

## PHYSICAL STANDARD FOR MANAGER (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 TEST

Item →	100 Mtr. Running (in sec.)	Rope Climbing (Total timing 20 sec.) (8 meters)	Pole Climbing (Total timing 30 sec.) (8 meters)	60 Mtrs. Running with human dummy (50 kgs) (in sec)	Full Ladder Climbing (in sec.)
↙ Marks ↓					
20	12	Full height	Full height	20	35
18	13	--	--	--	45
16	14	3/4 height	3/4 height	30	60
14	15	--	--	--	75
12	16	2/3 height	2/3 height	40	90
10		1/2 height	1/2 height		
8		1/3 height	1/3 height		

Zero (0) marks shall be awarded on the following scenario:-

- (i) On exceeding of 16 seconds in 100 meters running
- (ii) On exceeding of 40 seconds in 60 meters running with human dummy (50 Kgs.)
- (iii) Rope Climbing below 1/3 height in 20 seconds
- (iv) Pole Climbing below 1/3 height in 30 seconds
- (v) On exceeding of 90 seconds in full Ladder Climbing

Minimum qualifying marks for Physical Endurance Test shall be 60 out of 100. The Physical Endurance Test shall be qualifying in nature and, to get qualified, candidate has to score minimum 60 marks in the five (05) prescribed Physical Endurance Test.