

**HARYANA STAFF SELECTION COMMISSION**  
**BAYS NO. 67-70, SECTOR-2, PANCHKULA-134151**  
(Website: [www.hssc.gov.in](http://www.hssc.gov.in))

**PHYSICAL MEASUREMENT TEST (PMT) NOTICE**

**NOTICE TO THE CANDIDATES FOR PHYSICAL MEASUREMENT TEST (PMT)  
OF VARIOUS GROUPS & CATEGORIES AGAINST ADVT. NO. 03/2023 OF  
GROUP-C POSTS CET (2<sup>nd</sup> PHASE)**

It is notified for information of all candidates that Haryana Staff Selection Commission will conduct the **Physical Measurement Test (PMT)** for various Groups & Categories against Advt. No. 03/2023 of Group-C posts CET (2nd Phase) from **12.07.2023 (Wednesday) to 23.07.2023 (Sunday)**, as detailed below:

**PMT Schedule for Male Candidates: -**

Sr. No.	Name of the post	Group No.	Cat. No.	Date of PMT	Place
1.	Fire Station Officer	12, 24, 30 & 56	140	12.07.2023 (Wednesday)	Tau Devi Lal Stadium, Near Devi Nagar, Sector-3, Panchkula
	Sub Fire Officer		201		
	Driver cum Pump Operator		244		
	Fireman		245		
	Assistant Superintendent Jail (Male)		320		
	Company Commander		325		
	Platoon Commander		337		
2.	Forest Ranger	7, 45 & 57	102	13.07. 2023 (Thursday)	
	Deputy Ranger		295		
	Forester		376		
3.	Warder (Male)	57	382	15.07.2023 (Saturday) to 22.07.2023 (Saturday)	

**PMT Schedule for Female Candidates: -**

4.	Forest Ranger	7, 30, 45, 56 & 57	102	14.07.2023 (Friday)	Tau Devi Lal Stadium, Near Devi Nagar, Sector-3, Panchkula
	Driver cum pump operator		244		
	Fireman		245		
	Deputy Ranger		295		
	Assistant Superintendent Jail (Female)		321		
	Company Commander		325		
	Platoon Commander		337		
	Forester		376		
	Female Warder		381		

**PMT Schedule for Male & Female Candidates: -**

5.	Fire Operator cum Driver	30	243	23.07.2023 (Sunday)	Tau Devi Lal Stadium, Near Devi Nagar, Sector-3, Panchkula
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**No Entry after 02:00 P.M.**

**Note : In case, a candidate has applied for more than one post, one admit card will be issued to the candidate and his/her PMT will also be conducted one time for all posts applied by him/ her.**

**Physical Measurement Test (PMT): -**

- a) The candidates shall have to undergo Physical Measurement Test (PMT) as per standards prescribed in Appendix-B (Amended) with reference to corrigendum dated 20-03-2023 details of various groups, posts, age, category wise bifurcation, as under:-

**i. Forest Ranger :**

Minimum Physical Standard		
	Male	Female
Height	163 cms	150 cms
Chest Unexpanded	79cms	74 cms
Chest Expanded	84cms	79cms

The following minimum height standards may be allowed in case of candidates belonging to Scheduled Tribes and Races such as Assamese, Bhutanese, Garhwali, Gorkhas, Kumaonis, Ladakhese, Mizo, Naga, Nepalese, Sikkimese and those from Arunachal Pradesh, Lahaul and Spiti, Meghalaya:- Male Candidate 152 cm. Female Candidate 145 cm.

**ii. Deputy Ranger and Forester :**

Minimum Physical Standard		
	Male	Female
Height	168 cms	155 cms
Chest Unexpanded	79cms	74 cms
Chest Expanded	84cms	79cms

**iii. Sub Fire Officer :**

Minimum Physical Standard		
	Male	Female
Height	170 cms	152 cms
Weight	54 kg	47.5 kg
Chest Unexpanded	32" inches without clothes	-
Chest Expanded	34" inches without clothes	-

**iv. Assistant Superintendent Jail (Male) :**

Minimum Physical Standard		
	Height	Chest
	170 Centimeters (General Category)	83 Centimeters (Un-expanded) and 87 Centimeters (expanded) (General Category)
	168 Centimeter (Reserve Category)	81 Centimeters (Un-expanded) and 85 Centimeters (expanded) (Reserved Category)

**Note:** - Radio Frequency Identification Device or any other superior and reliable technology shall be used to ensure reliability of this test at the discretion of the Commission.

**v. Assistant Superintendent Jail (Female) :**

Minimum Physical Standard		
	Height	Chest
	158 Centimeters (General Category)	Not Applicable
	156 Centimeter (Reserve Category)	Not Applicable

**Note:** - Radio Frequency Identification Device or any other superior and reliable technology shall be used to ensure reliability of this test at the discretion of the Commission.

vi. Female Warder :

Minimum Physical Standard		
	Height	Chest
Female	158 Centimeters (General Category)	Not applicable
	156 Centimeters (Reserved Category)	Not applicable

vii. Warder (Male) :

Minimum Physical Standard		
	Height	Chest
Male	170 Centimeters (General Category)	83 Centimeters (Un-expanded) and 87 Centimeters (expanded) {General Category}
	168 Centimeters (Reserved Category)	81 Centimeters (Un-expanded) and 85 Centimeters (expanded) {Reserved Category}

viii. Company Commander and Platoon Commander :

Minimum Physical Standard : Height 170.18 cms. and Chest 82.87 cms.- 87.63 cms

ix. Driver-cum-Pump Operator and Fireman :

Minimum Physical Standards :

- Minimum height 5'-7" (without shoes)
- Chest 32"-34"
- Eye sight 6/6 (without glasses)
- Weight not less than 54 Kg. (without shoes and clothes)

x. Fire Operator cum Driver :

Minimum Physical Standard		
	Male	Female
Height	170 cms	152 cms
Weight	54 kg	47.5 kg
Chest Unexpanded	32" inches without clothes	-
Chest Expanded	34" inches without clothes	-

xi. Fire Station Officer :

Minimum Physical Standard		
	Male	Female
Height	170 cms	152 cms
Weight	54 kg	47.5 kg
Chest Unexpanded	32" inches without clothes	-
Chest Expanded	34" inches without clothes	-

- To make the entire process of the physical measurement test tamper proof, fair and impartial, standard digital measurement devices shall be used to the extent possible, in a manner that the candidates are able to read their measurements on a digital display monitor.
- The result of physical measurement test shall be prepared by the Haryana Staff Selection Commission. The Haryana Staff Selection Commission shall display the same on its official website i.e. [www.hssc.gov.in](http://www.hssc.gov.in).
- The candidates who fail to meet the standards prescribed for Physical Measurement Test shall stand eliminated from further selection process.**
- Only the candidates who qualify the standards prescribed for Physical Measurement Test shall take part in the further process of Selection.

**Note:** - Physical Measurement Test shall be of qualifying nature only.

**IMPORTANT INSTRUCTIONS FOR THE CANDIDATES FOR PHYSICAL MEASUREMENT TEST (PMT) ARE AVAILABLE ON WEBSITE OF THE COMMISSION i.e. [www.hssc.gov.in](http://www.hssc.gov.in) WHICH SHOULD BE THOROUGHLY READ BY CANDIDATES BEFORE COMING FOR EVENT.**

Result of candidates will be declared on the website of Commission on the last day of PMT after the finish of event. Candidates who qualifies PMT will be allowed to participate in PST & Written Exam.

Admit Card for PMT of the candidates will be uploaded on the Commission's web-site i.e. [www.hssc.gov.in](http://www.hssc.gov.in) on dated **09.07.2023 (from 10:00 A.M. onwards)**. **Candidates are advised to read the instructions on the Admit Card carefully and follow the same strictly.**

No separate information will be sent to the candidates by the Commission through post.

Place: Panchkula  
Dated: 07<sup>th</sup> July, 2023

-Sd/-  
Controller of Examination,  
Haryana Staff Selection Commission,  
Panchkula

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**HARYANA STAFF SELECTION COMMISSION**  
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**IMPORTANT INSTRUCTIONS TO THE CANDIDATES FOR PHYSICAL MEASUREMENT TEST**

1. Candidates must go through the instructions below as well as prescribed on the Admit Card carefully before coming for the Physical Measurement Test (PMT).
2. **Candidate must bring legibly printed Admit Card with recent coloured photo, pasted on admit card at mark B duly self attested and one identity proof in original with photo like Driving License, Voter Card, Aadhar Card, Passport etc. at the PMT site failing which the candidate will not be allowed to enter for PMT.**
3. The Admit Card is provisional and subject to fulfillment of advertised eligibility conditions on the cutoff date. The candidate should ensure that he/she possesses the requisite qualifications and age etc. and fulfils all the eligibility conditions for the said post as per advertisement on the cutoff date. In case, at any stage, it is found that candidate does not fulfill the essential eligibility conditions, his/her candidature shall be immediately cancelled without assigning any reason or notice besides taking such other action as deemed appropriate by the Commission. No claim/compensation shall be admissible in this regard.
4. Candidate should report the venue alongwith his/her admit card as originally downloaded (not to be photostated) from Commission's website i.e. [www.hssc.gov.in](http://www.hssc.gov.in) at the date and time mentioned therein. Entry in the venue shall not be allowed before the time mentioned in admit card. After the completion of one shift, the entry for next shift shall start.
5. Result of Physical Measurement Test (PMT) will be displayed on Commission's website. Candidates who qualify the PMT will only be allowed to take part in further process. Candidates are advised to check the website of Commission for result or for any other update.
6. At the venue, candidate shall be given token number and then he/she shall go into the waiting area from where he/she shall be called as per his/her token number for registration.
7. Taking drugs and other restricted medicine are strictly prohibited during Physical Measurement Test (PMT).
8. All the candidates who have applied for the post, should ensure that they meet the physical standards for the post and fit for the conduct of physical test.
9. Written Exam and PST will be conducted for only those candidates who have qualified PMT and whose Roll number is there in result published by HSSC. As per Advt. conditions, after taking biometric attendance, Videography of candidate will be done. Then candidate will appear before the committee assigned for PMT. PMT will be carried out using machines in which data related to measurement will be displayed on screen. Candidate shall sign on the measurement slip. If any candidate has any objection regarding PMT, he/she shall raise his/her objection immediately, after which no such objection shall be considered.
10. After checking the Admit card and Photo ID proof of candidate he/she will be allowed to appear before the assigned committee for PMT. After being verified by committee, his/her signature and thumb impression will be taken on the attendance sheet.
11. All candidates are bound to follow the instructions given by HSSC and if not followed, his/her candidature may be cancelled.
12. If any candidate is found creating any kind of indiscipline, his/her candidature may be cancelled.
13. Mobile phones or any kind of electronic instruments are strictly prohibited at the test site.
14. Physical Measurement Test (PMT) will be as per HSSC Advt. No. 03/2023 which is already available on Commission's website i.e. [www.hssc.gov.in](http://www.hssc.gov.in)

Place: Panchkula  
Dated: 07<sup>th</sup> July, 2023

-Sd/-  
Controller of Examination,  
Haryana Staff Selection Commission,  
Panchkula