

## 1: Candidate Physical Ability Test | Oxnard College

*Candidate Physical Ability Test The Fire Service Joint Labor-Management Task Force successfully developed the Wellness-Fitness Initiative in to address the need for a holistic and non-punitive approach to wellness and fitness in the fire service.*

Contact Us CPAT Overview Fire fighting requires above average aerobic and anaerobic power, muscular strength and endurance, and flexibility. If you require CPAT certification for any employment opportunities within the next 3 months, please book into one the first available dates. Registration is on a first-come first-serve basis and there is no guarantee that CPAT dates will be available at the time of your hiring. The Candidate Physical Ability Test CPAT was developed to test fire fighter candidates on their ability to perform simulated tasks consistent with the duties of a fire fighter. The test is designed to ensure that candidates possess the physical ability to complete the critical and essential tasks of fire fighting. The CPAT consists of eight 8 separate events performed in a continuous manner. The CPAT must be completed in 10 minutes 20 seconds or less with each event completed correctly. On successful completion of the CPAT session the CPAT certificate will be made available online the next business day and can be printed for one year, until expiration. An additional 25 pounds Throughout all events, the candidate must wear long pants and footwear with no open heel or toe. A hard hat with chin strap, work gloves will be provided. Watches and loose or restrictive jewelry are not permitted. The test consists of a series of eight events separated by an 85 foot This walk allows the candidate approximately 20 seconds to recover and regroup before each event. To ensure the highest level of safety and to prevent you from hitting exhaustion, no running is allowed between events. To ensure scoring accuracy by eliminating timer failure, two stopwatches are used to time the CPAT. One stopwatch is designated as the official test time stopwatch; the second is the backup stopwatch. If mechanical failure occurs, the time on the backup stopwatch is used. If time elapses prior to the completion of the test, the candidate is deemed to have failed the test. Back to Top Par-Q Form and Medical Clearance form Request To minimize the health risk, candidates are required to consult with a medical professional to ascertain an opinion on their ability to partake in CPAT testing. The medical form must be completed by a medical doctor general medical practitioner. Any costs incurred in this examination or the completion of this form is the sole responsibility of the candidate. The Par-Q form must be completed by the candidate. The Par-Q form and medical form are valid for one year from the date of completion. Failure to submit the completed forms will result in the cancellation of the session and the forfeiture of course fees. Please note both forms must be uploaded as a single document to the site.

## 2: Schedule Physical Ability Test (PAT) for Fire and Police Departments | [www.enganchecubano.com](http://www.enganchecubano.com)

*This candidate physical ability test (CPAT) consists of eight separate events. The CPAT is a sequence of events requiring you to progress along a predetermined path from event to event in a continuous manner.*

The Preview allows candidates to become familiarized with the events required during the actual PAT. Currently, the PAT Previews are free of charge to candidates but may be subject to change. Please check your email settings to allow emails from " mass. For this event, you will be required to step on a rotating staircase also known as a stepmill at a pre-determined stepping pace for a specific period of time. You will get a 5-minute rest period after this event. The required time to remain on the stepmill is seconds.

**Ladder Event** This event simulates various activities related to using ladders. You will be required to remove a ladder from a rack, carry it some distance, raise a weight of approximately 45 lbs. The event ends when the ladder is back in the rack. The time limit is

**Hose Advance** This event simulates the actions necessary to manipulate a fully charged fire hose. You will be required to pull 50 feet of hose through a U-shaped course with several turns. There will be a ceiling on the U-shaped course to prevent you from standing upright.

**Forcible Entry** This event simulates breaking down a door to gain entry to a burning structure or an incident scene. For this event you will be required to strike a rubber pad mounted on a moveable post. You will use a 12 lb. The post and structure are weighted to simulate the force you would need to exert on a door in order to gain entrance.

**Search** This event simulates the actions necessary to enter and search a smoke-filled structure. You will be required to crawl through a dark wooden tunnel with obstructions and turns. The tunnel is approximately 65 feet long. The tunnel is 4 feet high and 4 feet wide. At one location in the tunnel there is an obstacle on the floor and at one location there is an obstacle from the ceiling. In addition, at two locations, the tunnel is reduced from 4 to 3 feet in width.

**Rescue Through a Doorway** This event simulates the actions necessary to drag an unconscious victim out through a doorway to get the victim to safety. You will be required to drag a pound dummy approximately 30 feet, along a zigzag course to a designated area at the end of the course. In this event, there is a low ceiling over the course to prevent you from standing upright.

**Ceiling Hook Pike Pole** This event simulates the use of a pike pole or ceiling hook. A pike pole or ceiling hook is a fire fighting tool used to tear down ceilings or open walls while looking for hidden fires. This event will require you to take a pike pole, tipped with an industrial hammer head, and thrust it upward at a metal plate in an 8 foot ceiling. The metal plate weighs approximately 60 lbs. And must be lifted six inches in order for the strike to count. You will then step over to the next part of the event, where a pike pole handle is suspended from a ceiling height. The pole is attached to a counter balance that weighs approximately 80 lbs. You must pull the pole down six inches in order for the pull to count. You will be required to perform one push and five pulls in a sequence. The event will require you to perform four one-minute periods of work, in which you will try to do as many push-pull sequences as possible. Each work period will be followed by a 30 second rest period. You must complete 25 full repetitions. The event begins with an obstacle course where the candidate will be faced with climbing under an obstacle, climbing up and down steps, going through an open window, climbing over a wall and negotiating a series of cones arranged in a zigzag pattern. At the end of the course, the candidate will be required to grab hold of a weighted bag attached to a pulley and touch it to the ground. This completes the event.

**The Trigger Pull Event** This event consists of raising a handgun and squeezing the trigger six 6 times with each hand. The time limit is 7.

**The Separation Event** This event simulates tasks that require separating one party from an other and controlling individuals, such as in crowd control situations. The candidate will be required to pull a hanging bag backward touching it to the ground across a marked line. Candidates will have to perform two "pulls".

**The Dummy Drag** This event simulates dragging a victim or suspect. Candidates will be required to drag a dummy over a straight course. The time limit is 11 seconds.

# THE CANDIDATE PHYSICAL ABILITY TEST pdf

## 3: CPAT Information

*Candidate Physical Ability Test The Candidate Physical Ability Test (CPAT) is the recognized standard for measuring an individual's ability to handle the physical demands of being a firefighter. The timed test measures how candidates handle eight separate events, all designed to mirror tasks on the job.*

This tests your cardiovascular and muscular endurance, strength, and mental toughness. The entire test is comprised of eight different events that must be completed - in less than ten minutes. The faster you complete the test, the better score you get, and the closer you are to becoming a firefighter. The eight different CPAT events are: Hose Drag You start this event with a foot hose line over your shoulder and across your chest. You then run or walk while dragging it 75 feet around a cone, then continue running or walking for 25 more feet. You then drop to one knee and pull the remaining hose line the final fifty feet. Equipment Carry This event is to test your ability to carry power tools around the fire scene. After picking up two saws one in each hand , you walk 75 feet around a cone then return 75 feet to the starting position. Ladder Raise and Extension This event tests your ability to take a ground ladder out of the truck and extend it to a roof or window. After picking it up and anchoring it against the wall, you must extend the ladder until it stops, then lower it back to the starting point. Search To mimic searching for a victim with limited visibility, you must crawl through a tunnel maze full of obstacles. Keep in mind that you will be gassed and be met with not only obstacles but also dead ends. You will have to maintain your special awareness throughout. Rescue To mimic the removal of a victim or partner, the next task requires you to drag a pound mannequin 35 feet, then go around a cone and return 35 feet back to the starting point. Ceiling Breach and Pull The last event will be used to mimic breaking and pulling down a ceiling to check for fire extension. With a pike pole in hand, you will push the tip into a weighted 60lb portion of the ceiling three times, then be required to pull a weighted 80lb portion five times. Upon achieving a competitive score with this along with passing the written portion you are qualified to gain entrance into the fire academy. The academy can range anywhere from two to six months in length, depending on your area. The CPAT test is an entrance requirement. It is meant to weed out people who are not qualified, while testing your limits in a controlled environment. I cannot stress enough that these are minimum requirements. If you cannot pass this exam you are not qualified physically to be a firefighter. The order of the events is meant to not only mimic the demands of the job, but the actual order of events that happen at the scene of a fire. Your heart rate will increase as you pull up to a working fire, and if you are out of shape you will be out of breath before you even put on your mask. Once in the fire, you will be met with sometimes zero visibility and have to navigate your way through a search for a victim or to look for the fire. Things can go from bad to horrible in seconds and you can find yourself in a sticky situation. In my next part of this series I will outline how to prepare for the CPAT test and the academy to ensure that you will be on track to a long, strong, and safe career. Photo 1 see page for author [Public domain], via Wikimedia Commons.

## 4: Candidate Physical Ability Test (CPAT) | Division of Fire Safety

*Candidate Physical Ability Test To schedule any CPAT event, please visit [www.enganchecubano.com](http://www.enganchecubano.com) The FCTC CPAT Testing Center is an indoor facility and is designed with the firefighter candidate in mind.*

## 5: IAFF: Wellness-Fitness Initiative

*About the Candidate Physical Ability Test (CPAT) The job of a fire fighter is one of the most physically demanding jobs in North America. It requires high levels of cardiopulmonary endurance, muscular strength and muscular endurance.*

## 6: Candidate Physical Ability Test

*St. Louis County Fire Academy provides convenient, professional administration of the Candidate Physical Ability Test*

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for firefighter candidates. *The Candidate Physical Ability Test is the new minimum requirement for the position of Firefighter at many fire departments in the St. Louis Metropolitan area.*

### 7: MCFRS Recruiting

*Preparation Guide for the Candidate Physical Ability Test The job of a fire fighter is one of the most physically demanding jobs in North America.*

### 8: Miami-Dade County - Fire Rescue - About the Candidate Physical Ability Test (CPAT)

*The Candidate Physical Ability Test (CPAT) has been developed as a fair and valid evaluation tool to assist in the selection of fire fighters, and to ensure that all fire fighter candidates possess the physical ability to complete critical tasks effectively and safely.*

### 9: CPAT | Fctc Online

*The Candidate Physical Ability Test is a practical exam used to test a candidate's physical ability to perform job tasks 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.*

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