**Candidate Physical Ability Test (CPAT)**

**Event 1 Stair Climb**

For this event, you must wear two 12.5-pound (5.67-kg) weights on your shoulders to simulate

the weight of a high-rise pack. Prior to the initiation of the timed CPAT, there is a 20-second

warm-up on the Step Mill at a set stepping rate of 50 steps per minute. During this warm-up

period, you are permitted to dismount, grasp the rail or hold the wall to establish balance

and cadence. If you fall or dismount the Step Mill during the 20-second warm-up period,

you must remount the Step Mill and restart the entire 20-second warm-up period. You are

allowed to restart the warm-up period twice. The timing of the test begins at the end of this

warm-up period when the proctor who calls the word “START.” There is no break in time

between the warm-up period and the actual timing of the test. For the test, you must walk on

the Step Mill at a set stepping rate of 60 steps per minute for 3 minutes. This concludes the

event. The two 12.5-pound (5.67-kg) weights are removed from your shoulders. Walk 85

feet (25.91 m) within the established walkway to the next event.

**Event 2 Hose Drag**

For this event, you must grasp a hoseline nozzle attached to 200 feet (60 m) of 1 3/4-inch

(44-mm) hose. Place the hoseline over your shoulder or across your chest, not exceeding

the 8-foot (2.24-m) mark. You are permitted to run during the hose drag. Drag the hose 75

feet (22.86 m) to a pre-positioned drum, make a 90° turn around the drum, and continue an

additional 25 feet (7.62 m). Stop within the marked 5 foot x 7 foot (1.52 m x 2.13 m) box,

drop to at least one knee and pull the hoseline until the hoseline’s 50-foot (15.24-m) mark

crosses the finish line. During the hose pull, you must keep at least one knee in contact with

the ground and knee(s) must remain within the marked boundary lines. This concludes the

event. Walk 85 feet (25.91 m) within the established walkway to the next event.

**Event 3 Equipment Carry**

For this event, you must remove the two saws from the tool cabinet, one at a time, and place

them on the ground. Pick up both saws, one in each hand, and carry them while walking 75

feet (22.86 m) around the drum, then back to the starting point. You are permitted to place

the saw(s) on the ground and adjust your grip. Upon return to the tool cabinet, place the

saws on the ground, pick up each saw one at a time, and replace the saw in the designated

space in the cabinet. This concludes the event. Walk 85 feet (25.91 m) within the established

walkway to the next event.

**Event 4 Ladder Raise and Extension**

For this event, you must walk to the top rung of the 24-foot (7.32-m) aluminum extension

ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the

wall. This must be done in a hand over hand fashion, using each rung until the ladder is

stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately

proceed to the pre-positioned and secured 24-foot (7.32-m) aluminum extension ladder,

stand with both feet within the marked box of 36 inches x 36 inches (91.44 cm x 91.44 cm),

and extend the fly section hand over hand until it hits the stop. Then, lower the fly section

hand over hand in a controlled fashion to the starting position. This concludes the event.

Walk 85 feet (25.91 m) within the established walkway to the next event.

**Event 5 Forcible Entry**

For this event, you must use a 10-pound (4.54-kg) sledgehammer to strike the measuring

device in the target area until the buzzer is activated. During this event, you must keep your

feet outside the toe-box at all times. After the buzzer is activated, place the sledgehammer

on the ground. This concludes the event. Walk 85 feet (25.91 m) within the established

walkway to the next event.

**Event 6 Search**

For this event, you must crawl through a tunnel maze that is approximately 3 feet (91.44 cm)

high, 4 feet (121.92 cm) wide and 64 feet (19.51 m) in length with two 90° turns. At a

number of locations in the tunnel, you must navigate around, over and under obstacles. In

addition, at two locations, you must crawl through a narrowed space where the dimensions

of the tunnel are reduced. Your movement is monitored through the maze. If for any reason,

you choose to end the event, call out or rap sharply on the wall or ceiling and you will be

assisted out of the maze. Upon exit from the maze, the event is concluded. Walk 85 feet

(25.91 m) within the established walkway to the next event.

**Event 7 Rescue**

For this event, you must grasp a 165-pound (74.84-kg) mannequin by the handle(s) on the

shoulder(s) of the harness (either one or both handles are permitted), drag it 35 feet (10.67 m)

to a pre-positioned drum, make a 180° turn around the drum, and continue an additional 35

feet (10.67 m) to the finish line. You are not permitted to grasp or rest on the drum. It is

permissible for the mannequin to touch the drum. You are permitted to drop and release the

mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the

marked finish line. This concludes the event. Walk 85 feet (25.91 m) within the established

walkway to the next event.

**Event 8 Ceiling Breach and Pull**

For this event, you must remove the pike pole from the bracket, stand within the boundary

established by the equipment frame, and place the tip of the pole on the painted area of the

hinged door in the ceiling. Fully push up the 60-pound hinged door in the ceiling with the

pike pole three times. Then, hook the pike pole to the 80-pound ceiling device and pull the

pole down five times. Each set consists of three pushes and five pulls. Repeat the set four

times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or

allowing the pike pole handle to slip, without the pike pole falling to the ground, does not

result in a warning or constitute a failure. You are permitted to re-establish your grip and

resume the event. If you do not successfully complete a repetition, the proctor calls out

“MISS” and you must push or pull the apparatus again to complete the repetition. This event

and the total test time ends when you complete the final pull stroke repetition as indicated

by a proctor who calls out “TIME.”