paul Fire Fact

**To Register:**

[www.sfpdwomen2018.eventbrite.com](http://www.sfpdwomen2018.eventbrite.com)

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

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## Firefighter/EMT Career Information Session



The Saint Paul Fire Department invites you to join us at our last Firefighter/EMT Career Information Sessions.

At this event, you will review the Firefighter Exam process, hear from Saint Paul Firefighter/EMTs, and get an introduction to the testing equipment! Come learn how and why being a Saint Paul Firefighter/EMT is the best career for YOU!

Firefighter/EMT Career Information Sessions:

Rondo Community Library - Multi. Rm  
461 N Dale Street, Saint Paul, MN 55103  
May 03, 2018, Thursday  
4:00 P.M. – 6:00 P.M.

There is no registration; however, we do ask you to [RSVP](#).

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## Open House - Cinco De Mayo



Saint Paul Fire Department invites you to join us at our



*Fire Station 18*

Saint Paul Fire Department has 16 Fire Stations. Station 18 was built in 1908 and is Saint Paul's oldest Fire Station. Station 18 is located on the Northwest corner of University Ave and Saint Albans Street.

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

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## Southern Minnesota Regional Legal Services

Southern Minnesota Regional Legal Services (SMRLS) provides a full range of high quality legal services to low income persons and eligible client groups in civil matters. For expungement assistance, contact SMRLS St. Paul Telephone Intake at 651-222-4731. [SMRLS Link](#)

Hiring Open House! You will get the opportunity to tour Station #6, a Fire Truck, and an Ambulance.

We encourage you to stop by, especially if you plan to apply to be a Saint Paul Firefighter/EMT. We'll have Physical Performance Testing equipment, hiring information and Firefighter/EMT's onsite for you!

Open House  
Fire Station 6  
33 Cesar Chavez Street Saint Paul, MN 55107  
May 05, 2018  
12:00 P.M. - 5:00 P.M.

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## Written Exam Information

# May 2018

### Firefighter Tutorial Schedule

The same tutorial will be held at five locations and various times. Each tutorial will be approximately 3.5 hours. Participants should bring the FSAB Assessment Preparation Guide. You are not required to attend a tutorial.

For assistance please contact: 651-266-6509 or  
Jerusha.Wynn@ci.stpaul.mn.us



## Written Exam Tutorials

Apply early to receive access to the online written exam preparation guide and tutorial information. You can also refer to the [Firefighter/EMT Job Announcement](#).

## The Firefighter/EMT Written Exam Time and Location


The exam is scheduled for **Friday, June 1, 2018**. The exam will begin promptly at 10:30 a.m. and conclude by 3:30 p.m. The exam will take place at the Saint Paul RiverCentre (175 Kellogg Blvd, Saint Paul, MN 55102).

No make-up exams will be given.

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### For More Information

Visit our Firefighter website: <http://www.stpaul.gov/firefighter> or 651-228-6279  
For more questions, contact Anita Vue at [anita.vue@ci.stpaul.mn.us](mailto:anita.vue@ci.stpaul.mn.us)

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