

PHYSICAL EFFICENCY TEST (PET) IMPORTANT INSTRUCTIONS TO THE CANDIDATES

1. Candidate will be allowed to appear for PET, only at the venue indicated and on the Date & Time allotted. Request, if any, for change of PET Venue, Date & Time **will not** be entertained.
2. Bags, Pen, pencil & Electronic gadgets like, Cell Phones, Cameras & Time recorders etc. **will not** be permitted inside the PET Venue Candidates will be frisked for the same & those in possession of the banned items will be summarily disqualified.
3. The dress regulations for PET:- Candidates may wear tracksuit/trousers/shorts & T-shirt's. Wearing shoes is compulsory. Sports or Canvas shoes are permitted.
4. The Criterion for Physical Efficiency Test (PET) is as follows.

MALE CANDIDATES	FEMALE CANDIDATES
Should be able to lift and carry 35 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down.	Should be able to lift and carry 20 kg of weight for a distance of 100 metres in 2 minutes in one chance without putting the weight down.

5. The candidates are also advised to have adequate practice in above before coming for PET. The candidates are advised to ensure in their own interest to have their health checked with a Medical Practitioner before coming for PET. Railways will not be responsible for any incident arising out of poor physical condition or underlying health issues of the Candidates
6. The decision of the Railway Officials (PET) regarding the outcome of the PET is final.
7. Candidate should strictly obey the instructions issued by the Railway Officials at the PET venue.
8. Candidates have to come prepared to stay for at least two days, if required. Candidates have to make their own arrangements for their accommodation while coming for PET.
9. Misconduct on the part of the candidate at any part for the engagement of contract basis process will be viewed seriously and if anyone is found indulging in any malpractices or unwanted activities, his/her candidature is liable for rejection

