

Emergency Medical Technician (EMT) CANDIDATE MEDICAL EXAMINATION GUIDANCE

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Introduction

The job of an Emergency Medical Specialist (“EMT”) is physically and mentally demanding. For this reason, the FDNY Bureau of Health Services (“BHS”) conducts a thorough examination of each candidate to determine whether the candidate can safely fulfill the requirements of the job.

There are two parts of the BHS evaluation prior to being appointed as a Probationary EMT:

- **Medical Examination**
- **Psychological Screening**

This Guidance gives you information about what to expect on the day of the medical examination and psychological screening at BHS. The medical examination and psychological screening will take place on the same day at BHS. Once you are medically and psychologically qualified – and you have passed the character/background screening – you will be scheduled for the next Probationary EMT class.

This Guidance also provides tips on how to increase your chance of success. Increase your chances of passing the medical examination by preparing for it! The FDNY encourages you to build and maintain your physical fitness throughout your entire candidacy. Weight management, fitness training, and an overall healthy lifestyle should increase your chances of passing the examination. You should follow a physical training program that combines aerobic capacity with strength building.

You must cooperate with BHS for all parts of the evaluation. If you need a reasonable accommodation in order to take any part of the evaluation, please contact the FDNY Equal Employment Opportunity (EEO) Office at the phone numbers listed in Appendix E (Contact List).

1. Medical Examination

1.1 What to Expect at the Medical Examination

All of the FDNY medical examination takes place at BHS, located at FDNY Headquarters, 9 MetroTech Center, Second Floor, Brooklyn, NY 11201. Should any component of the examination take place elsewhere, you will be notified of the location in writing.

You will be required to arrive at BHS at 6:00 AM. You should expect to be at BHS until about 12:00 PM, although you may finish earlier or later. Wear sneakers and appropriate gym/fitness or lightweight exercise clothing.. Carefully read the letter scheduling your appointment with BHS for complete instructions to help you prepare for the appointment. For example, that letter tells you which information you will need to bring with you to fill out a computerized questionnaire about your medical history on the date of your appointment.

After completing various questionnaires and forms, you will visit 12 “stations” where one or more medical tests will be administered.

Effective immediately, The Fire Department of New York will require all new EMT candidates who have been pulled from Emergency Medical Specialist Trainee exams "5066" and "5067," as well as any future EMT exams to participate in the Stairmill Test as part of their physical assessment.

1.2 Computerized Medical Questionnaire and Other Forms

You can view a PDF of the medical history questionnaire on [JoinFDNY](#). Questions include whether you currently take or have taken certain medications, or whether you currently have, or have a history of, certain:

- conditions;
- illnesses; or
- medical procedures.

In addition to the computerized medical questionnaire, a BHS representative will give you other forms¹ and describe them to you. You must give complete and accurate information on all forms. Your answers to the questions on the forms will be used during the medical evaluation and to assist in determining whether you are medically fit for appointment as an EMT.

Failure to report any condition, illness, medical procedure, disability status, or any other information requested by the FDNY to evaluate your medical condition can result in your disqualification.

1.3 Individualized Evaluation

No one is disqualified from appointment as an EMT just because they disclose that they had (or have) a specific illness, condition, or medical procedure *or* were certified as disabled by the US Department of Veterans Affairs *or* were disqualified from service by the US military or another employer. Your medical history will be evaluated on an individual basis together with the results of the medical examination.

No two people are the same and outcomes depend on your overall health and the severity of the specific condition. For example, someone may report a mild case of hypertension that is controlled with medication and someone else may have a more serious case of hypertension with related medical complications. In some cases, BHS will require further information after your initial appointment to be able to make a determination that you are medically qualified or BHS may require that you meet certain conditions before you are found to be medically qualified. For example, BHS has required some candidates to lose weight, be evaluated by an outside physician, or undergo certain testing before they could be appointed. The particular requirements are determined based on the severity of the issue and the candidate’s overall medical condition.

¹ You can look at these forms at <https://www.joinfdny.com/careers/ems/>

1.4 The Stations

After completing the forms, you will visit 12 physical health “stations” where one or more medical tests will be administered. A BHS representative will describe each station so that you will know what will happen and what will be expected of you. As you complete each station, you will be directed to the next station by BHS personnel.

You will be permitted to complete all 12 stations (whether or not you “pass” the requirements of each station), unless FDNY medical personnel determine that it is unsafe for you to continue. For example, FDNY medical personnel may determine that it is unsafe for you to take the Stairmill Test.

Please refer to the appendices for additional information on the stations:

- **Appendix A** describes each station, including examples of conditions that candidates have had that require further evaluation and that may ultimately lead to disqualification.
- **Appendix B** describes the Cardiopulmonary Fitness Evaluation and the Stairmill Test.
- **Appendix C** is the Table of Target Weight for FDNY EMT Candidates.
- **Appendix D** provides additional instructions, including information about some of the stations.
- **Appendix E** is a Contact List

1.5 Candidate Discharge Report

On the day of your initial visit, FDNY personnel will **not** tell you whether you “passed” a specific station or the overall medical examination. An FDNY physician must review the results from each station, review your laboratory results and any other test results, and review the computerized medical questionnaires before any determination can be made.

All candidates who complete the initial medical examination receive a Candidate Discharge Report at the conclusion of the initial medical examination (and at the conclusion of all follow-up appointments). The most recent Candidate Discharge Report also will be available on the Candidate Portal shortly after any appointment or change in your status. If for some reason you need a duplicate report, you may contact BHS at the phone numbers listed in Appendix E (Contact List).

The Candidate Discharge Report specifies any medical conditions that need to be addressed and follow-up actions that you are required to take so that the FDNY can make a decision as to

whether you are medically qualified. The content of the Candidate Discharge Report will depend on your unique circumstances:

- If you do not have any medical conditions that require you to take further action at the time of the initial medical examination, the Candidate Discharge Report will indicate (1) you are in reserved status for your laboratory results; and (2) explain the actions that need to be taken to follow up on the PPD skin test for tuberculosis.
- If you have a medical condition that *could* medically disqualify you from appointment at the time of the initial medical examination, the Candidate Discharge Report will explain the additional tests you need and/or the information you must provide.²

If, for some reason, you are unable to complete the medical examination on your initial appointment date, you will be rescheduled to take the entire medical examination on a different day and will not receive a Candidate Discharge Report.

Make sure to read all notices from BHS carefully – including the Candidate Discharge Report – and follow the specific directions given by BHS. Any delay in providing information, including test results, will prevent the FDNY from making a determination about whether you are medically qualified. If you are in reserved status for one year, you will need to retake the entire medical examination. (Refer to Section 1.8 below.)

² In unusual circumstances, a candidate could have a medical condition that is so severe that the candidate will be medically disqualified from appointment as an EMT without the need for further follow up after the initial appointment. If that happens, the FDNY will issue a Notice of Proposed Disqualification (“NOPD”) that will state the medical reason for the proposed disqualification. If you receive an NOPD, it will explain how you can challenge the disqualification. It will also explain that you can “decline appointment” which means temporarily declining consideration for appointment as an EMT. For more information about declining appointments see Section 1.9 below.

The Candidate Discharge Report may list follow-up diagnostic appointments with BHS. If you are unable to appear for a follow-up appointment at BHS, you must follow the re-scheduling instructions in the Candidate Discharge Report. If you fail to appear for a scheduled follow-up appointment with BHS on five occasions, the FDNY will issue a NOPD for Failure to Cooperate.

1.6 Diagnostic Testing and Other Medical Services Conducted at Your Own Expense

BHS will not pay for any outside medical testing you may choose to undergo. For example, the following types of medical testing or services must be obtained at your own expense:

- An opinion from a medical services provider that is being obtained to challenge the findings which have been made by BHS; or
- Any treatment or consultation you seek in response to a condition reported on your Candidate Discharge Report. For example: diabetes, hypertension, orthopedic conditions, or obesity. Although certain conditions may impede your appointment as an EMT, you are required to pay for any medical treatment(s) that you seek to address a condition. There is no guarantee that treating a condition will be enough to qualify you for appointment.

1.7 Timeframe to Address Items Listed in the Candidate Discharge Report

You should complete all medical testing – including testing performed by an outside provider – and submit all requested information described in the Candidate Discharge Report within 30 days of the date of the Candidate Discharge Report, unless you request and are granted an extension. You may request an extension of time to complete your testing and provide all requested information. If you request an extension of time and that extension is granted, please note that the extension generally will be within 30 days from the original due date. The form to request an extension is available on the FDNY Candidate Resources webpage and via the FDNY Candidate Portal. The decision to grant or deny your request for an extension will be noted in an updated Candidate Discharge Report. Please refer to Section 1.5 about how to obtain a copy of your report. If you fail to follow the instructions in the Candidate Discharge Report, the FDNY will issue an NOPD for Failure to Cooperate. If you need more than 30 days to resolve a condition listed in the Candidate Discharge Report (or more time than any extension you were granted), you can temporarily decline appointment, as described in Section 1.9

1.8 Expiration of the Medical Examination

If you do not complete all medical testing and provide all requested information to BHS, the FDNY will not be able to determine if you are medically qualified and you will not be appointed to the position of EMT. If 12 months pass from the date of your initial medical examination and you have not yet been appointed as an EMT, you will be scheduled for another full medical examination. This medical examination is the same as described above.³ You cannot be appointed as an EMT unless you have passed the medical examination within 12 months of appointment.

³ Please be advised that FDNY medical personnel will have access to all prior medical tests and results

1.9 Temporary Declination

If, for any reason, you decide that you do not wish to be considered for the position of EMT at a particular time, you can temporarily decline being considered for appointment. For example, you may need more than 30 days to complete additional diagnostic testing or to lose weight. To temporarily decline appointment, you must send a letter or an email to the FDNY Candidate Investigation Division (“CID”) that clearly states that you are requesting a temporary declination, along with your name, exam number, list number, last four digits of your social security number, address, and contact phone number. You must submit your request to CID either by email or by U.S. Mail. Refer to Appendix E for CID’s email and mailing address.

Keep a copy of your request for temporary declination and the Declination Acknowledgment for your records.

When you are ready to restore yourself to the civil service list, you must request restoration of your name to the eligible list from the New York City Department of Administrative Services (“DCAS”) by writing to DCAS at the address listed in Appendix E (Contact List). You are encouraged to make this request at least six (6) months before the list expires to allow the FDNY sufficient time to consider you for appointment. You can call DCAS at the number listed in Appendix E (Contact List) at any time to confirm the status of the list for your Exam. Be advised that you may decline and be restored to the civil service list no more than three times.

You can access the FDNY Candidate Portal to check on your progress. In order to learn if you have completed the medical examination, click on the “View My Progress” button. When the “Medical” button is green, you have completed the examination. Please note that if your medical status changes at some point after the progress bar had indicated the medical examination was complete, the progress bar will then change to yellow to indicate that your status is “pending” and you will need to resolve any issues before you proceed further in the process.

You can access the FDNY Candidate Portal to track your progress from the PAT through final administrative and uniform fitting appointments.

To check if you have completed the medical examination, click the “View My Progress” button. If the “Medical” button is green, your examination is complete. Your discharge report will be available under the “Medical Exam Discharge Report” tab—please review it to see if any further action is required. Any medical-related issues must be resolved before you can proceed further in the process.

2. Psychological Screening

On the same date as the initial medical examination, you will complete a computerized mental health questionnaire, which consists of a series of multiple-choice questions. The computerized mental health questionnaire is not available to candidates before the day of the screening. This questionnaire uses questions developed by national experts for mental health screening, including

whether you currently take or have taken medications, or whether you currently have, or have a history of, certain conditions. We are asking these questions because you are a candidate seeking work in a highly stressed environment. There are no right or wrong answers, and no one is disqualified from appointment as an EMT just because they disclose that they have (or have had) a specific illness, condition, or procedure.

You will not know the results of the psychological screening on the same day as the initial medical examination. The computerized mental health questionnaire will be reviewed and, in some cases, an FDNY medical professional will call you to ask follow-up questions and/or ask you to appear for an in-person interview with an FDNY mental health professional. If it is determined that you will not be able to safely perform the job of an EMT, you will be sent an NOPD.

If 12 months pass from the date of your initial psychological screening and you have not yet been appointed as an EMT, the FDNY will schedule you for another psychological screening. This psychological screening is the same process outlined above. You cannot be appointed as an EMT unless you have passed the psychological screening within 12 months of appointment.

**KEEP READING FOR MORE IMPORTANT INFORMATION ABOUT THE
FDNY MEDICAL EXAMINATION**

3. APPENDICES

Appendix A	Brief Description of the Medical Examination Stations
Appendix B	Cardiopulmonary Fitness Evaluation and Description of the Stairmill Test
Appendix C	Table of Target Weight for FDNY EMT Candidates
Appendix D	Additional Instructions to Candidates for Initial Medical Examination
Appendix E	Contact List

APPENDIX A

THE MEDICAL EXAMINATION STATIONS

There is no set order in which you will visit the medical examination stations, except that BHS personnel will ensure that:

- (1) you visit the Vital Signs, Electrocardiogram (EKG), and Pulmonary Function stations, before the Cardiopulmonary Fitness Evaluation (Stairmill Test) station;
- (2) you visit the Routine Laboratory station at some point after the Stairmill Station;
- (3) you do not visit the Hearing station immediately after the Stairmill Test Station; and
- (4) the Physician Evaluation will usually be the last station you visit.

Below is a brief description of each station and conditions that may require further evaluation. Please note that the list of conditions is not complete and that there are other types of conditions, which are rarer, that might be identified at a particular station or through subsequent testing.

STATION NAME	FOCUS OF TEST	EXAMPLES OF CONDITIONS THAT MAY REQUIRE FURTHER EVALUATION
Vital Signs	Tests for blood pressure, pulse rate, temperature, height and weight	<ul style="list-style-type: none">• Systolic blood pressure equal to or exceeding 140 (mmHG);• Diastolic blood pressure equal to or exceeding 90 (mmHG);• Weight exceeding your target weight
Cardiopulmonary Fitness Evaluation (Stairmill Test)	See Appendix B	This test is explained in more detail in Appendix B
Chest X-Ray	Tests for heart, pulmonary, and spinal conditions	<ul style="list-style-type: none">• Evidence of pulmonary disease• Enlarged heart• Severe scoliosis• Use of a heart pacemaker or implantable defibrillator
Electrocardiogram (EKG)	Measures cardiovascular activity	<ul style="list-style-type: none">• Any deviation from a normal heart rate and/or a normal sinus rhythm

Hearing	Candidates are placed in a sound proof booth and asked to identify different frequencies of sound transmitted through earphones	<ul style="list-style-type: none"> Hearing loss in the unaided ear is greater than 40 decibels (dB) at 500 Hz, 1000 Hz, 2000 Hz, and 3000 Hz
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STATION NAME	FOCUS OF TEST	EXAMPLES OF CONDITIONS THAT MAY REQUIRE FURTHER EVALUATION
Immunization/PPD	Tests for tuberculosis	<ul style="list-style-type: none"> Positive test for tuberculosis
Laboratory Test (Routine)	Blood and urine samples are collected and tested for certain medical conditions	<ul style="list-style-type: none"> Abnormal red and/or white blood cell count Abnormal blood or urine glucose Elevated levels of serum creatinine (a measure of kidney function) Elevated liver function blood tests
Laboratory Test for Unauthorized Substances	Candidates provide a urine sample before a witness	<ul style="list-style-type: none"> Positive test for an unauthorized substance not reported as a legal prescription to BHS, including, but not limited to, methadone, opiates, heroin, cocaine, marijuana, barbiturates, and benzodiazepine. Any candidate that tests positive for such substances will be sent an NOPD. Even with a legal prescription, the chronic use of certain categories of substances may be incompatible with the job of an EMT. These categories include, but may not be limited to, opiates, pain medications, anti-psychotic medications, sedatives, sleeping pills, beta blockers and anti-coagulants. A positive test for one of these types of substances will require further evaluation. Candidates will be reviewed on an individualized basis, and BHS may have the candidate provide a prescription history, an explanation for the prescription and an opinion as to how long the prescription will be continued from the prescribing physician.

Mask Fit	Tests ability to wear the breathing mask used to perform EMT duties	<ul style="list-style-type: none"> • Inability to wear face piece with a proper seal due to, for example, facial hair or facial deformity
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STATION NAME	FOCUS OF TEST	EXAMPLES OF CONDITIONS THAT MAY REQUIRE FURTHER EVALUATION
Physician Evaluation	Review of data and documentation, interview of candidate, and physical examination	<ul style="list-style-type: none"> • Any item listed above • A medical abnormality that would not be found during an examination already made by BHS, such as a heart murmur • Where BHS has determined that the candidate is not able to safely complete the BHS examination, the reasons for BHS's determination will be reviewed with the candidate.
Pulmonary Function Test	Measures air flow in lungs Inhaling and exhaling are measured by a spirometer (candidates will breathe into and out of the device)	<ul style="list-style-type: none"> • Capacity to forcibly exhale (FVC) and forcibly exhale air in one second (FEV1) is less than 60 percent of the predicted value for your height, gender and race⁴ or the ratio of these measures (FEV1/FVC) is less than 0.60 • Evidence of pulmonary disease
Vision	With the use of an electronic vision screener, candidates are tested for near sightedness, far sightedness, depth perception, color and peripheral vision You may wear glasses or contact lenses during this test	<ul style="list-style-type: none"> • Far vision acuity less than 20/40 binocular (even if corrected with lenses or spectacles) • Monochromatic vision • Monocular vision

STATION NAME	FOCUS OF TEST	EXAMPLES OF CONDITIONS THAT MAY REQUIRE FURTHER EVALUATION
Vital Signs	Blood pressure, height, weight, pulse, and oxygen saturation measurements	<ul style="list-style-type: none"> • 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 target weight (see Appendix C for target weight ranges) • Body Mass Index (BMI) equal to or exceeding 30. The BMI is an integrated measure of weight and height. • Resting Heart Rate (Pulse) equal to or greater than 100 beats per minute

⁴ Predicted values are based on a candidate's age, height, ethnicity, and gender, as determined by National Health and Nutrition Examination Survey (NHANES) III.

APPENDIX B

Cardiopulmonary Fitness Evaluation and Description of the Stairmill Test

One of the required medical examination stations is a cardiopulmonary fitness evaluation test, which is conducted on a stairmill (this is referred to here as the “Stairmill Test”).

1. The Stairmill Machine and How to Prepare for the Stairmill Test

The Stairmill Test takes place on a stairmill machine. A stairmill is different from stair stepper machines, which are more typically found in gyms. The main difference between a stairmill and a stair stepper is that your feet do not leave the pedals when using a stair stepper. On the stairmill, you will pick up your foot as the next step descends towards you. A stairmill is a better representation of climbing an actual staircase. Below is a picture of the type of stairmill on which the test is administered. It is the same machine you used during your Physical Agility Test (“PAT”), but the Stairmill Test for the FDNY medical examination is different than the stairmill portion of the PAT that is administered by FDNY.



2. The FDNY encourages you to maintain your physical fitness throughout your entire candidacy and to practice on a stairmill machine. Some local gyms have stairmill machines. Ability to Take Stairmill Test

Before you can begin the Stairmill Test on the first attempt, a nurse will review your completed computerized medical history and the results from the Vital Signs, EKG, and Pulmonary Function

Test stations to check for any medical conditions that may make it unsafe for you to proceed with the Stairmill Test. Such conditions may include:

- (a) A systolic blood pressure exceeding 140 (mmHg) or a diastolic blood pressure exceeding 90 (mmHg);
- (b) An irregular heartbeat;
- (c) A bone fracture that occurred within the last 12 months;
- (d) The chronic use of prescribed medication including, but not limited to, blood thinners, beta blockers, sedatives, and narcotics;
- (e) A history of heart disease, including a heart stent;
- (f) A history of stroke;
- (g) Morbid obesity;
- (h) Recent surgery; or
- (i) A history of pulmonary disease.

If you have any of these conditions, or any other condition or test results which, in the nurse's medical opinion, indicate that you should not proceed with the Stairmill Test, you will be verbally notified that you may not take the Stairmill Test until an FDNY physician reviews your condition(s) and/or medical test result(s), examines you, and makes a decision about whether you can safely proceed with the Stairmill Test. Even if you cannot proceed with the Stairmill Test, you will be permitted to complete other parts of the medical examination (unless BHS has determined that it is not safe for you to continue with those other parts). The Stairmill Test (or an acceptable alternative test as described in this Appendix) must be successfully completed before you can be appointed as an EMT. You will have three attempts (on different days) to pass the Stairmill Test and, if you cannot pass it, you will need to undergo alternative testing.

If BHS determines, after reviewing your conditions and examining you, that you are not able to safely proceed with the Stairmill Test on the day of your medical examination, you will be given a Candidate Discharge Report stating those diagnoses/body parts that need to be addressed before you may safely proceed with the Stairmill Test. Although any Candidate Discharge Report you receive will address your individual circumstance, examples of issues that other people have been required to address in the past before being allowed to take the Stairmill Test include: morbid obesity, high blood pressure, a rapid heart rate, and bone fractures.

Read your Candidate Discharge Report carefully and pay attention to any requirements. You will be given a copy of the Candidate Discharge Report, and it will be available in the Candidate Portal.

3. Description of the Stairmill Test

For the first minute, you will climb at a rate of 50 steps per minute. For the next four minutes, you will climb at a rate of 58 steps per minute. The five-minute period will be continuous – there is no break. Once the test has begun, you may not touch any part of the stairmill with your hands, arms, or any other body part during the entire five-minute period.

A uniformed member of the FDNY will be present in the Stairmill station to act as a spotter for each candidate, and the test will be conducted under the oversight of FDNY medical personnel (physician, nurse practitioner, physician assistant, paramedic, or registered nurse).

If you complete the test without visual signs of dizziness or physical distress, you will pass the Stairmill Test.

You will not pass the Stairmill Test if:

- You step off the stairmill for any reason before the end of the five-minute period.
- You touch any part of the handrail with one or both of your hands, arms, or any other body part.
- BHS personnel observe signs of dizziness or physical distress (for example, clutching one's chest, loud audible wheezing, uncontrolled coughing, vomiting or retching).

4. Tips Concerning Proper Procedure

During the Stairmill Test, you may not touch any part of the stairmill with your hands. If you touch the stairmill with your hands for any reason (whether because of dizziness, physical distress, or any other reason), BHS personnel will turn off the machine and discontinue the test.

Note that in addition to not touching the stairmill machine while you are taking the Stairmill Test:

- You must climb on the stairmill one step at a time and avoid bouncing or bumping onto any part of the stairmill.
- You are not permitted to wear any joint bracing or support.
- The stairmill machine will display the amount of time that elapses during the test.
BHS personnel are not permitted to communicate with or otherwise distract you from completing the test, unless they observe a condition which could harm you. You are not permitted to wear earplugs/earbuds or anything else that could inhibit necessary communications with BHS personnel.

You can only attempt the Stairmill Test once per visit. However, with the approval of an FDNY physician, you can attempt the Stairmill Test up to three times on three different dates. You can become an EMT if you can pass the Stairmill Test or (after failing three attempts) submit the results of an exercise treadmill stress test. If you pass the Stairmill Test at any point and you meet all other requirements of the medical examination, you will be considered medically qualified.

5. If You Fail Your First Attempt

If you do not pass the Stairmill Test on your first attempt, your Candidate Discharge Report will indicate you remain in reserve status for cardiopulmonary and you will be scheduled for a second attempt, generally within 30 days of the first attempt.

6. Second Attempt Stairmill Test Procedure

On the day of your second attempt at the Stairmill Test, you will have to revisit the Vital Signs station, and the results of that station will be reviewed by FDNY medical personnel. Unless the personnel identify an issue, you will be allowed to proceed. If you are not allowed to proceed with the Stairmill Test on the second attempt, you will receive a Candidate Discharge Report. If you are allowed to proceed but do not successfully complete the Stairmill Test on the second attempt, you will receive a Candidate Discharge Report.

The procedure for the second attempt at the Stairmill Test is the same as the first attempt, as described above in Section 3 of this Appendix.

7. If You Fail Your Second Attempt at the Stairmill Test

If you do not pass the Stairmill Test on your second attempt, your Candidate Discharge Report will indicate you remain in reserve status for cardiopulmonary and you will be scheduled for a third attempt, generally within 30 days of the first attempt.

8. Third Attempt at Stairmill Test

On the day of your third attempt at the Stairmill Test, you will have to revisit the Vital Signs station, and the results of that station will be reviewed by FDNY medical personnel. Unless the personnel identify an issue, you will be allowed to proceed. If you are not allowed to proceed with the Stairmill Test on the third attempt, you will receive a Candidate Discharge Report. If you are allowed to proceed but do not successfully complete the Stairmill Test on the third attempt, you will receive a Candidate Discharge Report.

The procedure for the second attempt at the Stairmill Test is the same as the first attempt, as described above in Section 3 of this Appendix.

9. If You Fail Your Third Attempt at the Stairmill Test

If you do not pass the Stairmill Test on your third attempt, the FDNY will issue you a Notice of Proposed Disqualification (NOPD).

APPENDIX C

TABLE OF TARGET WEIGHT FOR FDNY EMT CANDIDATES ADULT

MALES

MALE CHART				
CENTIMETERS	INCHES	FEET & INCHES	20% TARGET WEIGHT	25% TARGET WEIGHT
157	62	5' 2"	180	189
158	62	5' 2"	180	189
159	63	5' 3"	184	193
160	63	5' 3"	184	193
161	63	5' 3"	184	193
162	64	5' 4"	187	196
163	64	5' 4"	187	196
164	65	5' 5"	192	202
165	65	5' 5"	192	202
166	65	5' 5"	192	202
167	66	5' 6"	198	208
168	66	5' 6"	198	208
169	67	5' 7"	202	212
170	67	5' 7"	202	212
171	67	5' 7"	202	212
172	68	5' 8"	206	216
173	68	5' 8"	206	216
174	69	5' 9"	211	222
175	69	5' 9"	211	222
176	69	5' 9"	211	222
177	70	5' 10"	216	227
178	70	5' 10"	216	227
179	70	5' 10"	216	227
180	71	5' 11"	221	232
181	71	5' 11"	221	232
182	72	6' 0"	226	237
183	72	6' 0"	226	237
184	72	6' 0"	226	237
185	73	6' 1"	230	242
186	73	6' 1"	230	242
187	74	6' 2"	236	248
188	74	6' 2"	236	248
189	74	6' 2"	236	248
190	75	6' 3"	242	254
191	75	6' 3"	242	254
192	76	6' 4"	248	260
193	76	6' 4"	248	260
194	76	6' 4"	248	260

APPENDIX C (continued)

ADULT FEMALES

FEMALE CHART				
CENTIMETERS	INCHES	FEET & INCHES	20% TARGET WEIGHT	25% TARGET WEIGHT
145	57	4' 9"	154	162
146	57	4' 9"	154	162
147	58	4' 10"	157	165
148	58	4' 10"	157	165
149	59	4' 11"	161	169
150	59	4' 11"	161	169
151	59	4' 11"	161	169
152	60	5' 0"	164	172
153	60	5' 0"	164	172
154	61	5' 1"	168	176
155	61	5' 1"	168	176
156	61	5' 1"	168	176
157	62	5' 2"	172	181
158	62	5' 2"	172	181
159	63	5' 3"	176	185
160	63	5' 3"	176	185
161	63	5' 3"	176	185
162	64	5' 4"	181	190
163	64	5' 4"	181	190
164	65	5' 5"	186	195
165	65	5' 5"	186	195
166	65	5' 5"	186	195
167	66	5' 6"	191	201
168	66	5' 6"	191	201
169	67	5' 7"	196	206
170	67	5' 7"	196	206
171	67	5' 7"	196	206
172	68	5' 8"	200	210
173	68	5' 8"	200	210
174	69	5' 9"	204	214
175	69	5' 9"	204	214
176	69	5' 9"	204	214
177	70	5' 10"	208	218
178	70	5' 10"	208	218
179	70	5' 10"	208	218
180	71	5' 11"	211	222
181	71	5' 11"	211	222
182	72	6' 0"	215	226

APPENDIX D

Additional Instructions to Candidates for Initial Medical Examination

Inquiries – You are encouraged to direct any questions or concerns to an officer at BHS as soon as possible, so that these matters may be addressed as they arise. Officers are dressed in uniform and wear white shirts.

Personal Health – The FDNY strongly encourages candidates to be in good health for their medical examination. If, prior to the date for your *initial* medical examination or upon arrival for your *initial* medical examination, you discover that you do not feel well or you are recovering from an injury or illness, you should re-schedule your *initial* medical examination by calling the FDNY Candidate Investigation Division (“CID”) at the phone number listed in Appendix E (Contact List). If an injury or medical condition is discovered after you have commenced the examination, BHS will discontinue the examination and you will be directed to meet with an FDNY physician, who will determine whether you may proceed. You may confer with BHS about all follow-up appointments after the *initial* medical examination.

Cell Phones – Phones are not allowed in the testing areas. Personal items may be stored in a gym or duffel bag that will be kept in a training room. If you need to make a telephone call during the examination, please notify an officer, who will assist you.

Vital Signs – On the date of your examination, your height will be measured in the Vital Signs station. Please ensure that your hair is worn in such a manner or style that the height bar may rest comfortably atop your head. In addition, certain head coverings may require removal. If you require a religious accommodation, please contact the FDNY Equal Employment Opportunity (EEO) Office at the phone numbers listed in Appendix E (Contact List).

Pulmonary Function Test – You will be instructed to breathe into and out of a spirometer, a device that measures the amount of air flowing in and out of your lungs. Please follow the instructions that will be given to you by the technician, who will guide you through the process.

Nurse Review – A nurse will review the results of the Vital Signs, EKG, and Pulmonary Function stations to ensure that you may proceed with the Stairmill Test.

Blood Work – Blood work will not be taken until after you have completed the Stairmill Test. If you bring a snack, wait until after your blood work is done to eat.

Hearing - The Hearing Station may not be visited directly after the Stairmill Test, as all you might hear is your heartbeat.

Vision – You should bring and wear eyeglasses or contact lenses during the eye test, if you use either of these.

FDNY Physician – When you meet with an FDNY physician, you will have the opportunity to discuss any medical history or condition not previously disclosed on your computerized medical questionnaire. If necessary, you may amend your responses to the computerized medical questionnaire. However, your intentional failure to disclose information in response to questions in the computerized medical questionnaire could result in your disqualification.

APPENDIX E

Contact List

FDNY Bureau of Health Services (“BHS”)

FDNY Bureau of Health Services
New York City Fire Department
9 MetroTech Center, 2nd Floor (Room 206)
Brooklyn, NY 11201
Phone: 718-999-1870/1897
Facsimile: 718-999-0087
Email: candidaterecords@fdny.nyc.gov

FDNY Candidate Investigation Division (“CID”)

Mailing address: Candidate Investigation Division
Fire Department, City of New York
9 MetroTech Center
Brooklyn, NY 11201
Email: CID@fdny.nyc.gov

FDNY Equal Employment Opportunity (EEO) Office

Equal Employment Opportunity Office
New York City Fire Department
9 MetroTech Center, Room 4E-1
Brooklyn, NY 11201
Phone: (718) 999-1447/1448
Email: eeo@fdny.nyc.gov

FDNY Recruitment

Phone: 718-999-FDNY (3369)
E-mail: Recruitment@fdny.nyc.gov

New York City Department of Administrative Services (“DCAS”)

NYC Department of Citywide Administrative Services
1 Centre Street, 17th Floor
New York, NY 10007
Phone: (212) 669-1357 (automated number to confirm status of civil service exams)