附件3：

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| 消防员体型标准及对照表 | | | | |
| 1.男 BMI=体重（kg)/身高（m）² 单位：身高（m）、体重（kg) | | | | |
| **身高** | **25岁以下** | **25-29岁** | **30-39岁** | **40-59岁** |
| 1.60 | 47.4~64.0 | 47.4~66.6 | 47.4~69.1 | 47.4~70.4 |
| 1.61 | 48~64.8 | 48~67.4 | 48~70.0 | 48~71.3 |
| 1.62 | 48.6~65.6 | 48.6~68.2 | 48.6~70.9 | 48.6~72.2 |
| 1.63 | 49.2~66.4 | 49.2~69.1 | 49.2~71.7 | 49.2~73.1 |
| 1.64 | 49.8~67.2 | 49.8~69.9 | 49.8~72.6 | 49.8~74 |
| **1.65** | **50.4~68.1** | **50.4~70.8** | **50.4~73.5** | **50.4~74.9** |
| 1.66 | 51~68.9 | 51~71.6 | 51~74.4 | 51~75.8 |
| 1.67 | 51.6~69.7 | 51.6~72.5 | 51.6~75.3 | 51.6~76.7 |
| 1.68 | 52.2~70.6 | 52.2~73.4 | 52.2~76.2 | 52.2~77.6 |
| 1.69 | 52.8~71.4 | 52.8~74.3 | 52.8~77.1 | 52.8~78.5 |
| **1.70** | **53.5~72.3** | **53.5~75.1** | **53.5~78.0** | **53.5~79.5** |
| 1.71 | 54.1~73.1 | 54.1~76.0 | 54.1~79.0 | 54.1~80.4 |
| 1.72 | 54.7~74.0 | 54.7~76.9 | 54.7~79.9 | 54.7~81.4 |
| 1.73 | 55.4~74.8 | 55.4~77.8 | 55.4~80.8 | 55.4~82.3 |
| 1.74 | 56~75.7 | 56~78.7 | 56~81.7 | 56~83.3 |
| **1.75** | **56.7~76.6** | **56.7~79.6** | **56.7~82.7** | **56.7~84.2** |
| 1.76 | 57.3~77.4 | 57.3~80.5 | 57.3~83.6 | 57.3~85.2 |
| 1.77 | 58~78.3 | 58~81.5 | 58~84.6 | 58~86.2 |
| 1.78 | 58.6~79.2 | 58.6~82.4 | 58.6~85.5 | 58.6~87.1 |
| 1.79 | 59.3~80.1 | 59.3~83.3 | 59.3~86.5 | 59.3~88.1 |
| **1.80** | **59.9~81.0** | **59.9~84.2** | **59.9~87.5** | **59.9~89.1** |
| 1.81 | 60.6~81.9 | 60.6~85.2 | 60.6~88.5 | 60.6~90.1 |
| 1.82 | 61.3~82.8 | 61.3~86.1 | 61.3~89.4 | 61.3~91.1 |
| 1.83 | 62~83.7 | 62~87.1 | 62~90.4 | 62~92.1 |
| 1.84 | 62.6~84.6 | 62.6~88.0 | 62.6~91.4 | 62.6~93.1 |
| 1.85 | 63.3~85.6 | 63.3~89.0 | 63.3~92.4 | 63.3~94.1 |
| 1.86 | 64~86.5 | 64~89.9 | 64~93.4 | 64~95.1 |
| 1.87 | 64.7~87.4 | 64.7~90.9 | 64.7~94.4 | 64.7~96.2 |
| 1.88 | 65.4~88.4 | 65.4~91.9 | 65.4~95.4 | 65.4~97.2 |
| 1.89 | 66.1~89.3 | 66.1~92.9 | 66.1~96.4 | 66.1~98.2 |
| 1.90 | 66.8~90.3 | 66.8~93.9 | 66.8~97.5 | 66.8~99.3 |
| 1.91 | 67.5~91.2 | 67.5~94.9 | 67.5~98.5 | 67.5~100.3 |
| 1.92 | 68.2~92.2 | 68.2~95.8 | 68.2~99.5 | 68.2~101.4 |
| 1.93 | 68.9~93.1 | 68.9~96.8 | 68.9~100.6 | 68.9~102.4 |
| 1.94 | 69.6~94.1 | 69.6~97.9 | 69.6~101.6 | 69.6~103.5 |
| 1.95 | 70.3~95.1 | 70.3~98.9 | 70.3~102.7 | 70.3~104.6 |
| 公式 | 18.5≤BMI﹤25 | 18.5≤BMI﹤26 | 18.5≤BMI﹤27 | 18.5≤BMI﹤27.5 |

附件3：

**消防员体能考核标准**

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| **序号** | **内 容** | **评定标准** | **评定结果** |
| 1 | 立定跳远 | 2.2（1.7）米及格 | 2.2（1.7）米以下不合格。 |
| 2 | 仰卧起坐 | 35次/3分钟为合格，每增加10次，评定上升一个等级。 | 55次优秀；45次良好；35次及格；35次以下不及格。 |
| 3 | 双腿深蹲起立 | 80次/2分钟为合格，每增加10次，评定上升一个等级。 | 100次优秀；90次良好；80次及格；80次以下不及格。 |
| 4 | 折返跑  (10米×5) | 18秒为合格，每减少0.5秒，评定上升一个等级。 | 17秒优秀；17秒5良好；18秒及格；18秒以上不及格。 |
| 5 | 100米跑 | 15秒2为合格，每减少0.2秒，评定上升一个等级。 | 14秒8优秀；15秒良好；15秒2及格；15秒2以上不及格。 |
| 6 | 3000米跑（1500） | 16(8)分为合格，每减少1分钟，评定上升一个等级。 | 14分优秀；15分良好；16分及格；16分以上不及格。 |