

MEDICAL EXAMINATION 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 are measured:

- Blood pressure;
- Pulse rate;
- Temperature;
- 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 your target weight (see [Firefighter Candidate Medical Examination Guidance \(Medical Exam Guidance Document\)](#) on JoinFDNY.com or the Candidate Portal for a table of target 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 target weight?

A-3: When making a medical qualification determination, BHS generally refers to Appendix C of the Medical Exam Guidance Document. You should consider temporarily declining from being considered for appointment if you cannot reach your target weight by the date of your medical exam. For more information about temporarily declining appointment, refer to [Section 1.10 of the Medical Exam Guidance Document](#).