



---

**NOTICE**

**PENSION REFORM COMMUNITIES**

**TO POLICE OFFICE AND FIREFIGHTER CANDIDATES**

Please be advised that once established you must meet Medical and Physical Fitness Standards while employed in order to maintain your employment. Every two years, you will be required to undergo a medical and physical fitness assessment. This assessment will consist of a job related physical fitness test designed to simulate the physical demands of the duties that may be performed by police officers or fire fighters, and an assessment of your overall medical condition as it relates to your ability to perform the essential functions of your job. In order to assist you in meeting these standards, wellness programs will be made available to you that will provide you with information on maintaining your physical fitness and overall health and provide assessment of key health indicators such as blood pressure and cholesterol levels. These standards are mandated by the provisions of Section 22D of Chapter 32 of the Massachusetts General Laws, as amended by Chapter 697 of the Acts of 1987.