

CANDIDATE PHYSICAL ABILITIES TESTING (CPAT)

The Manhattan Fire Department requires applicants to have a valid (within 1 year of date of issue) Candidate Physical Ability Test (CPAT) certificate. A copy of the certification is required with application to MFD.

The CPAT is an initiative to determine minimum physical abilities of candidates. It is a pass/fail test based on a nationally validated maximum total time of 10 minutes, 20 seconds. The applicant is required to wear a 50-pound weight vest throughout the test. The following exercises are part of the test:

- **Stair Climb** — climbing stairs while carrying an additional 25 pounds, simulated hose pack
- **Hose Drag** — stretching uncharged hoselines, advancing lines
- **Equipment Carry** — removing and carrying equipment from fire apparatus to fireground
- **Ladder Raise and Extension** — placing a ground ladder at the fire scene and extending the ladder to the roof or a window
- **Forcible Entry** — penetrating a locked door, breaching a wall
- **Search** — crawling through dark unpredictable areas to search for victims
- **Rescue Drag** — removing victim or partner from a fire building
- **Ceiling Breach and Pull** — locating fire and checking for fire extension

This is not meant to be a complete description of CPAT, but will give candidates an idea of what to expect.