

Cadet Physical Ability Test Seattle Fire Department Cadet Program

The Cadet Physical Ability Test (PAT) is designed for applicants to demonstrate that they have the minimum physical ability (strength, coordination and balance) to perform basic tasks. If an applicant fails the PAT, they will not be cleared to participate in the Cadet Program.

Events are not timed but may be ended before completion if the evaluator deems that the candidate cannot safely complete the event. An applicant may retake a failed event once at the discretion of the lead evaluator(s).

Event 1: Hose Lift

Using proper lifting technique, the applicant will lift two rolled sections of 1 ¾" hose (55 lbs. each) from the ground to a platform roughly three feet above the ground. The rolled hose must remain on the platform. If a hose roll falls to the ground, it must be returned to the platform.

Event 2: Ladder Carry

The applicant will lift a 24' extension ladder (72 lbs.) from a sawhorse prop and low-shoulder carry it around the perimeter of an outlined course, then return the ladder to the sawhorse prop. The applicant may not run, and the ladder must not touch the ground before being returned to the sawhorse.

Event 3: Tower Climb

The applicant will start at the base of the drill tower with a 100' bundle of 1 ¾" hose (55 lbs.) on their shoulder and a donned SCBA (23 lbs.). The applicant will climb to the top of the tower (Floor 6) without skipping steps or running. Use of the handrail is encouraged.

Event 4: Rescue Drag

While wearing bunker gear and an SCBA (total 150 lbs.), the applicant will drag a mannequin through an apartment prop course. The event begins at the Charlie side entrance of the Floor 2 apartment prop and ends at the Delta side entrance.

Event 5: Hose Drag

The applicant will advance uncharged 4" hose (LDH) from the back of an Engine past a cone marking 150 feet. The hose will be connected in 50-foot sections. The applicant must make meaningful forward progress for the duration of the event.