



## LETTER FROM THE CHIEF



The job of a firefighter is something that is extremely rewarding on so many levels. Each day we have the opportunity to make an impact that can be significant and potentially life-changing. Yet, often times I hear from the men and women of the department that they are "just doing their job". I personally can accept that as I too in past have said the same thing. To me, that shows the heart and professionalism of the firefighters that serve our residents.

A few years ago I wrote about the Latin term "non sibi" which means 'not for self'. It was something that I felt made up the heart and soul of our personnel. Over the past few years, that feeling has only grown because of the selflessness that I continue to witness on a daily basis from the staff.

What we as a society have experienced over the past few years has only put added pressure on our first responders and their families to perform and yet I have continued to see the 'not for self' attitude continue to shine through.

2022 was another record year for the department from a call volume perspective. We received 1,668 calls for service which allowed the men and women of the St. Anthony Fire Department to continue their focus of serving the community.

Like many other fire service organizations, we have challenges that face us and opportunities to embrace them. I can assure you that we will take that head-on as a department and will continue to deliver services to our community that you can be proud of.



## COMMUNITY ENGAGEMENT



Our interactions with citizens allow us to create relationships and trust with the community we serve. Throughout the year we spend countless hours attending events such as Night to Unite, The Pinewood Derby, and VillageFest. Our biggest event, the Fire Department Open House, is attended by several hundred people. This day allows us to educate the community on fire prevention and highlight the operation of the fire department and its personnel. Each year, we develop new and creative ways to make the event unique. New in 2022 was our "Close Before Your Doze" presentation, where we had a large structure with two rooms – one fully engulfed in fire and the other adjacent room with the door closed. We educated attendees on the safety benefits to sleeping with your bedroom door closed at night. In December, we spend a week driving down nearly every street in St. Anthony hosting Santa on the Fire Truck. Firefighters work to spread holiday cheer while collecting donations for Nourish 282 and Toys for Tots.

Throughout the year we utilize our social media pages to educate the masses and keep the community up to date on current incitements. We have also benefited from our social media sites in the recruitment process. Both community members and future firefighter prospects have been able to stay informed with the many activities and events that the fire department hosts both on and off duty. We look forward to continuing these events and expanding with the new year.

- Mattie Jaros, Captain/EMT



612-782-3400



mark.sitarz@savmn.com



3505 Silver Lake Rd NE, St. Anthony, 55418



savmn.com/firedepartment

## TECHNOLOGY



We have changed the way we record patient information by going digital. By using a tablet, we have secure access to previous patient encounters. If you've been seen by the fire department during a medical emergency, we'll be able to pull up our previous records starting in February of 2023. It is still very helpful to have your state ID or driver's license and a list of prescribed medications, medical history, allergies, and a fully completed POLST form if applicable. All of this info can also be kept in a "file of life" magnet that is placed on your refrigerator, which we offer at no charge.



We have also implemented a new Zoll X Series Cardiac Monitor. Aside from obtaining the typical vital signs of blood pressure, heart rate, and pulse oximetry, we can perform EKGs to look for dysrhythmias, arrhythmias, and STEMIs (ST Elevated Myocardial Infarction- also known as a heart attack). The monitor is equipped to measure EtCO<sub>2</sub> and SpCO, which gives the paramedics and EMTs a much greater picture of the patient's health. The monitor is also able to perform several lifesaving interventions such as cardiac pacing, synchronized cardioversion, and defibrillation.

To give you an idea of how this new technology being utilized, we can look at a simulated medical call:

We arrive to the address of a medical call where the patient reported chest pain to 911 dispatchers. Upon arrival, the patient states they feel like they are going to pass out and appear to be in great distress. We are able to quickly assess the patient and find they have a critically low blood pressure.



The patient then becomes unresponsive and unable to answer any questions about medical history. A 12-lead EKG indicates they have a STEMI, indicating a heart attack.



While the paramedic performs the EKG and other interventions to treat the patient, the EMT on the crew is able to find the patient's driver's license and enter the information into the tablet. Luckily this is a repeat patient, and all their medications and medical history are imported, freeing up the EMT to assist with interventions. The quick interventions and access to documentation greatly assist the paramedics and expedite the process to transport the patient to the appropriate emergency department.

We are fortunate to have the resources to provide the highest level of care. We always strive to be our best for the people we serve. These two new components have greatly increased our level of care and gives us the necessary information to seek ways to improve.

- Alex Van Galder, Captain/Paramedic



St. Anthony Village Fire Department



@stanthonyfire

# YEAR IN REVIEW



2022 was another record year for the department with 1,668 calls for service. The calls ranged from medicals and fires, to lift assists and false alarms. Ten calls were for fires in our city and 19 were for mutual aid requests from our neighbors.

The total dollar loss tied to fires in our city was \$11,928. This was down from the year prior, which was \$226,150. There were no deaths and zero reported civilian injuries documented.

Our average response time for Code 3 (emergency) calls is 2 minutes and 54 seconds.

COVID continued to be present in our daily operations. We saw a significant decline in COVID-positive patients but saw many with severe respiratory issues and difficulty breathing. Overall, the crews noticed a steep decline in COVID calls.

Our Hazmat Team was called out four times for the following: a mercury spill, a chemical suicide, a chemical reaction at a business, and a chemical release at a water treatment plant.

Four new rookies started in October, and we anticipate their training to wrap up in August 2023.

Assistant Chief Chris Fuller retired at the end of November after 24 years as a career firefighter. He has since returned as a paid-on-call firefighter to continue in the role where his career began.

## TRAINING



Training is always at the forefront of what we do. We take it seriously because we understand the value that it brings to the department as a whole.

We had 1,805 documented hours of training for 2022 while hosting 34 drills. Some examples of our training consisted of:

- EMT
- Live fire
- Hose line advancement
- Search and rescue
- MAYDAY
- Strategies and Tactics

In 2021 we changed the way we deployed our hose lines, which requires us to reload the hose back onto the engines in a specific way. Training on this was carried over into 2022. If we did not have a complete drill dedicated to deploying and reloading hose, we would have at least one portion of drill where crews would have to focus on sets and reps of those skills.

We were able to get a house to use for search and rescue, which we smoked up with theatrical smoke, used large speakers for background noise, and directed crews to find a victim.

Our officer drills continued to focus on the Blue Card Incident Command system. This system allows for standard command practices tied to everyday Strategic and Tactical emergency operations. We focused on size-ups, MAYDAYS and overall Strategies and Tactics.



## PUBLIC EDUCATION



Educating the public on both fire and life safety is an important piece of the puzzle when it comes to keeping citizens safe. This starts at a very early age when we interact with young children visiting the fire department or at their preschool. We teach them that firefighters are their friends and not to hide during a home fire, a natural response for young children. We build on that base knowledge each year through in-school education. All students in St. Anthony receive annual fire prevention education from us throughout their school years. We visit each grade and spend time discussing various safety topics that align with their cognitive ability. For instance, kindergarteners receive several visits from firefighters going over topics such as their first fire drill and reading a fire safety book during "I Love to Read" month. In 4th grade, students get to participate in the annual fire safety poster contest, putting to life the past several years of fire prevention education. In the summer months, we partner with the police department to host Summer Survival Camp where students learn first aid & chemical safety, go on truck and ambulance tours, and even get a live vehicle extrication demo! We also offer education to the adult population, with presentations geared toward senior safety, such as fall prevention or hands-only CPR classes. Our Fire Prevention and Education program is key to reducing risks throughout the community.

-Mattie Jaros, Captain/EMT



## 2022 ANNUAL REPORT

