PAT BUDA FIRE

Throughout all events, you must wear Shorts, a helmet with chin strap, work gloves, 50lb vest, and footwear with no open heel or toe. Watches and loose or restrictive jewelry are not permitted.

All props were designed to obtain the necessary information regarding your physical ability. The tools and equipment were chosen to provide the highest level of consistency, safety, and validity in measuring your physical abilities. A schematic drawing of the PAT is included in this orientation material; however, the course layout may vary in order to conform to the fire department's test area. The events and distances between events are always the same.

The events are placed in a sequence that best simulates fire scene events while allowing an 85-foot (25.91-m) walk between events. To ensure the highest level of safety and to prevent exhaustion, no running is allowed between events.

This walk allows you approximately 20 seconds to recover and regroup before each event. 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 test is concluded and you fail the test.

Event 1: Stair Climb

Equipment

This event uses the tower and a 100 ft hose bundle.

Purpose of Evaluation

This event is designed to simulate the critical tasks of climbing stairs in full protective clothing while carrying a high-rise pack (100 ft -1 3/4 hose bundle) and climbing stairs in full protective clothing carrying firefighter equipment. This event challenges your aerobic capacity, lower body muscular endurance, and ability to balance. This event affects your aerobic energy system as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, and lower back stabilizers.

Event

For this event, you must wear all required equipment and a 100 ft. hose bundle over either shoulder. For the test, you must walk up and touch each step on the way up and the way down 3 consecutive times touching the top window sill. No running between floors and no running on the stairs. You may use the hand rail. Once you have reached the bottom for the 3rd time you may drop the bundle outside the doorway and continue to the next station. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you run you will be warned once, another warning is a failure. If you miss a step, you will receive one warning. If you do not complete the 3 trips it will count as a failure.

Event 2: Hose Drag

Equipment

This event uses an uncharged fire hose with a hose line nozzle. The hose line is marked at 8 feet (2.24 m) past the coupling at the nozzle to indicate the maximum amount of hose you are permitted to drape across your shoulder or chest. The hose line is also marked at 50 feet past the coupling at the nozzle to indicate the amount of hose line that you must pull into a marked boundary box before completing the test.

Purpose of Evaluation

This event is designed to simulate the critical tasks of dragging an uncharged hose line from the fire apparatus to the fire occupancy and pulling an uncharged hose line around obstacles while remaining stationary. This event challenges your aerobic capacity, lower body muscular strength and endurance, upper back muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, calves, lower back stabilizers, biceps, deltoids, upper back, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a hose line nozzle attached to 200 feet (60 m) of 1 3/4-inch (44-mm) hose. Place the hose line over your shoulder or across your chest, not exceeding the 8-foot (2.24-m) mark. You are permitted to run during the hose drag. Drag the hose 75 feet (22.86 m) to a prepositioned drum, make a 90 degree turn around the drum, and continue an additional 25 feet (7.62 m). Stop within the marked 5 foot x 7 foot (1.52 m x 2.13 m) box, drop to at least one knee and pull the hose line until the hose line's 50-foot (15.24 m) mark crosses the finish line. During the hose pull, you must keep at least one knee in contact with the ground and knee(s) must remain within the marked boundary lines. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

During the hose drag, if you fail to go around the drum or go outside of the marked path (cones), the test time is concluded and you fail the test. During the hose pull, you are warned if at least one knee is not kept in contact with the ground. The second infraction constitutes a failure, the test time is concluded and you fail the test. During hose pull, you are warned if your knees go outside the marked boundary line. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 3: Equipment Carry

Equipment

This event uses two kettle bells on a bench replicating a storage cabinet on a fire truck.

Purpose of Evaluation

This event is designed to simulate the critical tasks of removing power tools from a fire apparatus, carrying them to the emergency scene, and returning the equipment to the fire apparatus. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular endurance, grip endurance, and balance. This event affects your aerobic energy system as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must remove the two kettle bells(30lbs each), one at a time, and place them on the ground. Pick up both kettle bells, one in each hand, and carry them while walking 75 feet (22.86 m) around the cone, then back to the starting point. You are permitted to place the kettlebell(s) on the ground and adjust your grip. Upon return to the table, place the kettle bell on the ground, pick up each, one at a time, and replace the kettle bell in the designated spot on the table. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you drop either kettle bell on the ground during the carry, the test time is concluded and you fail the test. You receive one warning for running. The second infraction constitutes a failure, the test time is concluded and you fail the test.

Event 4: Ladder Raise and Extension

Equipment

This event uses one 24-foot (7.32-m) fire department ladder. Two personnel will be there to stabilize the ladder when raised.

Purpose of Evaluation

This event is designed to simulate the critical tasks of placing a ground ladder at a fire structure and extending the ladder to the roof or window. This event challenges your aerobic capacity, upper body muscular strength, lower body muscular strength, balance, grip strength, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: biceps, deltoids, upper back, trapezius, muscles of the forearm and hand (grip), glutes, quadriceps, and hamstrings.

Event

For this event, you must walk to the top rung of the 24-foot (7.32-m) aluminum extension ladder, lift the unhinged end from the ground, and walk it up until it is stationary against the wall. This must be done in a hand over hand fashion, using each rung until the ladder is stationary against the wall. You must not use the ladder rails to raise the ladder. Immediately extend the fly section hand over hand until it hits the stop. Then, lower the fly section hand

over hand in a controlled fashion to the starting position. Lower the ladder to the ground using every rung as before in lifting it. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you miss any rung during the raise, one warning is given. The second infraction constitutes a failure, the test time is concluded and you fail the test. If you allow the ladder to fall to the ground the test time is concluded and you fail the test. If you do not maintain control of the ladder in a hand over hand manner, or let the rope halyard slip in an uncontrolled manner, your test time is concluded and you fail the test.

Event 5: Keiser Sled

Equipment

This event uses a Keiser sled and sledge hammer.

Purpose of Evaluation

This event is designed to simulate the critical tasks cutting a roof. This event challenges your aerobic capacity, upper body muscular strength and endurance, lower body muscular strength and endurance, balance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, glutes, triceps, upper back, trapezius, and muscles of the forearm and hand (grip).

Event

For this event, you must use a 10-pound (4.54 kg) sledgehammer to strike the weight and knock it past the half way mark. Once it is past the half way mark you must place the sledgehammer in the box. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

If you do not maintain control of the sledgehammer and release it from both hands while swinging, it constitutes a failure, the test time is concluded and you fail the test.

Event 6: Rescue

Equipment

This event uses a weighted mannequin.

Purpose of Evaluation

This event is designed to simulate the critical task of removing a victim or injured partner from a fire scene. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, trapezius, deltoids, latissimus dorsi, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must grasp a 185-pound plus turnout gear (74.84 kg) mannequin under the arms and lift him up or drag by coat 35 feet (10.67 m) to a prepositioned cone, make a 180 degree turn around the cone, and continue an additional 35 feet (10.67 m) to the finish line. It is permissible for the mannequin to touch the cone... You are permitted to drop and release the mannequin and adjust your grip. The entire mannequin must be dragged until it crosses the marked finish line. This concludes the event. Walk 85 feet (25.91 m) within the established walkway to the next event.

Failures

Go completely around the cone and to the finish line.

Event 7: Ceiling Breach and Pull

Equipment

This event uses a pike pole and a mechanized device with a 25lb plate, (2) 10 lb plates that measure overhead push and pull. The pike pole is a commonly used piece of equipment that consists of a eight-foot-long pole with a hook and point attached to one end.

Purpose of Evaluation

This event is designed to simulate the critical task of breaching and pulling down a ceiling to check for fire extension. This event challenges your aerobic capacity, upper and lower body muscular strength and endurance, grip strength and endurance, and anaerobic endurance. This event affects your aerobic and anaerobic energy systems as well as the following muscle groups: quadriceps, hamstrings, glutes, abdominals, torso rotators, lower back stabilizers, deltoids, trapezius, triceps, biceps, and muscles of the forearm and hand (grip).

Event

For this event, you must remove the pike pole from the bracket, stand within the boundary established by the equipment frame, and place the tip of the pole on the painted area of the hinged door in the ceiling. Fully push up the hinged door in the ceiling with the pike pole three times. Then, hook the pike pole to the ceiling device and pull the pole down five times. Each set consists of three pushes and five pulls. Repeat the set four times. You are permitted to stop and, if needed, adjust your grip. Releasing your grip or allowing the pike pole handle to slip, without the pike pole falling to the ground, does not result in a warning or constitute a failure. You are permitted to re-establish your grip and resume the event. If you do not successfully complete a repetition, the proctor calls out "MISS" and you must push or pull the apparatus again to complete the repetition. This event and the total test time ends when you complete the final pull stroke repetition as indicated by a proctor who calls out "TIME."

Failures

One warning is given if you drop the pike pole to the ground. If you drop the pike pole, you must pick it up without proctor assistance and resume the event. The second infraction constitutes a failure, the test time is concluded and you fail the test