

Gwasanaeth Tân ac Achub
De Cymru



South Wales
Fire and Rescue Service

BE MORE



AR-ALWAD
ON-CALL

FIREFIGHTER
MEDICAL ASSESSMENT

This short booklet has been designed to explain the medical assessment that forms part of the selection process on becoming an On-Call Firefighter within South Wales Fire and Rescue Service (SWFRS). We are committed to recruiting the best people to work with us and support our communities.

Please invest some time reading this as it has been written to help you.

MEDICAL SUITABILITY

Medical suitability is determined by an individual assessment. For practical reasons, this cannot be undertaken until the later stages of the recruitment process. The nature and effect of medical conditions may vary. It is therefore not possible to confirm medical conditions that would be unacceptable prior to an individual medical assessment. However, if you have a medical condition or a history of a medical condition which might present problems, the following general guidance should help you consider your medical suitability before applying.

MEDICAL CONDITION OR FUNCTIONAL LIMITATION

A medical condition or functional limitation which, despite any reasonable adjustments, gives rise to significantly increased occupational risk of the following is unacceptable:

- Sudden collapse or sudden incapacitation;
- Impaired judgement;
- Altered awareness;
- Substantial physical or psychological injury/ill health;
- Any other effect which would pose a substantial health and safety risk to yourself and others.

The individual assessment will involve due consideration of any opinions or medical reports you may wish to submit. However, the decision on the significance of any risks identified will rest with the Fire and Rescue Services.

MEDICAL ASSESSMENT

Firefighters may be exposed to extreme physical and psychological demands in hostile and dangerous environments. In order to comply with relevant statutory provisions, the medical screening for Firefighters is rigorous. Under the Health and Safety at Work Act 1974, the Fire and Rescue Service must reduce risk so far as is reasonably practicable. This means a medical condition giving rise to reasonably foreseeable occupational risk would not be acceptable.

THE ASSESSMENT

The Medical Assessment will include the following:

- A Health and Lifestyle questionnaire
- An Audiometry test (hearing)
- Blood pressure screening
- Height and weight checks
- Urinalysis
- Lung function test
- Drug and alcohol tests
- Visual acuity and colour perception tests

EYESIGHT REQUIREMENTS

The main eyesight requirements are:

- An uncorrected (unaided) visual acuity of, right eye 6.9, left eye 6.9, or better
- Normal colour vision (Ishihara test – 2 errors maximum permissible)

Operational Firefighters must have an appropriate level of colour perception. Individuals with either normal colour vision or slightly abnormal green colour vision are suitable for appointment to the Fire and Rescue Service.

If you have had laser eye treatment you are unable to apply to be a Firefighter until one year after the date of your treatment. At this stage, your eyesight will be tested in the usual manner to ensure that your eyesight meets the standard requirement of 6/9 in each eye.

It is important to note that anyone who does not meet the eyesight requirements will be removed from the process. To avoid disappointment, if you are unsure whether you meet these requirements you are advised to seek advice from a qualified optometrist in advance.

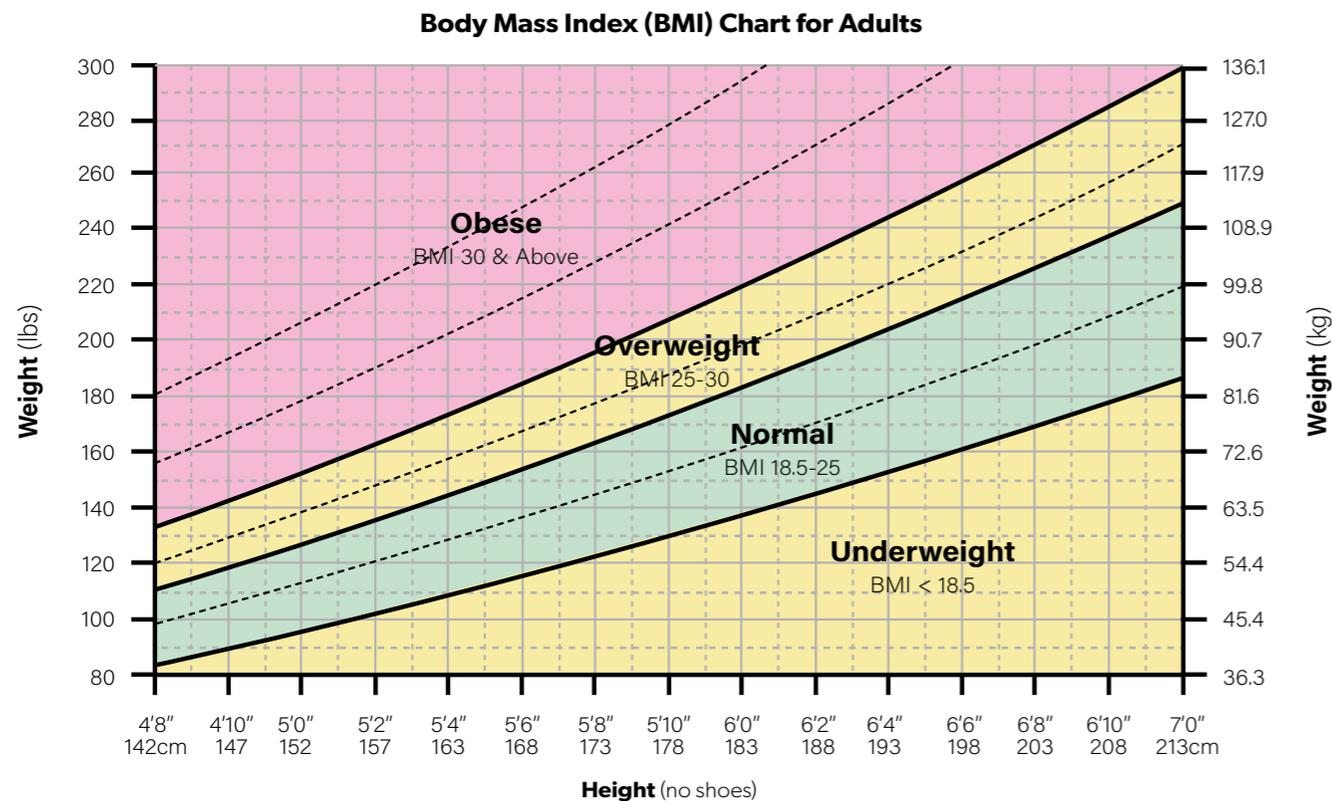


PHYSICAL FITNESS

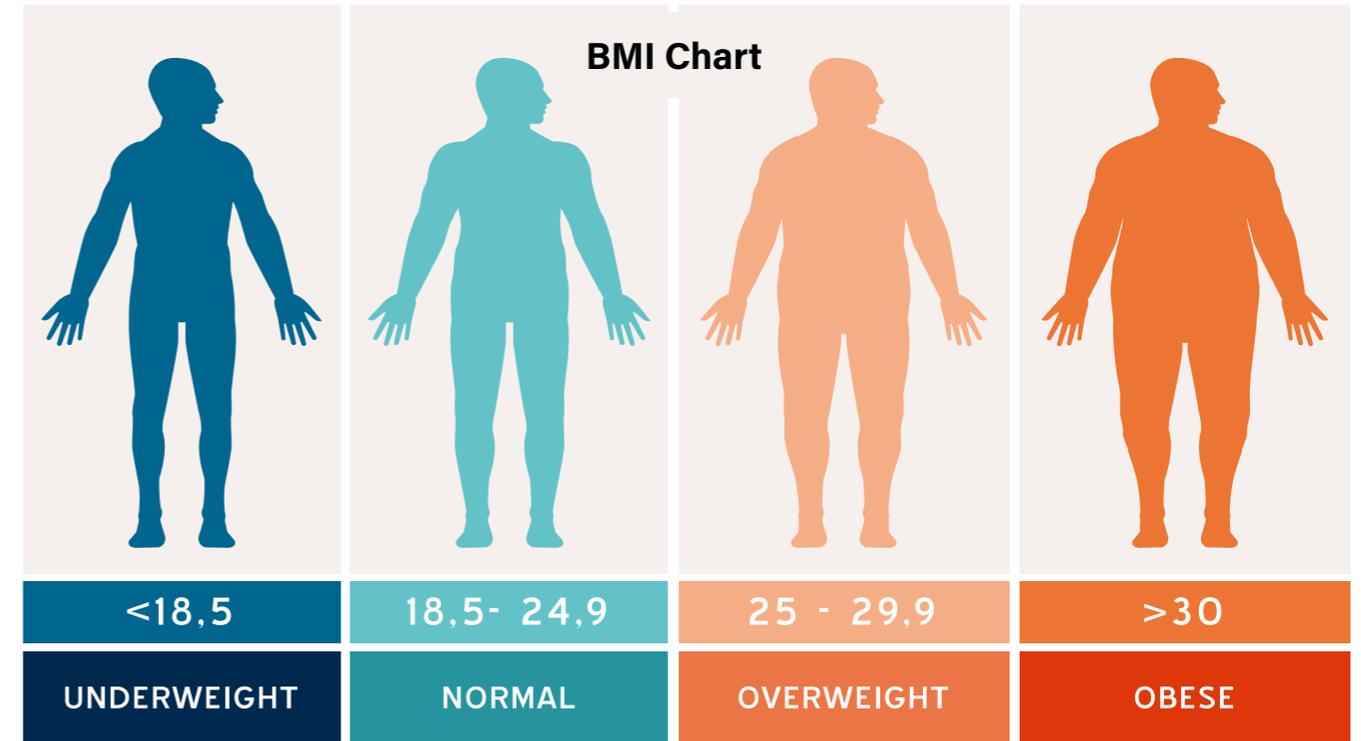
Firefighting can be a physically demanding and hazardous activity with potential for exposure to high physiological and environmental thermal loads. To ensure effective and safe operational performance an high level of physical fitness is essential.

Your level of physical fitness will be determined by measuring your performance during a number of physical and practical firefighting tasks. In addition you will be required to perform an 'aerobic' fitness test (bleep test) to predict your aerobic capacity (in mls/O²/kg/min). This allows us to assess your ability to perform exercise for longer periods which is important for safe firefighting.

The minimum requirement for candidates at recruitment is 42.3 mls/O²/kg/min (equivalent to level 8 shuttle 8 on the bleep test). If you progress to medical you will be required to demonstrate this level of fitness again on the chester Treadmill Walk Test to ensure that you have maintained the appropriate level of fitness.



A healthy weight is important because underweight, overweight, and obesity, can have an adverse effect on firefighting performance, safety and on general health. Height and weight measurements and the calculation of Body Mass Index (BMI) are in the majority of cases a suitable means of confirming the weight category of individuals. The following table identifies the relevant BMI ranges and the associated weight categories.



The recommended BMI for candidates is within the healthy weight range i.e. 18.5 - 25.0. A small minority of individuals within a BMI in the overweight range may be reclassified as a healthy weight if an assessment of their body composition (by body fat measurement) indicates that the higher BMI is predominantly due to muscle development.

Candidates with a BMI of up to 27.5 may be considered acceptable subject to a satisfactory body fat measurement and a firm commitment to maintaining a healthy weight. Candidates with a BMI over 27.5 up to a maximum of 29.9, or a BMI under 18.5, could only be considered following a further assessment, a satisfactory body fat measurement, and confirmation of the absence of any risk factors.



South Wales Fire and Rescue Service

Recruitment and Assessment Team
Fire Service Headquarters
Forest View Business Park
Llantrisant
CF72 8LX

Recruitment Line - 01443 232200
recruitment1@southwales-fire.gov.uk



@SWFRS_Careers



South Wales Fire and Rescue Service

www.southwales-fire.gov.uk