



Medical and Fitness

As part of the recruitment process you will be required to attend a medical and fitness assessment with an Occupational Health professional. The purpose of the medical is to assess the general level of health, including weight, blood pressure, eyesight in both eyes and hearing so that an informed opinion can be made on whether you are fit for a role as a Prison Officer and can undergo a fitness test such as the bleep test. Should you unsuccessfully complete the medical and fitness test you will be permitted two more attempts, however after the third attempt should you still be unsuccessful your provisional offer will be withdrawn.

Following the medical and fitness test, applicants will also be asked to complete a pre-employment online health questionnaire as part of the pre-employment vetting checks.

If your blood pressure is too high (i.e. more than 160/100 mmHg) you won't be allowed to take the fitness test due to health and safety reasons. You will be invited back to re-sit your medical assessment. 90/60 to 140/90 – is deemed within healthy range and remains fit to proceed to the fitness test.

If you use an inhaler you must bring an in date one with you for the fitness test.

Eye test

You **MUST** have a minimum uncorrected (without glasses or lenses) distance visual acuity of 6/36 with both eyes open and have a corrected visual acuity with a minimum of 6/12 with both eyes open. If correction required to achieve this, at least 6/36 uncorrected with both eyes open.

Hearing test

You should be able to hear normal conversation at a distance of 10 feet (3m) without the use of hearing aids. Hearing will be tested by formal assessment on the day.

Fitness Test

Prison Officers need to be capable of performing to a certain standard to ensure their safety, as well as the safety of everyone else, including prisoners and work colleagues. Maintaining a certain level of fitness promotes general health and well-being and helps prevent injury.

The fitness test includes the 15-metre shuttle run—the 'bleep' test to level 5.4. The bleep test, which involves running/jogging, is not a specific test to assess your ability to run, but a simple test to assess the efficiency of your working muscle's capacity to use oxygen during physical stress/activity using the large muscle groups of the body. You will also be required to complete an agility test, a grip test on both hands as well as holding a shield (6-7kg) at a 45-degree angle for one minute. Once in post you will be subject to an annual fitness test, so will be expected to maintain your level of fitness during your employment.

How to prepare

Bring your glasses or contact lenses with you, as well as contact lens solution if you will need to put your lenses back in after the eye test. Avoid caffeinated drinks which may affect your blood pressure.