

A Brief Review of The Fire Department Candidate Physical Ability Test (CPAT)

Revised January 2008

The CPAT is a joint test developed by the International Association of Fire Fighters and the International Association of Fire Chiefs to obtain a qualified pool of candidates who are physically able to perform essential fire service related job tasks. The test has passed legal challenges as the tasks performed are directly job related.

The following is a brief description of the eleven test items. During eight tests, the participant wears a 50 lb. weighted vest to simulate the weight of protective clothing. During these eight tests the applicant is also given two chances during the performance of each item to correct him or her self or change grips, etc. The test is timed and an applicant is failed if it takes longer than ten minutes and twenty seconds. There are built in rest stops between each task. The first three tests are done in street clothing or gym wear. These tests are explained in APPENDIX A. The first being the one minute push up test, second the one minute sit up test and third the 1.5 mile run. Alternate tests may be used if necessary also explained in APPENDIX A. Once the candidate passes the first three tests they may move on to the following eight tests. Sufficient rest will be allowed before continuing.

TEST 1. Stair Climb; this simulates climbing stairs, (on a stair master), in full protective clothing while carrying a hose pack. (Candidate wears a weighted vest and an additional 25 lb. Shoulder pack). The test lasts for three minutes at sixty steps per minute.

TEST 2. Hose Drag; this simulates dragging a dry hose line from a pumper to a building. The candidate drags the 2 1/2 hose a total of one hundred feet.

TEST 3. Equipment Carry; this simulates carrying tools from a fire truck compartment to a fire scene. The candidate picks up a chain saw and a cut off saw from an elevated shelf and walks them one hundred and fifty feet.

TEST 4. Ladder Raise; this simulates raising a ladder to a window and extending it to another window or roof. The candidate raises a secured ladder to a vertical position and then extends a second ladder to its full height.

TEST 5. Forcible Entry; This simulates forcing open a locked door. The candidate uses a sledge hammer and hits a object until a cumulative distance is reached.

TEST 6. Search; this simulates searching for a fire victim in an area of limited visibility. The candidate crawls through a specially built wooden maze.

TEST 7. Rescue; this simulates removing a fire victim from an area of danger. The candidate drags a 165lb. Dummy seventy feet.

TEST 8. Ceiling Breach and Pull; this simulates pulling a ceiling to check to check for a fire in a hidden area. The candidate uses a pike pole tool and pushes up and pulls down on a specially built machine a certain number of times.

APPENDIX A

TEST # 1: ONE MINUTE PUSH UP TEST

Muscular endurance is defined as the ability to contract the muscle repeatedly over a period of time. Low levels of muscular endurance indicate inefficiency in movement and a low capacity to perform work. This test indicates the muscular endurance of the upper body Anterior Deltoid, Pectoralis Major Triceps.

MATERIALS: Stopwatch, gym mat.

PROCEDURES: Allow adequate time prior to the test for stretching and warm up exercises.

INSTRUCTIONS TO APPLICANTS: This screening standard measures the muscular endurance of the upper body. You are to perform as many push ups in proper form as you can in one minute. This event will be administered once.

Correct technique will be demonstrated. Females WILL NOT perform modified push ups.

TEST # 2: ONE MINUTE SIT UP TEST

This test indicates the muscular endurance of the Abdominal muscle group, an area of important concern for the middle aged subject.

MATERIALS: Stopwatch, gym mat.

PROCEDURES: Allow adequate time prior to the test for stretching and warm up exercises.

INSTRUCTIONS TO APPLICANTS: This screening standard measures the endurance of the abdominal muscle group. You are to perform as many sit ups in proper form as you can in one minute. This test will be administered once. Correct technique will be demonstrated, applicant lying on back knees bent, heels flat on the floor, fingers laced behind the head. Examiner will hold feet down firmly.

TEST # 3: 1.5 MILE RUN

This test requires a nearly exhaustive effort. It should also be stressed that the applicant need not run to complete exhaustion when taking this test, but use some caution in how hard they will push themselves.

MATERIALS: Treadmill and stopwatch.

PROCEDURES: Allow adequate time prior to the test for stretching and warm up exercises.

INSTRUCTIONS TO APPLICANTS: This screening standard measures your Cardio Respiratory or Aerobic endurance. You are asked to complete the 1.5 mile distance as quickly as you can. This test will be administered once.

APPLICANT PHYSICAL FITNESS STANDARDS

Applicants must score at the level provided in the following tables for each individual screening measure conducted. These norms only indicate the minimum required of an applicant to safely participate in firefighting activities. These standards are based upon the 40th percentile as established by the institute for Aerobics Research in Dallas Texas.

Fitness Test	MALE AGE				FEMALE AGE			
	20-29	30-39	40-49	50-59	20-29	30-39	40-49	50-59
One minute push up test	29	24	18	13	15	11	9	3
One minute sit up test	38	35	29	24	32	25	20	14
1.5 mile run	12:51	13:36	14:29	15:26	15:26	15:57	16:58	17:55

I, (Print) _____ have read and understand the Bethel Fire Department Administrative Rules and Regulations. I shall sign and return this page only to the Department to be placed in my personnel file. New applicants shall sign and return this document along with your application. Keep the rest of this document for your records.

Signed _____

Date: _____