

Candidate Physical Ability Test

The Candidate Physical Ability Test is a practical exam used to test a candidate's physical ability to perform a job task related to firefighting. CPAT is a physically demanding test that requires a candidate to use his or her physical, mental abilities and, in some cases, balance.

The CPAT is a timed pass/fail test that consists of eight separate events that must be completed in 10 minutes 20 seconds:

- Stair Climb
- Hose Drag
- Equipment Carry
- Ladder Raise & Extension
- Forcible Entry
- Search
- Rescue
- Ceiling Breach & Pull

The dress code is strictly enforced for safety. The CPAT dress code for the Orientation, Practice Sessions and Test is: Long pants (no shorts), T-shirt or sweatshirt, footwear with no open heel or toe, and no loose or restrictive jewelry. Candidates must be in proper CPAT attire before being allowed to participate in the orientation, practice sessions and test.