

**ADVT NO:12/2026/CHQ/DR-CBT**  
**DETAILS FOR PHYSICAL ENDURANCE TEST**  
**MANAGER (FIRE SERVICES)**

Physical Endurance Test will include 05 tests (100 m running, Lifting and carrying sandbag, Pole Climbing, Rope Climbing and Full Ladder Climbing & Descending) carried out in sequence.

**PHYSICAL ENDURANCE TEST FOR MALE CANDIDATES**

| Item →<br>Marks ↓ | 100<br>meters<br>Running<br>(in sec) | Lifting and<br>carrying 50kg<br>sandbag<br>(50 meters)<br>(in sec) | Pole<br>Climbing<br>(Total timing<br>30 sec)<br>(8 meters) | Rope<br>Climbing<br>(Total timing<br>20 sec.)<br>(8 meters) | Full ladder<br>Climbing &<br>Descending<br>(in sec) |
|-------------------|--------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|
| 20                | 12                                   | 20                                                                 | Full height                                                | Full height                                                 | 35                                                  |
| 18                | 13                                   | --                                                                 | --                                                         | --                                                          | 45                                                  |
| 16                | 14                                   | 30                                                                 | 3/4 height                                                 | 3/4 height                                                  | 60                                                  |
| 14                | 15                                   | --                                                                 | --                                                         | --                                                          | 75                                                  |
| 12                | 16                                   | 40                                                                 | 2/3 height                                                 | 2/3 height                                                  | 90                                                  |
| 10                | --                                   | --                                                                 | 1/2 height                                                 | 1/2 height                                                  | --                                                  |
| 8                 | --                                   | --                                                                 | 1/3 height                                                 | 1/3 height                                                  | --                                                  |

Zero (0) marks shall be awarded on the following scenario:-

- i. On exceeding of 16 seconds in 100 meters running
- ii. On exceeding of 40 seconds in carrying 50kg sandbag to 50 meters
- iii. Pole climbing below 1/3 height in 30 seconds
- iv. Rope climbing below 1/3 height in 20 seconds
- v. On exceeding 90 seconds in full ladder climbing and descending

**PHYSICAL ENDURANCE TEST FOR FEMALE CANDIDATES**

| Item →<br>Marks ↓ | 100<br>meters<br>Running<br>(in sec) | Lifting and<br>carrying 30kg<br>sandbag<br>(50 meters)<br>(in sec) | Pole<br>Climbing<br>(Total timing<br>30 sec)<br>(6 meters) | Rope<br>Climbing<br>(Total timing<br>20 sec.)<br>(6 meters) | Full ladder<br>Climbing &<br>Descending<br>(in sec) |
|-------------------|--------------------------------------|--------------------------------------------------------------------|------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------|
| 20                | 15                                   | 25                                                                 | Full height                                                | Full height                                                 | 40                                                  |
| 18                | 16                                   | --                                                                 | --                                                         | --                                                          | 50                                                  |
| 16                | 17                                   | 35                                                                 | 3/4 height                                                 | 3/4 height                                                  | 65                                                  |
| 14                | 18                                   | --                                                                 | --                                                         | --                                                          | 80                                                  |
| 12                | 19                                   | 45                                                                 | 2/3 height                                                 | 2/3 height                                                  | 100                                                 |
| 10                | --                                   | --                                                                 | 1/2 height                                                 | 1/2 height                                                  | --                                                  |
| 8                 | --                                   | --                                                                 | 1/3 height                                                 | 1/3 height                                                  | --                                                  |

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Zero (0) marks shall be awarded on the following scenario:-

- i. On exceeding of 19 seconds in 100 meters running
- ii. On exceeding of 45 seconds in carrying 30kg sandbag to 50 meters
- iii. Pole climbing below 1/3 height in 30 seconds
- iv. Rope climbing below 1/3 height in 20 seconds
- v. On exceeding 100 seconds in full ladder climbing and descending

Minimum qualifying marks for Physical Endurance Test for both male and female candidates shall be 60 out of 100. The Physical Endurance Test shall be qualifying in nature and to get qualified, candidate has to score minimum 60 marks in the five (05) prescribed Physical Endurance Tests.

**Cond....3/**

**PHYSICAL MEASUREMENT TEST STANDARDS****FOR MANAGER (FIRE SERVICES)****(for Male & Female candidates)**

|                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                     |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|
| Physique<br>(Both Male & Female)                                                                                                                                                                                                                                                                                                                                              | Good                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |                                                                     |
| Eye Sight<br>(Both Male & Female)                                                                                                                                                                                                                                                                                                                                             | <ul style="list-style-type: none"> <li>• Distant Vision - 6/6 with each eye without glasses</li> <li>• Near Vision-N-5 with each eye without glasses (Visual evaluation for each eye individually)</li> <li>• Colour Vision- Should be normal as determined by Ishihara's Chart</li> <li>• Night blindness- Absent</li> <li>• Field of vision- Each eye should have full field of vision as determined by confrontation test</li> <li>• Refractive error- No refractive error is acceptable</li> </ul> |                                                                     |
| Hearing & Speech<br>(Both Male & Female)                                                                                                                                                                                                                                                                                                                                      | Hearing - Normal<br>Speech - Normal                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |                                                                     |
| Minimum Height,<br>Weight & Chest*                                                                                                                                                                                                                                                                                                                                            | Male                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   | Female                                                              |
|                                                                                                                                                                                                                                                                                                                                                                               | Height-167 cms<br>Weight-55 kgs<br><br><u>Chest</u><br>Normal before expansion-81 cms<br>Min expansion-5 cms                                                                                                                                                                                                                                                                                                                                                                                           | Height-157 cms<br>Weight-45 kgs<br><br><u>Chest-</u> Not Applicable |
| *Relaxation of 3 cms in height (for both Male & Female candidates) and chest measurements (only for Male candidates) and proportionate relaxation in weight will be allowed to hilly area candidates on production of bonafide Certificates. However, minimum chest expansion must be 5 cms (for Male candidates). No other relaxation will be allowed to any other category. |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                     |
| Disqualification - Knocking knee, bow legs, degree of squint, flat footed, physical deformity, suffering from chronic disease, any major operation by virtue of which his/her physical fitness to work in Fire Service has been impaired, will be considered as disqualification.                                                                                             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        |                                                                     |