



MEDICAL ASSESSMENTS

How to prepare

As someone going through the G4S recruitment process, we understand you'll need to know what your medical assessment will involve. Before you're assessed, we encourage you to use these tips to achieve your best result.

What's the link between your job and your health?

Working in security involves taking responsibility for the safety of others. So it's important you take care of your health and safety too. Having good health yourself will help you help others. And as a requirement of the role, it's worth thinking about and preparing for. You'll get one shot at your medical assessment and we want you to do your best.

What will your medical assessment involve?

If your application progresses, you'll be asked to attend a medical clinic to test your physical health. The clinic will test things such as your range of motion, handling, core strength, vision, hearing and BMI.

Our recruitment process takes 6-8 weeks, so there's time to prepare!

100% DRUG AND ALCOHOL FREE



Existing Medication

If you take prescription medication, you'll need to remember to bring your prescription to your medical assessment appointment.



Drugs

To make sure you don't use drugs, the clinic will ask you to provide a urine sample for testing.



Alcohol

The clinic will also ask you to perform a breathalyzer test. This is to ensure you have a Blood Alcohol content of 0%.

YOUR PHYSICAL HEALTH



Your Lifestyle

In the weeks leading up to your medical assessment and to achieve a good result, try to eat a balanced diet, maintain regular exercise, and keep your stress levels low.



Heart Health

The clinic will test your blood pressure to check it's in a healthy range. This is between 90-139/60-89. They'll also test for a healthy heart rate, which is under 100 beats per minute.



Height and Weight

To check you're in a healthy weight range, the clinic will calculate your BMI (Body Mass Index). This involves measuring your height and weight.

YOUR RANGE OF MOTION



Your Flexibility

Stretching is one way to increase your flexibility.

The key is keeping your stretches regular, consistent and controlled.



Moving Comfortably

The clinic will guide you through a large number of movements - from your neck all the way down to your ankles.



Moving without Pain

For a healthy range of motion, you'll need to be able to comfortably perform all the movements, and perform them without pain.

YOUR STRENGTH AND AEROBIC CAPACITY



Getting Ready

To prepare, we recommend regular strength training and exercise that will increase your aerobic capacity.



Your Strength

The clinic will ask you to complete some physical exercises. For example, sit ups, kneeling, balancing, and a step test, plus an upper body strength test.



Your Recovery

A good result means completing all the exercises comfortably, without the need for aid, and without pain. The clinic will also check you have a steady recovery heart rate.

YOUR MANUAL HANDLING



Physical Tasks

As you begin or continue with your strength training, any increase in your strength will also improve your ability for manual handling.



The Exercises

The clinic will ask you to lift different weights up to a maximum of 20kg, then repeat the lifts at different heights. You'll also be asked to carry weights and have your grip tested.



Safety and Ease

You'll be asked to lift using one arm or leg, then both arms or legs. The goal is to show you have ways to handle your physical tasks with safety and ease.

YOUR VISION



Eye Health

To manage and maintain your eye health and needs, we recommend you have regular check-ups with an optometrist.



Eye Test

The clinic will perform an eye test, and repeat the test three times for each eye. They will also test your colour-vision.



Test Results

All jobs require a minimum of 20/30 vision. Some jobs need to read all plates; others need to read a minimum of 10. Some roles only accept people with complete color vision.

YOUR HEARING



Hearing Assessment

You'll be asked to listen to the external environment while also listening for instructions through a radio or ear piece. This measures if you can hear in loud, busy environments.



Hearing Screening

During screening, you'll need to decipher sounds, in both ears, at a range of frequencies.



Screening Results

You'll be asked to see an audiologist for a hearing test if there is any indication of below normal results.

Your best health is something to reach for and maintain, and we wish you the best as you prepare!
If you have any questions about medical assessments, please reach out.