

NSW POLICE FORCE

Medical History Instruction Sheet

It is important that this information is read and understood to assist in the preparation and completion of the medical assessment process. Applicants are NOT able to undertake the medical assessment until notified by Police Recruitment.

The medical assessment is required to determine an applicant's suitability to undertake the role of policing. This information will:

- Outline the activities completed by police officers
- Explain the process of your medical assessment
- Detail the documents needed for, and the requirements of, the medical appointment.

Carefully read the "Statement of Inherent Requirements" before proceeding.

Advice on the inherent requirements for the Associate Degree in Policing Practice (ADPP) and Operational Policing Duties

Administrative and general requirements

- Undertake operational patrols, respond to situations to enforce laws and/or maintain public order, exercise police powers, and investigate incidents and offences.
- Exercise authority and give directions, coercive force when necessary, tolerance and reasonable firmness and discretion.
- Perform administrative duties in support of operational responsibilities; collect evidence, identify suspects, write statements, prepare forms, correspondence, legal briefs of evidence, prepare and present evidence in a judicial or quasi-judicial setting and where required apply professional judgement.
- Apply discerning judgement in the application of police powers and use of appointments (e.g. Handcuffs, batons, capsicum spray and firearm).
- Manage a wide range of persons who are placed in care, detained in custody or require assistance pending the arrival of qualified personnel. Utilise appropriate communication, practical and physical skills in order to protect persons from harm or further casualty and to deal with uncooperative/aggressive people.
- Provide the public with service and support. Utilise problem solving techniques and adapt communication strategies to meet client needs, stay abreast of current affairs, and foster a positive organisational image in the community. E.g. assist victims and manage incidents involving significant conflict or emotional distress such as domestic violence, child abuse and SIDS.
- Stabilise and preserve the scene of accidents, emergencies, disasters or crime scenes. E.g. undertake a range of traffic duties including safely stopping motor vehicles, point duty and the management of traffic flow at scenes of emergencies.

Driving

- Lawfully drive police vehicles safely in varying road, terrain and operational conditions, including the systematic, safe and efficient control of all vehicle functions; effective management of hazardous situations; urgent driving and periphery observation skills whilst driving a motor vehicle.

Communicate proficiently

- In noisy environments.
- In pressure situations, e.g. using police radio whilst siren is in operation.
- Being understood with clarity when giving softly spoken instructions.
- By communicating clearly in face-to-face conversation, and over the radio or telephone.
- By adapting communication style to suit different situations.
- By reading and comprehending written communication.
- By taking notes and preparing comprehensive written reports.
- By using a computer to access or update information.

Physical

Physically be able to safely and responsibly use force as operationally required, and in accordance with legislation, guidelines and training;

- Physically restrain individuals and utilise self-defence techniques where necessary.
- Walk long distances while performing beat duty or stand for lengthy periods on traffic duty.
- Handcuff someone resisting arrest.
- Engage in self-defence.
- Withstand physical assault from another person.
- Physically restrain a person.
- Wrestle with a person.
- Safely handle a baton.
- Fire a handgun whilst on duty.
- Perform crowd control at community events/demonstrations.
- Climb stairs to ascend more than one storey of a building.
- Ability to run long distances and negotiate obstacles in order to pursue and affect the arrest of offenders.

Observation and memory skill

Retention, Analysis, and Exchange:

- Provide and detail evidence in court relating to distances, colour, and descriptions when giving evidence in defended matters.
- An ability to maintain an awareness of what is occurring around you as you concentrate on other issues.
- An ability to take in information, analyse it, and then make and apply decisions from that analysis.
- Memory for events, people and places etc.
- Memory for legislation and administrative procedures.

Use of Human Senses:

- Observation skills whilst on patrol – Observe things at a distance and at close range.
- Accurately discern, record and provide evidence of factors, such as colour, distances etc, associated with the identification of suspects, offenders, vehicles etc.

- Gather and exchange information from and with the community; and use analytical and keyboard skills, recording equipment and information systems to record, organise and analyse information.
- Hear and comprehend information without eye-view of the speaker.
- Vision; long range visual acuity, short range visual acuity, use of colour vision.

Resilience and Adaptability

- Remain operationally effective through changes to shifts, environmental change, and operational requirements.
- Pass the appropriate physical capacity to wear a police 'appointments' belt for varying lengths of time and environmental/operational situations.
- Perform shifts of varying and extended duration, day and night, any day of the year.
- Cope with the climatic variables associated with outdoor duties, such as hot or cold environments.
- Adapt to regular shift change-over and protracted investigations not conducive to regular breaks.
- An ability to adapt to unexpected or changing situations.
- An ability to operate effectively in stressful and physically demanding situations.
- Take precautions against infectious diseases and hazardous items.
- Ability to bleed safely.
- Cope with irregular meal, and toilet breaks during a shift.
- Possessing heightened sensory capacity (all five). E.g. being able to detect the smell of fumes at a motor vehicle accident or drug residue with a Clandestine Laboratory.

Personal

- Make decisions under pressure.
- Conflict resolution skills.
- Problem solving skills.
- Cooperativeness.
- Empathy.
- Conscientiousness.
- Patience.
- Resilience to stress.
- Ability to work with colleagues, and service community members of culturally and linguistically diverse background.
- Manage workload.
- High integrity standards.
- Tolerance.
- Assertiveness.
- Respect authority.
- Emotional stability.
- Composure in stressful situations.

About your Medical Assessment Process

Please book your medical assessment online at medebridge.com.au/PayAndBook/Participant/SelectCustomer.

Interstate applicants may be able to attend a medical assessment in their own state. Appointments outside Australia (except NZ) are not available. Please email NSWPoliceMedical@cogentthinking.com.au for enquiries.

Once you have paid for your medical assessment, the Cogent Thinking team will contact applicants to discuss next steps and arrange for your online medical questionnaire to be sent.

How to prepare for your Medical Assessment appointment

Gathering required reports in advance of your medical is advised

Medical Conditions

If you have previously experienced or are currently experiencing from any of the medical conditions identified below, you should obtain a report from your GP or specialist prior to attending your medical assessment.

These are the specific conditions that always require a current report from a Specialist.

- Significant orthopaedic conditions such as shoulder dislocation, knee surgery or chronic back pain.
- Overuse injuries such as stress fracture.
- Any mental health/psychiatric conditions.
- Any history of asthma, including childhood asthma will require a report. Your assessing doctor is able to assess childhood asthma but a bronchial provocation test will still be required. For current asthma, a specialist report plus a bronchial provocation test will be required.
- Diabetes
- Epilepsy
- If you need to carry an EpiPen for any reason.

Any other significant injuries or illnesses that could impact on your ability to complete the duties of a Police Officer are likely to require a report from a Specialist. If you are unsure, we recommend that you get a report from your GP about all conditions, past and present, and medication use.

Guidelines for General Report Inclusions

When requesting a GP or Specialist report please advise for the report to include the following:

- Age of initial diagnosis
- Current condition on examination
- History of condition including frequency and severity of any symptoms, duration and hospital admissions
- Precipitating factors e.g. exercise or stress
- Diagnosis
- Treatment (past and present)
- Medication use (past and present)
- Investigation results
- Current examination findings (in detail)
- Prognosis/stability of the condition and follow up requirements

- Fitness for activities as detailed in 'inherent requirements of police work' section
- Any restrictions you would recommend

In such cases, if you need a referral form, or have any questions, please call 1800 222 122 or email NSWPoliceMedical@cogentthinking.com.au.

What to bring with you to your Medical Assessment appointment

- Take any corrective devices such as spectacles, contact lenses or hearing aids with you to your appointments.
- Take photographic identification in the form of a driver's licence or passport, to each examination within the Medical Assessment process. You must bring a photocopy of your driver's licence to the appointment.
- All specialist and GP reports must be completed by doctors who are registered in an Australian state or territory.
- A copy of your NSWPF Medical Assessment Invitation Letter sent by the NSWPF Recruitment Branch.
- Proof of vaccinations to hepatitis B, diphtheria, tetanus and pertussis AND proof of immunity to hepatitis B if the hepatitis B vaccination course has been completed. This information can be provided after your medical assessment if not available prior.
- Proof of vaccination to Varicella and Measles, Mumps and Rubella (minimum of two vaccinations) and/or proof of immunity on blood testing. This information can be provided after your medical assessment if not available prior.
- When answering any details in your assessment, please do not accept the well-intended advice from family, friends and/or serving police in relation to what matters should be declared. If in any doubt, please email NSWPoliceMedical@cogentthinking.com.au or call NSW Police Force Recruitment Branch (NSW PFRB) on 1800 222 122.

Additional important information

- Please be advised additional information required regarding any medical conditions will incur an additional file review fee to be paid in full prior to a final medical determination being made. Please refer to the FAQ on our website for more details.
- Please note that applications can be rejected at any time during the professional suitability process. The applicant is solely responsible for payment of any consultation, examination, test, report or other service provided in line with this application. The NSW Police Force reserves the right to request further medical clarification including, where necessary, independent specialist assessment at the expense of the applicant. Generally, services of this nature are not rebatable under Medicare.
- Medical assessments are only conducted by Cogent Thinking Doctors only.
- Applicants are NOT able to undertake the medical assessment until notified by Police Recruitment. Please contact the NSW Police Recruitment Branch on 1800 222 122.
- Please note, first audiology, vision and spirometry assessments are included in your initial medical assessment. The costs associated with any additional testing are the responsibility of the applicant.

If you have any questions regarding your medical assessment, please call 1800 222 122 or email NSWPoliceMedical@cogentthinking.com.au.