MEDICAL ASSESSMENT FAQS – PART 3

VITAL SIGNS STATION

Q-1: What is tested at the Vital Signs station?

A-1: At the Vital Signs station the following is measured:

- Blood pressure;
- Pulse rate;
- Height;
- Weight; and
- Oxygen saturation.

Q-2: What are some Vital Signs test results that may require further evaluation?

A-2: Among other results, the following may require additional follow up:

- Systolic blood pressure equal to or exceeding 140 (mmHG);
- Diastolic blood pressure equal to or exceeding 90 (mmHG);
- Weight exceeding the upper limit of your ideal weight by greater than 20 percent (see the Bureau of Health Services Guidance for Firefighter Candidates Concerning Medical Assessment (BHS Guidance Document) on the FDNY’s Candidate Resources page for a table of ideal weights);
- Body Mass Index (BMI) equal to or exceeding 30; and
- Heart rate (pulse) equal to or greater than 100 beats per minute.

Q-3: How do I determine my ideal weight?

A-3: When making a medical qualification determination, BHS generally refers to Appendix C of the BHS Guidance Document. However, we recommend that you consult with your medical services provider regarding what should be your ideal weight. You should consider temporarily declining from being considered for appointment if you cannot reach your ideal weight by the date of your medical exam. See Q-11 and A-11 of the “FAQs Part 8 - Laboratory Tests for Unauthorized Substances Station.”