



Preparing for your Medical Assessment

The Health Assessment is an important stage of the recruitment process for prison, industry and field officer positions. This assessment is undertaken to ensure you are able to safely perform the requirements of the proposed role, without risk of injury or illness to yourself or others. There is a medical and physical component to the assessment which is paid for by the Department of Justice and Regulation.

On the day of the assessment, please ensure you bring photo identification, prescription glasses and any medical history paperwork, including details of any medication that is currently prescribed. If you are currently being treated by a medical specialist, it is advisable to bring any medical reports relating to this condition. You should wear loose fitting clothing (females are advised to wear a sports bra) and footwear (running shoes or equivalent) appropriate for exercise and bring along a bottle of water.

The health assessment will take approximately 1.5 hours to complete.

If you are not wearing appropriate attire you will not be able to participate in the assessment.

What to expect on the day of your assessment?

The tests conducted in the medical assessment may include; medical history questionnaire, blood pressure, vision, height, weight, hearing test, spirometry (breath test), urinalysis, supervised drug screen and if required, a blood glucose test. This will be followed by a clinical examination, performed a doctor. We also require our squad members to have a Body Mass Index (BMI) reading between 18.5 and 35. If your BMI is above 35, your waist measurement must be below 102 cm as a man or 85 cm as a woman to be eligible.

Medical history – this is a questionnaire related to your medical history. You will need to answer questions about your physical and mental health which you must answer honestly and in full. This includes any current or previous medical or psychological conditions and associated medications. Failure to provide true and complete information in this questionnaire may put you and others at risk.

Hearing test – you will sit inside a booth wearing headphones and indicate to the examiner when you hear variations in sound intensity and pitch, involving thresholds and differing frequencies. We recommend you avoid exposing yourself to loud noises such as music, riding a motorbike or traveling in an aeroplane for at least 16 hours prior to this test.

Lung Function Test (spirometry) – this assessment requires you to place a mouthpiece just past your teeth, inhale completely until your lungs are full and then force out the air as fast and hard as possible until your lungs are completely empty. To ensure results are valid, three acceptable and reproducible tests will need to be completed. We recommend you refrain from smoking and drinking alcohol for at least 24 hours prior to this test. Do not wear tight clothing or eat a large meal at least two hours beforehand. Field officer candidates are not required to complete this assessment.

Supervised drug screen – this requires you to provide a urine sample. You are also required to bring a list of any prescription or non-prescription medication you may have taken in the 30 days prior to your appointment. We recommend that you do not eat or drink anything (including chewing gum and water) 20 minutes before this test.

The physical and functional assessment

You must demonstrate that you possess the necessary fitness, strength and endurance to safely perform the requirements of the role and, if applicable, be able to safely undertake the pre-service training program.

The tests in the physical assessment include range of motion, flexibility, upper body strength, core strength, lower limb function, lifting technique and general fitness. You must meet the required benchmark for each test. You will perform better if you avoid exercise, caffeine or cigarettes prior to the assessment.

For prison and industry officer candidates, fitness is assessed using a step test. You will be required to step up and down to a beat that increases in frequency as the test progresses. Your heart rate is closely monitored and when you reach the desired level the test is complete.

Preparing for the physical assessment

To prepare for the physical assessment you should undertake some basic exercises to increase your overall level of strength and fitness. You could perform push ups, sit ups and the core hover (plank) at home. Fitness could also be improved by doing 30 minutes of aerobic exercise most days. Aerobic exercise includes running, walking, cycling, swimming and rowing.

Remember before doing any exercise routine you should do some basic stretching exercises to warm up and take a few minutes to cool down after.

Before embarking on any fitness training, a general check up with your doctor is encouraged, particularly if you have not had one within the last six months. It is essential that you do not have a medical condition or injury that may be aggravated by a training program, so please check with your own doctor if you have any doubts.

Please use the table below to get an idea of the physical tasks a prison officer may be called on to do, as well as reviewing the tests you will undergo as an applicant.

Capability	Tasks prison officers may undertake on the job	How we'll assess you	What you'll need to achieve to pass the test	Training tips
Lower Limb Function 	<ul style="list-style-type: none"> Fitness to walk, move quickly, over distances and respond to emergency situations 	<ul style="list-style-type: none"> Perform a variety of squatting exercises designed to test leg strength 	<ul style="list-style-type: none"> Kneel with hands behind back for 20 seconds Single leg squats: 9-11 (points deducted for crepitus and poor balance or form) Ability to squat and bounce 	<ul style="list-style-type: none"> When squatting, focus on keeping your chest up, your hips back and your knees out Building strong core muscles will make these exercises easier
Upper Body Strength 	<ul style="list-style-type: none"> Carry and use emergency equipment, riot shields, restraint devices Drag an adult body in an emergency rescue situation 	<ul style="list-style-type: none"> Squeeze a grip strength dynamometer with each hand Press weighted bells above your head while standing Perform consecutive push-ups 	<p>Females</p> <ul style="list-style-type: none"> Grip strength: 28-30kg Overhead press: 6kg <p>Males</p> <ul style="list-style-type: none"> Grip strength: 43-49kg Overhead press: 10kg 9-11 push-ups (females may kneel) 	<ul style="list-style-type: none"> Training with weights will help improve grip and press strength. When doing push-ups, it's recommended you squeeze your core and glutes to avoid rounding your spine
Range of Motion 	<ul style="list-style-type: none"> Hold and restrain prisoners Negotiate heights for control room operations 	<ul style="list-style-type: none"> Complete a series of stretch exercises to demonstrate flexibility, mobility and reach 	<ul style="list-style-type: none"> Cervical flexion, extension and rotation Trunk rotation Lumbar flexion and extension Straight leg raise 	<ul style="list-style-type: none"> Frequent, controlled muscle stretching is recommended to increase range of motion. Stretch after workouts and before bed
Lifting 	<ul style="list-style-type: none"> Carry 15kg + weights, including boxes, equipment, breathing apparatus, etc. Handle batons and firearms under appropriate controls 	<ul style="list-style-type: none"> Hoist weight up and down repeatedly over one minute Carry this weight a distance of five metres 	<ul style="list-style-type: none"> Repeated lift of 15kg: 8-11 pumps Lift and carry weight five metres: achieve by second attempt 	<ul style="list-style-type: none"> Regular weight training in the gym will set you up well to achieve the benchmark
Core Strength 	<ul style="list-style-type: none"> Perform static tasks, like sitting for surveillance operations Climb steps, stairways and ladders 	<ul style="list-style-type: none"> Maintain an abdominal hover (core plank) for as long as possible, up to 90 seconds Execute consecutive back extensions Perform trunk curls 	<ul style="list-style-type: none"> Hold plank for 50-69 seconds Back extensions: 11-15 With hips at 45°, sit up with hands across chest 	<ul style="list-style-type: none"> When working out, keep your abdomen tight and contracted throughout Bridge, side plank and lunge exercises are also beneficial to core strength development