

ANNEXURE - A

भारत सरकार/Government of India
अंतरिक्ष विभाग/Department of Space
भारतीय अंतरिक्ष अनुसंधान संगठन/Indian Space Research Organisation
इसरो नोदन कॉम्प्लेक्स/ISRO PROPULSION COMPLEX
महेंद्रगिरि/Mahendragiri - 627 133

PRELIMINARY MEDICAL FITNESS FOR RECRUITMENT OF FIRE SERVICE PERSONNEL
[To be issued by a Government Medical Officer of the rank of Asst. Civil Surgeon or equivalent (Allopathy)]

DATE OF MEDICAL EXAMINATION			
PLACE OF MEDICAL EXAMINATION			
NAME OF THE CANDIDATE			
AGE:		SEX: MALE / FEMALE / TRANSGENDER	
CATEGORY		GENERAL / SC / ST / GORKHAS & HILL TRIBES	
HEIGHT: cm	WEIGHT: kg	BMI: kg/m ²	
WAIST: cm	HIP: cm	WAIST/HIP RATIO:	
CHEST			
INSPIRATION: cm	EXPIRATION: cm	EXPANSION: cm	
PULSE RATE:	B.P.:	RESPIRATORY RATE:	

- i) Certified that I have Physically examined Shri/Smt/Kum
 son/daughter of Shri/Smt
 having Aadhaar Card No.
 a candidate who has applied for the post of in
 ISRO Fire Service on
- ii) During the Physical Examination, I have taken into account the Physical Fitness Standards at Annexure 1 and criteria for disqualification mentioned overleaf and I hereby declare that Shri/Smt/Kum as Medically Fit to be considered for selection to the post of It is also certified that the Candidate is medically fit to undergo the Physical Efficiency Tests at Annexure 2.

Date:

Signature
[Medical Officer (Allopathy)]

Seal

Name :
 Qualification :
 Medical Council Reg. No. :
 Name of Medical Council :
 Designation :
 Official Address :

Annexure 1**PHYSICAL FITNESS STANDARDS FOR RECRUITMENT OF FIRE SERVICE PERSONNEL AT ISRO**

Parameter	Men		Women & Transgender
	General Category	Gorkhas, Hill Tribes, SC & ST	
Height (minimum)	165 cm	160 cm	155 cm
Weight (minimum)	50 kg	46 kg	43 kg
Body Mass Index	18-28		
Waist to Hip Ratio	≤ 1		
Chest on Expiration (minimum)	81 cm	76 cm	Not Applicable
Chest on Inspiration (minimum)	86 cm	81 cm	Not Applicable
Chest Expansion (minimum)	5 cm		
Distant Vision	6/6 without glasses or any other aid in each eye		
Near Vision**	Normal (Presbyopia correction is allowed for applicants above 40 years of age)		
Field of Vision	Full		
Hearing	Normal (By Tuning fork Tests)		
Psychiatry	No known psychiatric illness		
Heart Sounds	Normal		
ECG	Normal		
Respiratory Systems	Normal		
Neurological System	Normal		
Musculo-Skeletal System	No clinical evidence of disease		

** Presbyopia correction is allowed in case of candidates above 40 years of age.

Presence of any one of the following will be Disqualification

- Knock knee, bow legs, flat foot, any physical deformity of Spine or any limb, congenital or acquired
- Night blindness
- Colour blindness
- Squint or any other morbid condition of the eyes, or of the eyelids of either eye liable to the risk of aggravation or recurrence.
- Monocular vision

Contd....2

- f. Glaucoma
- g. Implanted pacemaker
- h. Blood Pressure more than 140/90 mmHg with evidence of damage to target organs
- i. Anaemia (Haemoglobin<10 gm %)
- j. Random Blood Sugar >180 mg/dl
- k. Organomegaly by Clinical examination
- l. Hernia
- m. Hydrocele
- n. Haemorrhoids
- o. Any chronic illness likely to worsen over a period of time
- p. Varicose veins
- q. Ischemic Heart Disease (IHD) and any other heart diseases
- r. Seizure Disorders (EEG if required)
- s. Bilateral Nystagmus and Positive Romberg Sign
- t. Serious Infectious diseases that are likely to be communicable to others: Lepromatous Leprosy, Active Tuberculosis with sputum positive for Tubercle Bacilli
- u. Malignancy: Any Carcinoma, Multiple Myeloma and Blood dyscrasias.
- v. Any other major operation by virtue of which his/her physical fitness to work in fire service has been impaired
- w. Thyrotoxicosis and pituitary disorders
- x. Diabetes with micro vascular / macro vascular complications
- y. Bronchial Asthma and Chronic Obstructive Pulmonary Disease (COPD)

Annexure 2**PHYSICAL EFFICIENCY TESTS FOR RECRUITMENT OF FIRE SERVICE PERSONNEL AT ISRO**

Sl. No	Events	Qualification Criteria for applicants of age			
		Age upto 40 years		Age above 40 years	
		Male	Female & Transgender	Male	Female & Transgender
<u>STAGE 1</u>					
1.	1500 meters Run*	7 minutes	---	8 minutes	---
	800 meters Run*	---	4 minutes	---	5 minutes
<u>STAGE 2</u>					
1.	Rope climbing (using only hands)	5 meters from ground level	4.5 meters from ground level	4.5 meters from ground level	4 meters from ground level
2.	Carrying a human dummy by Fireman's lift (60 kg weight for men/50 kg weight for women & Transgender)	25 meters in 60 seconds	25 meters in 75 seconds	25 meters in 75 seconds	25 meters in 90 seconds
3.	Long Jump	3.8 meters	3.5 meters	3.5 meters	3.2 meters
4.	100 meters Run*	15 seconds	17 seconds	17 seconds	19 seconds

* Shoes with spikes are not allowed