

PHYSICAL STANDARD FOR JUNIOR EXECUTIVE (FIRE SERVICES)

Physique - Good
*Min. Height - 167 cms.
Min. Weight - 55 kgs.

***Chest**
Normal before expansion - 81 cms
Min. expansion - 5 cms

Eye Sight
Distant Vision - 6/6 with each eye without glasses
Near Vision - N-5 with each eye without glasses
(Visual evaluation is for each eye individually)
Colour Vision - Should be normal as determined
by Ishihara's Charts
Night blindness - Absent
Field of vision - Each eye should have full field of vision as
determined by confrontation test

Hearing - Normal

Speech - Normal

Refractive error – No refractive error is Acceptable

Disqualification – Knocking knee, bow legs, degree of squint, flat footed, physical deformity, suffering from chronic disease, any major operation by virtue of which is physical fitness to work in Fire Service has been impaired will be considered as disqualification

***Relaxation of 3 cms in height and chest measurement and proportionate relaxation in weight will be allowed to hilly area candidates on production of Bonafide Certificates. However, minimum chest expansion must be 5 cms. No other relaxation will be allowed to any other category.**

DETAILS FOR PHYSICAL ENDURANCE

Following five tests shall be carried out in sequence:

1. **Running** : The candidates are required to complete 100 meters Running in 15 seconds failing which they will be disqualified.
2. **Rope climbing**
Height of rope : 08 meter
Size of rope : 05cm < D < 10cm
3. **Pole Climbing**
Height of pole : 08 meter
Size of pole : 10cm < D < 20cm
4. **Casualty Lifting : Description**
Objective → To assess stamina, agility and safety consciousness.
→ A sand bag of 50 kgs weight.

Examiner should ensure that a demonstration by Airport Fire Service personnel is given to candidates before they are asked to do the test.

TEST

Lifting of a sand bag of 50 kgs by the candidate and to carry it 25 meters away and bring it back safely.

5. LADDER CLIMBING TEST

- Objective** → To check fearlessness at height.
→ To check understanding capability.

EQUIPMENT

A ladder to be properly trained at height of 06 meters from ground level

PROCEDURE:

- a) Examiner shall check stability, strength and training angle of ladder.
- b) Arrange a Fire Crew of 3-4 men to hold ladder at base and top.
- c) Demonstrate step by step the method of climbing. Then ask candidates to proceed.

OBSERVATION:

Check whether candidate follows the method you have explained right now. Check fearlessness.