



HERTFORDSHIRE

CONSTABULARY

### **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 7<sup>th</sup> line or further (equates to 6/6), with both eyes, corrected if necessary, and read down to the 4<sup>th</sup> 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](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>