

HARYANA STAFF SELECTION COMMISSION

BAYS NO. 67-70, SEC-2, PANCHKULA-134151

(Website: www.hssc.gov.in)

Important instruction for the candidates for Physical Screening Test:-

1. Candidates must go through the instructions below as well as prescribed on the Admit Card carefully before coming for the Physical Screening Test.
2. Candidate must bring legibly printed Admit Card with recent colored photo pasted on Admit Card duly attested by Gazetted Officer and one identity proof with photo like Driving Licence, Voter Card, Aadhar Card, Passport etc. at the time of Physical Screening Test failing which candidate will not be allowed for Physical Screening Test.
3. Taking drugs and other restricted medicine are strictly prohibited during Physical Screening Test.
4. The candidate will participate in the Physical Screening Test at his/her own risk/responsibility.
5. The candidate can participate in the Physical Screening Test with/without shoes as per his/her choice.
6. Procedure to conduct PST:-
 - i) **Registration of candidate by capturing photographs & biometric finger print after confirming the identity from ID produced by candidate.**
 - ii) **Providing separate chest number & RFID tags**
 - iii) **The candidates are required to pass through all the points of runway and if a candidate's chip is not recorded at any point, He/she shall be declared fail.**
 - iv) **De-registration, obtaining Bio-metric and taking back RFID chip & chest number at end of race/walking test.**
7. **Physical screening test will be as per HSSC Advt. No. 12/2015 Dated:-10/12/2015 which is already available on Commission's website i.e. www.hssc.gov.in.**
8. **PST Standard (Deputy Ranger/Forester) :-
Walking test of 25 Kms for males and 14 Kms for females to be completed in four hours.**

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Secretary
Haryana Staff Selection Commission
Panchkula