

RINL PRE EMPLOYMENT MEDICAL EXAMINATION RULES
(for appointment in Executive and Non-Executive posts)

GENERAL

Candidates with following diseases/defects will be considered unfit:

- Congenital Heart Disease with Pulmonary Hypertension
- Acquired Heart Disease of severe nature even corrected after operation, artificial valve / pacemaker
- ASD (Atrial Septal Defect) with Pulmonary Hypertension
- Heart Blocks
- Extensive Pulmonary TB
- SLE (Systemic Lupus Erythematosus) without Rheumatoid Arthritis
- Severe COPD (Chronic Obstructive Pulmonary Disease)
- Spinal Surgeries other than trauma (in case of trauma, it should be corrected to near normal)
- Ankylosing Spondylitis
- Congenital or Acquired deformity of Spine
- Bilateral Perceptive deafness beyond 60 dB
- Cirrhosis of liver with decompensate status
- All types of mental diseases including Chronic Schizophrenia and Senile dementia (except mild cases), Refractory Epilepsy, incontinence of urine
- Myopathies
- Malignancies of all types identified clinically
- Visual acuity not as per RINL norms, glaucoma, papilledema, morbid condition of eyes, eye-lids
- Refractive surgery, if performed within one year prior to the date of RINL's Medical Examination
- BMI more than 32 Kg/m² for aged below 35 years and 34 Kg/m² for aged more than 35 years

Candidates with following diseases/defects will be considered Temporary Unfit:

- ASD (Atrial Septal Defect)
- Leprosy (non-infectious) without deformity
- Hernia
- Hydrocele/ Vericocele
- Malposition of Testes
- Pleurisy or Pulmonary Tuberculosis (uncomplicated)
- Patent Ductus Arteriosus without pulmonary Hypertension
- Osteomyelitis (suppurative)
- Vericose veins
- Chronic Suppurative Otitis Media
- Ptosis without squint or amblyopia
- Squint correctable through surgery subject to Visual acuity and acceptable Binocular Vision
- Cataract correctable through surgery subject to Visual acuity and acceptable Binocular Vision
- Underweight
- Fibroid of Uterus in females, PCOD
- Pregnancy – (Fit 182 days after delivery)
- BMI more than 30 Kg/m² and less than 32 Kg/m² for aged below 35 years and BMI more than 32 Kg/m² and less than 34 Kg/m² for aged more than 35 years

The above list is only illustrative and not exhaustive. In addition to this, any disease or deformity likely to affect the performance in opinion of the Medical Examiner may also be included. In doubtful cases opinion of Medical Examination Board will be final.

The candidates who at the time of first medical examination are in need of surgery or any other treatment should be made TEMPORARY UNFIT as listed above and will be asked to report for medical examination after correction of the defect or completion of treatment not later than 6 (Six) months.

RELAXATION FOR PWD CANDIDATES:

Candidates with Disability shall be examined under relaxed standards. However, the prescribed physical standard except for the specific area of disability must be within the normal range.

HEIGHT / WEIGHT / CHEST:

The minimum standards for height, weight and chest girth without which candidates cannot be accepted, are as follows:

Gender	Height	Weight	Chest Un-Expanded	Chest Expanded
Male	150 Cm	45 Kg	75 Cm	80 Cm
Female	143 Cm	35 Kg	Not applicable	

- The minimum height for Drivers is 162 cm.

a) The Candidate’s height will be measured as follows:

He/she will remove his shoes and be placed against the standard with his feet together and the weight thrown on the heels and not on the toes or other sides of the feet. He/she will stand erect without rigidity and with the heels, calves, buttocks and shoulders touching the standard; the chin will be depressed to bring the vertex of the head level under the horizontal bar, and the height will be recorded in on.

b) The candidate will also be weighed and his/her weight recorded in Kgs. Fractions of less than half a Kg should not be noted.

BODY MASS INDEX:

Fit:

- Age up to 35 years - BMI should be maximum of 30 Kg / m².
- Age above 35 years- BMI should be maximum of 32 Kg / m².

Temporary Unfit:

- BMI more than 30 Kg/m² and less than 32 Kg/m² for aged below 35 years
- BMI more than 32 Kg/m² and less than 34 Kg/m² for aged more than 35 years

Unfit:

- BMI more than 32 Kg/m² for aged below 35 years
- BMI more than 34 Kg/m² for aged more than 35 years

c) The Candidate's chest will be measured as follows:

He will be made to stand erect with feet together, and to raise his arms over his head. The tape will be so adjusted round the chest that its upper edge touches the inferior angles of the shoulder blades behind and lies in the same horizontal plane when the tape is taken round the chest. The arms will then be lowered to hang loosely by the side, and care will be taken that the shoulders are not thrown upwards or backwards so as to displace the tape. The candidate will then be directed to take a deep inspiration several times and maximum expansion of the chest will be carefully noted and the minimum and maximum will then be recorded in centimeters. In recording the measurements, fractions of less than 1 cm should not be noted.

BLOOD-PRESSURE (BP):

The normal limits of blood pressure, without involvement of target organ, shall be assessed as follows for all age groups:

Systolic	Diastolic
Not exceeding 140mm	90mm or below

ECG:

Normal for all.

If resting ECG is abnormal, then the individual shall be submitted for exercise tolerance test (TMT) and if TMT is positive the individual will be declared unfit, If 2D Echo report of heart is abnormal like L V DYSFUNCTION, RWMA, Cardiac Dysfunction with Pulmonary Hypertension, then also the individual will be declared unfit.

URINE:

Examination is must. Non orthostatic albuminuria will be a cause for rejection

BLOOD:

Blood will be tested for Sugar, Urea, Creatinine, Haemoglobin and Lipids.

BLOOD SUGAR:

- All candidates with type-1 diabetes will be declared unfit irrespective of age.
- Up to 35 years of age all the individuals detected to be having diabetes will be declared unfit.
- Individual above 35 years of age detected to be having type-II diabetes, without organ involvement, shall be declared temporarily unfit for maximum period of 21 days during which their blood sugar has to be within normal limit otherwise they will be declared unfit.
- All diabetic with any of target organ involvement shall be made unfit irrespective of age.

Ear:

The candidate should be free from any active disease of the ear. The candidate should be able to hear whispering voice separately in both the ears at a distance of 20 feet in a quiet room. A candidate who fails in this test will be declared medically unfit.

Nose:

A candidate should be free from any active disease of nose.

Throat:

State of tonsils-Slight hypertrophy without evidence of repeated tonsillitis is not a cause for rejection. Enlarged tonsils cause temporary unfitness until treated with tonsillectomy. Throat, palate, gums, jaws temporo-mandibular joints and dentition should be within normal limits.

Teeth:

Candidate must possess sufficient number of sound teeth for efficient mastication. Candidate should not have severe pyorrhea

Glands:

No active disease of glands. Thyroid glands should be normal.

RADIOLOGICAL EXAMINATION:

Skiagram chest of all fresh entrants will be taken. Cases diagnosed as suffering from pulmonary tuberculosis will be declared unfit.

SKIN DISEASE:

Candidate suffering from leprosy or chronic and inveterate skin conditions will be declared unfit. Vitiligo cases are acceptable.

VENEREAL DISEASE:

Candidates who are suffering from venereal disease will not be declared fit unless detailed examination of urethro smear and serological test proves negative.

GENITO URINARY SYSTEM ETC:

Testicles: Individuals detected to be having undescended testicles on one or both sides shall be declared temporarily unfit. Fitness can only be granted if the candidate reports back with orchidectomy with negative biopsy report for malignancy.

Candidates with Hydrocele, piles, varicocele and hernia shall be declared temporarily unfit and the candidate will have to undergo definitive treatment.

EYE:

General: The candidate's eyes will be submitted to a general examination directed to the detection of any disease or abnormality. The candidate may be rejected if he/she suffers from Visual acuity as per norms of RINL, glaucoma, papilledema, morbid condition of eyes, eye-lids or contiguous structures of such a nature as would render him/her unfit for service at the time of appointment or at a future date.

For the purpose of vision testing, the various services should be divided into three categories as follows:

- a) Technical Services, Security and Fire Services
- b) Non-technical services like Finance & Accounts, Materials, HR & Administration Departments
- c) Medical

Standard of visual acuity for all the above categories of services, with or without glasses will be as follows:

Age of the candidate	Distant vision		Near vision	
	Better	Worse	Better	Worse
Below 35 years	6/9	6/9	J1	J2
	6/6	6/12		
35 years and above	6/12	6/12	J2	J2
	6/9	6/18		

The standards for vision for various category of services will as under:

Tests	Standards for type of services					
	Technical, Security and Fire		Non-technical		Medical	
	Executives	Non-executives	Executives	Non-executives	Executives	Non-executives
Hypermetropia/ Myopia (including the cylinder)#	±4D	±2.5D	±6D	±4D	±6D	±4D
Colour Vision (With Ishihara's Isochromatic plates in good light; if required FRANS WORTH 100 HUE Test to be done)	Normal colour vision is essential (Partial or total colour blindness is a disqualification)		Partial or total colour blindness is not a disqualification		Normal colour vision is essential (Partial or total colour blindness is disqualification)	
Binocularity of Vision, fusion faulty and full field of vision (Even with normal visual acuity)	Essential		Not essential		Essential	
Fundus Examination*	Essential		Essential		Essential	
Squint	Correctable through surgery subject to Visual acuity and acceptable Binocular Vision		Correctable through surgery but binocular vision is not essential		Correctable through surgery subject to Visual acuity and acceptable Binocular Vision	
Myopic Corrective / Refractive Surgery** (Radial Keratotomy – Lasik, ICL, IOL etc)	Subject to fulfillment of Visual acuity as per norms of RINL		Subject to fulfillment of Visual acuity as per norms of RINL		Subject to fulfillment of Visual acuity as per norms of RINL	

* To rule out degenerative signs of vitreous or chorioretinitis suggesting progressive Myopia

The difference between the power of lenses in each eye should not exceed 4D

→ Test for night blindness shall be done only in special cases.

** To be referred to Special Ophthalmic Board to test contrast sensitivity and fundus examination. If the surgery is performed within one year from the date of RINL's Medical Examination will be considered unfit

Appeal

In case any candidate wants to contest the decision of the RINL Medical Board, he/she should submit an appeal within 15 days of the decision to Recruitment Section of HR department of RINL, duly supported by a certificate issued by a qualified Government Medical Officer which should contain a note that the certificate is given in full knowledge of the fact that the candidate has already been rejected by the Medical Board of RINL on the grounds of being “Medically Unfit” for appointment in RINL. The following procedure shall be adopted to process these appeals:

- i. The appeal shall be considered by the Appellate Authority. Director (Personnel) of RINL shall be the Appellate Authority and shall decide the necessity of constitution of Second Medical Board to address the candidate’s appeal. Members to the Second Medical Board shall be nominated by the Head of Medical Department.
- ii. The Second Medical Board if constituted, shall consist of one or two Medical Officers in addition to the Medical Officer(s) who had earlier examined the candidate. The Head of Medical Department may, at his/her discretion, may include a Medical Specialist in the Second Medical Board. The Second Medical Board would examine the candidate and submit its report to the Appellate Authority through Head of Medical Department. The decision of the Second Medical Board will be final and binding.
