



Medical Requirements Special Constable

Your individual general medical fitness for the job will need to be verified by your own GP, Optician and the Forces Medical Practitioner. The tests which you will need to undertake are:-

An Eye Sight Test

You will need to be able to read down to the 7th line or further (equates to 6/6), with both eyes, corrected if necessary, and read down to the 4th line or further (equates to 6/12) with either the left or right eye. You also need at least 120 degrees horizontal field of vision. Abnormal colour vision may be acceptable in some cases, but those that can only see in black and white will be rejected.

Body Mass Index (BMI) Check

The healthy weight range is based on a measurement known as your body mass index (BMI). This can be determined if you know your weight and your height. The actual calculation is your weight (in kilograms) divided by your height (in metres) squared. Guidance and easy to use charts on how to calculate your BMI can be found via the following link.

http://www.nhlbi.nih.gov/health/educational/lose_wt/BMI/bmicalc.htm

The NHS advises that a BMI of 18.5 to 24.9 suggests a normal healthy weight. This means your body is not a risk of weight-related disease. Inaccuracies in BMI can occur if you are athletic or very muscular as this can give you a higher BMI even if you have a healthy level of body fat. In these cases as part of the recruitment process, we will be able to provide a simple test to assess the percentage of your body fat. BMI standards for Police Officers are set by the Home Office. The current Home Office Circular 59/2004 outlines this as between 18 to 30. Applicants who do not meet this standard may find their application delayed and/or will not be appointed.

General Health Check

This is a range of tests including blood pressure, urinalysis, hearing test and lung function test. The following is the link to the Home Office standards we use:

<http://policerecruitment.homeoffice.gov.uk/documents/hoc-59-2004.html>

Home office guidelines

HO Guidelines advise that if an individual with a history of mental health problems, e.g. depression, anxiety, PTSD, seeks appointment while still on medication any decision should be deferred until they have been off medication and remained well in a normally stressful environment for at least 24-months.



BCH apply these guidelines.

However, we will consider every case individually.

In those applicants where there is a disclosure of current or historic mental health and the use of medication, a member of the Occupational Health clinical team will contact the applicant to discuss these disclosures in more detail, and, where relevant, request GP and/or specialist reports with the applicants permission.

The information will then be discussed with the Force Medical Advisor and, where appropriate, the Force Psychologist to decide the next step.

Applicants who are currently on medication will not be accepted. The default position is that the application will be deferred until they are 24 months medication free.

For those applicants, who are less than 24-months medication free, the case will be reviewed by the FMA, taking into account any relevant specialist reports and psychological assessments. In certain specific or extraordinary circumstances, such as medication having been prescribed for what appears to be a one-off reactive episode of mental ill-health with no prior mental health history or where there is doubt about the validity of the diagnosis in the first place, an exception to the Home Office guidance might be made.

The Force has a duty of care and if an individual is likely to suffer a significant deterioration in their mental health as a result of carrying out the duties of a police officer then they are unlikely to be accepted