

INDIAN SPACE RESEARCH ORGANIZATION**SATISH DHAWAN SPACE CENTRE
SRIHARIKOTA****PHYSICAL FITNESS STANDARDS**

Parameter	Men		Women & Transgender
	General category	Gorkhas, Hill Tribes, SC&ST	
Height (minimum)	165 cm	160 cm	155 cm
Weight (minimum)	50 kg BMI 18-28	46 kg BMI 18-28	43 kg BMI 18-28
Waist to Hip Ratio	≤ 1		
Chest on Expiration (min.)	81 cm	76 cm	Not Applicable
Chest on inspiration (min.)	86 cm	81 cm	Not Applicable
Chest Expansion (min)	5 cm		
Distant Vision	6/6 without glasses or any other aid in each eye		
Near Vision**	Normal		
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.

Criteria for Disqualifications in Preliminary Medical Examination:

Any of the following conditions in candidates will be a disqualification :

- ❖ Knock knee, bow legs, flat foot, any physical deformity of Spine or any limb, congenital or acquired
- ❖ Night blindness

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

Qualifying Standards for Physical Efficiency Test (PET)

Event	Qualifying Criteria for Age up to 40 years		Qualifying Criteria for Age above 40 years	
	Male candidates	Female& Transgender candidates	Male candidates	Female& Transgender candidates
STAGE-I				
1500 m Run*	7 minutes	-	8 minutes	-
800 m Run*	-	4 minutes	-	5 minutes
STAGE-II				
Rope Climbing (by hands only)	5 metres from ground level	4.5 metres from ground level	4.5 metres from ground level	4 metres from ground level
Carrying a human dummy by fireman's lift (60 kg weight for men/ 50 kg weight for women & transgender)	25 metres in 60 seconds	25 metres in 75 seconds	25 metres in 75 seconds	25 metres in 90 seconds
Long Jump (best of 3 attempts)	3.8 metres	3.5 metres	3.5 metres	3.2 metres
Running 100 metres*	15 seconds	17 seconds	17 seconds	19 seconds

*** Shoes with spikes not allowed**