

**PHYSICAL FITNESS STANDARDS (FOR PRELIMINARY MEDICAL EXAMINATION) FOR RECRUITMENT TO ISRO FIRE SERVICE**

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	≤1	≤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	5 cm	5 cm
Heart Sounds	Normal	Normal	Normal
Respiratory Systems	Normal	Normal	Normal
Neurological System	Normal	Normal	Normal
Musculo-skeletal system	No clinical evidence of disease	No clinical evidence of disease	No clinical evidence of disease

**Criteria for Disqualifications in Preliminary Medical examination**

Any of the following present in the candidate will be a disqualification:

- Knock knee, bow legs, flat foot, any physical deformity of spine or any limb, congenital or acquired.
- Blood pressure more than 140/90 mmHg with evidence of damage to target organs.

**PHYSICAL EFFICIENCY TESTS FOR RECRUITMENT TO ISRO FIRE SERVICE**

Event	Qualifying criteria for age up to 40 years		Qualifying criteria for age above 40 years	
	Men	Women & Transgender	Men	Women & Transgender
<b>STAGE – I</b>				
1500 m Run*	7 minutes	-	8 minutes	-
800m Run*	-	4 minutes	-	5 minutes
<b>STAGE- II</b>				
Rope climbing (by hands only)	5 metres from ground level	4.5 metres from ground level	4.5 metres from ground level	4.0 metres from ground level
Carrying a human dummy by fireman's lift, 60kg 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.