

# CANDIDATE PHYSICAL ABILITY TEST (CPAT)

Proof of passing the Candidate Physical Ability Test (CPAT) is needed before Field Investigation (background checks), and oral interviews for hiring consideration with the City of Los Angeles. The Consolidated Physical Ability Test (formerly known as the Biddle Test) or any other physical ability test will **not** be accepted. Answers to common questions regarding this requirement are listed below.

1. **What is the CPAT?** The CPAT is a standardized **pass/fail** test that consists of eight separate events (listed below). Each event simulates a physical skill or function that firefighters experience on the job.

|                   |              |                    |                             |
|-------------------|--------------|--------------------|-----------------------------|
| 1. Stair Climb    | 2. Hose Drag | 3. Equipment Carry | 4. Ladder Raise & Extension |
| 5. Forcible Entry | 6. Search    | 7. Rescue Drag     | 8. Ceiling Breach & Pull    |

During the CPAT, you must progress along a predetermined path from one event to the next in a continuous manner. Participants wear a 50-pound vest to simulate the weight of firefighter equipment during the entire testing process. An additional 25 pounds, using two 12.5-pound weights to simulate the weight of firefighter equipment, is added to your shoulders for the stair climb event. You have 10 minutes and 20 seconds to complete all eight events. Candidates will be accompanied by a test proctor, who will call out directions for the test events and score the candidate's success in real time.

## **IT IS YOUR RESPONSIBILITY TO SCHEDULE AND PAY FOR YOUR OWN CPAT.**

2. **Where can I take the CPAT?** The CPAT is **not** administered by the City of Los Angeles. It is administered by the Firefighter Candidate Testing Center (FCTC), a subsidiary of the California Firefighter Joint Apprenticeship Committee (Cal-JAC), which is the only IAFF-certified agency in California. FCTC currently administers the Cal-JAC CPAT in Northern and Southern California. Please visit [www.FCTCOnline.org](http://www.FCTCOnline.org) to review CPAT information and schedule your CPAT events. For questions, contact FCTC directly at (877) 648-2728 or by email at [fctc@cpf.org](mailto:fctc@cpf.org).

### **FCTC SoCal Testing Locations:**

FCTC Orange - 626 N. Eckhoff Street, Orange, CA 92868 (**temporarily closed due to the COVID-19 pandemic**)  
FCTC San Diego - 10440 Black Mountain Road, San Diego, CA 92126  
FCTC South El Monte - 10316 E. Rush Street, South El Monte, CA 91733

### **FCTC NorCal Testing Locations:**

FCTC Livermore - 526 Commerce Way, Livermore, CA 94551  
FCTC Sacramento - 2560 River Plaza Drive, Sacramento, CA 95833

3. **How much does it cost?** The CPAT testing fee is \$150, which includes the test and two orientation sessions. CPAT practice days, where you can take a timed test, can be scheduled for an additional fee of \$25 per session. If you are unable to pay fees due to financial hardship, you may qualify for a grant sponsored by the California Fire Foundation and administered through FCTC. For more information visit <https://www.fctconline.org/candidates/financial-hardship/>.
4. **How can I prepare for the CPAT?** Two orientation sessions are included in the cost of the Cal-JAC CPAT test. During orientation, candidates will receive instruction on the test events and will have the opportunity to try out the testing equipment. Participation in one or more orientation sessions is strongly encouraged and it is recommended you take at least one practice at the FCTC Center where you plan to take your CPAT test. Candidates who take advantage of the orientations and a practice consistently have a higher passage rate than those who do not. **Free CPAT practices are also offered every Wednesday at Frank Hotchkin Memorial Training Center from 5:00 pm to 9:00 pm by the LAFD Firefighter Recruitment Section. You can sign up at <http://lafd-cpat.eventbrite.com>.**
5. **Will my CPAT expire?** The CPAT is valid for 12 months from the date you pass it. You must provide proof of a current CPAT before Field Investigation and oral interviews for hiring consideration.
6. **What if I took the CPAT out-of-state or at another agency?** The City of Los Angeles will only accept an out-of-state CPAT completion from an IAFF-certified agency. Proof of an out-of-state CPAT can be submitted on agency letterhead and must include the date and location where the test was taken.