

SSC CPO Medical Test 2025: Visual Standards (Most Important Section)

◆ Vision Standards for Delhi Police & CAPF

Eye Distant Vision (Corrected) Near Vision

Better Eye 6/6 N6

Worse Eye 6/9 N9

✓ Glasses allowed

 Contact lens not allowed during exam

 Laser surgery conditions apply (explained below)

◆ Colour Vision Requirement

- Must not have Colour Blindness
- CP-II or above required
- Ishihara Test used

! Colour blindness = **Permanent Disqualification**

◆ LASIK / Laser Surgery Rules

Laser surgery **may be accepted** if:

- Surgery done **before age 20**
- At least **6 months gap** before medical
- Proper medical documents available

Otherwise → **Unfit**

Height-Weight & Body Proportion Standards

Criteria Requirement

Height As per SSC CPO PST

Weight Proportionate to height & age

BMI Normal range

Chest (Male) No abnormality

⚠️ Extreme obesity or underweight → Temporary / Permanent unfit

 **Common Physical Disqualifications in SSC CPO Medical Test 2025** **Permanent Disqualifications**

- Flat Foot
- Knock Knee
- Bow Legs
- Varicose Veins
- Squint Eyes
- Colour Blindness
- Deafness
- Severe Spine Deformity
- Hernia
- Hydrocele
- Piles (advanced)

 **Temporary Disqualifications**

- High / Low BP
- Minor vision fluctuation
- Underweight / overweight
- Recent surgery
- Skin infections
- Dental issues (severe)

 Temporary unfit candidates may get **Re-Medical chance**

 **Mental & General Health Standards**

- Normal mental health
- No neurological disorder
- No psychiatric illness
- No drug addiction

 **Dental Standards**

- Healthy gums

- No severe cavities
- No missing front teeth affecting speech

Blood, Urine & Internal Tests

- Blood pressure
- Blood sugar
- Urine analysis
- Chest X-ray
- ECG (if required)

Documents Required for SSC CPO Medical Test

- ✓ Admit Card
- ✓ ID Proof
- ✓ Medical History (if any)
- ✓ Laser Surgery Certificate (if applicable)
- ✓ Previous medical reports

Most Common Reasons for Rejection (Reality Check)

1. Flat foot (top reason)
2. Colour blindness
3. Knock knee
4. Varicose veins
5. Poor eyesight documentation
6. Obesity
7. Concealed medical history

How to Avoid Medical Rejection – Practical Tips

- Medical checkup **before exam**
- Daily running & leg strengthening
- Foot arch exercises
- Eye checkup from govt hospital
- Maintain BMI

- Avoid last-minute surgery
- Keep medical reports ready



SSC CPO Medical Test 2025 PDF Download

Sarkariresultsera.in