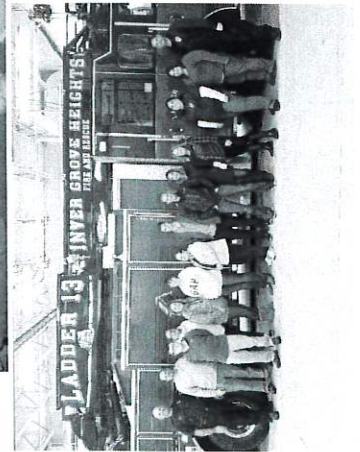


## Join us for the 2019 Citizens' Fire Academy

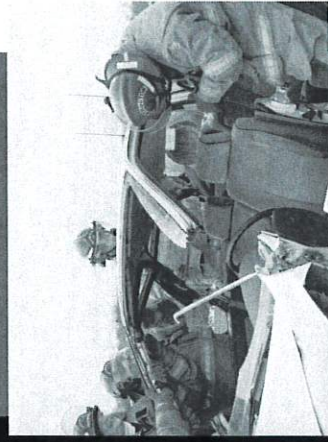
Learn what it takes to work as a fire-fighter through classroom and hands-on learning. As a CFA participant you will experience real fire department training with South Metro & Inver Grove Heights Fire Department staff.

Participants will get a taste of fire department life and learn life-safety skills to help in the protection of their families and their community.



South Metro /  
Inver Grove Heights  
Fire Department

## Citizens', Fire Academy 2019



Date: Wednesday  
evenings, September  
and October  
Time: 6:30-9:30pm

### Inver Grove Heights Fire Department



8150 Barbara Ave  
Inver Grove Heights, MN 55077  
Phone: 651-455-5082  
[www.invergroveheights.org](http://www.invergroveheights.org)

#### Fire Station No. 1

7015 Clayton Avenue E.  
Inver Grove Heights, MN 55076  
Phone: 651-455-6103

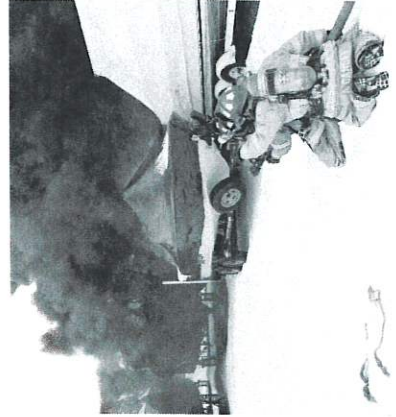
#### Fire Station No. 3

2059 Upper 55th Street E.  
Inver Grove Heights, MN 55077  
Phone: 651-451-1146

## The Firefighter Experience

It is our desire to increase awareness about our fire departments with our local residents, so that these residents will become well-informed citizens who can become more involved with the long-term safety of our communities. We will demonstrate the day to day operations of the fire department through a mixture of classroom and hands-on learning. We are committed to the communities we serve and we are determined to be at the forefront of fire and injury prevention and rescue.

The Academy involves sessions of three hours a week for eight weeks; topics will include day-to-day operations, fire safety & prevention, Emergency Medical Services, Special Rescue, and others that are important to public safe-



## About the Academy

The Citizens' Fire Academy consists of approximately eight, three hour sessions and meets once a week. Each week participants will learn about a different facet of the services provided by the South Metro and Inver Grove Heights Fire Departments. Each session will include classroom learning taught by qualified fire service instructors and supervised hands-on learning to put new knowledge to practice.

### Eligibility

The SMFD/IGHFD Citizens' Fire Academy is open on an application/selection basis to people of age 18 or older who live or work in the cities of Inver Grove Heights, South St Paul, and West St Paul. Class sizes will be limited, so submit your application early!

### Take-Home Skills

Participants will learn valuable take-home safety skills that they can use in their every day life; from home fire safety to being safer drivers to CPR.



## Past Participants Say:

"Everyone in town should experience this!"

"I thought I knew a lot about the fire department but I had no idea you did all that..."

"The hands-on activities really helped me to understand just what you go through every day."

"You couldn't buy an experience like that anywhere!"



## Inver Grove Heights Fire Department

8150 Barbara Ave

Inver Grove Heights, MN 55077

Phone: 651-455-5082

[www.invergroveheights.org](http://www.invergroveheights.org)

Fire Ops Supervisor Dan Bernardy  
[dbernardy@invergroveheights.org](mailto:dbernardy@invergroveheights.org)

**Week 1, 9/11/19 SMFD Station 2:**

Congdon/Bernardy, Juelfs/Thill

Introduction to instructors & participants

Quick tour

History

SSP/WSP departments + merged entity + mutual aid relationship w/IGH

Organization

Flow chart/command structure/shift assignments

Budget basics

Community/County/State/Federal disaster management

Big picture—how we fit in

Partner agencies

Requirements/recruitment/HR

Education, experience

Operations overview

Call volume by types

**Week 2, 9/18/19 SMFD Station 1:**

Congdon/Bernardy

A day in the life

Perception vs reality

Fire science

Apparatus functions

Tactical considerations

PPE-discussion & issuing

Wearing & moving around in gear

**Week 3, 9/25/19 IGHFD Station 3:**

Congdon/Bernardy

Duties-Daily chores

Hose movement/basic FF skills

Extrication tools & hands-on

**Week 4, 10/2/19 IGHFD Station 3:**

Congdon/Bernardy

Live fire exercises-extinguisher sim, car fire sim?

Forcible entry basics

Handling hoses

Engine Co Ops...tie it all together

SMFD/IGHFD – Citizens' Fire Academy -- Overview

**Week 5, 10/9/19 Dispatch/DCC:**

Congdon/Bernardy/DCC Staff

Dispatch/communications

Meet at/tour DCC

Call process: call to dispatch, following call to clear

Roadway Safety

Thill

**Week 6, 10/16/19 IGHFD Station 1:**

Congdon/Bernardy

EMS division & CPR training

Stats/info

Call types

Psych issues/ETOH/drugs/personal safety

Priority/EMD/routine vs emergency

Hands-Only CPR class/Res-Q-Pump/Lucas?

Scenarios

**Week 7, 10/23/19 SMFD Station 1:**

Congdon/Bernardy

Special Operations

SOT-Erickson

HazMat

Active shooter/MAAG/etc

Water rescue/rescue swimmer

Exercise-ropes or HazMat

**Week 8, 10/30/19 WSP Council Chambers:**

Fire Marshals/Inspectors

Prevention Division

Inspections/Investigations

Pre-plans

Special properties/hazards

Wrap-up

Congdon/Bernardy

Review

Graduation

Chiefs, Council members,  
SMFD board members