

Could you Thrive as a Firefighter?

There are many ways to excel in this field regardless of gender. Firefighters bring unique strengths and skills, and everyone can make meaningful contributions.

The demands of the job are high, and competition is fierce, but with determination, anyone can rise to the challenge. What are the attributes of success?

- Dedicated to public service
- Honest and dependable
- Able to perform duties under pressure
- Physically fit and committed to health
- Effective in a team environment
- Positive attitude and a sense of humor
- Respects colleagues and the community
- Exercises good judgment/common sense
- Manages stress in a healthy, productive way

Women in the fire service are often recognized for enhancing communication and bringing fresh perspectives and helping to build stronger relationships within the community and their peers.



Serving The Greater Sacramento Area

For more information, contact any one of the following FDs or check them all online at: www.myfirecareer.org

Cosumnes CSD FD (Elk Grove/Galt)
(916) 405-7100
www.cosumnescsd.gov/968/

Fire Folsom City FD
(916) 461-6300
www.folsom.ca.us/government/fire

Sacramento City FD
(916) 808-8568
www.Cityofsacramento.org/Fire/Careers

U.C. Davis FD
(530) 752-1236
www.fire.ucdavis.edu/Sacramento

Metropolitan FD
(916) 859-4300
Joinmetrofire.org

West Sacramento FD
Cityofwestsacramento.org/government/departments/fire/careers

Woodland FD
(530) 661-5809 (Human Resources)
Cityofwoodland.org/252/Employment



*Sponsor: The Sacramento County
Fire Chiefs Association*

Women in Fire... Yes!



Capt. Erika Enslin (Retired)
Fire Station #3, Sac FD,
34yrs Fire Service, 24 years w/Sac City

"If you see it, you can be it."

Why a Fire Career?

While firefighting offers the opportunity to provide a crucial public service, it is also a dangerous and physically demanding career. Most fire departments require extensive pre-employment training, such as EMT or Paramedic certification, and both men and women must meet the same physical fitness standards.

For women who view these challenges as exciting rather than discouraging, firefighting can be a dynamic, ever-changing, and highly rewarding profession. The career offers competitive pay, excellent benefits, and job security.

Also, the ability to manage emergencies and provide life-saving services at critical moments brings immense personal and professional satisfaction.



When/Where to Start:

Change in the fire service can be slow, but progress is being made to ensure that departments are more inclusive. Many fire departments are opening their ranks to individuals from diverse backgrounds, including veterans, women, and underrepresented.

In the Greater Sacramento Area, fire departments are taking steps to ensure the hiring process is transparent and that information is available to all candidates. These efforts include:

- Implementing a Strategic Plan among Sacramento County FDs to improve diversity
- Partnering with community colleges to offer fire-related courses
- Collaborating with community organizations for outreach and recruitment
- Offering mentoring services for aspiring firefighters
- Organizing job fairs
- Maintaining a fire career website¹ with:
 - Current employment and training resources
 - Minimum hiring requirements for different departments
 - Contact information for local fire departments



¹ You can begin your Fire Career Journey through this website: <https://www.myfirecareer.org>



Challenges Ahead

The fire service is continually evolving, but not everyone adapts quickly to these changes. This resistance can lead to conflict, and women firefighters, representing change, sometimes face additional challenges in the workplace.

However, it's important to know that women have been serving successfully as career firefighters and officers for over 45 years—and as volunteers for even longer. There is a strong tradition of women who are committed to the fire service, and they have made their mark in the field.

Today, preparation is key. Applicants who approach firefighting with dedication and forethought are more likely to succeed, and with the resources and support available, you can find your place in this rewarding career.