



3 June 2026

Email:

Dear

FREEDOM OF INFORMATION REQUEST

Request No: 47672-26

Subject: Physical Requirements for new Paramedics

Date Received: 07/05/2026

Thank you for your request for information received on 8th May 2026 which was dealt with under the terms of the Freedom of Information Act 2000. The Northern Ireland Ambulance Service (NIAS) Health and Social Care Trust has now completed its search for the information you requested and that is detailed below.

FOI QUESTION(S)	ANSWER(S)
I have a question about the requirements for paramedics, more specifically if your organisation conducts any physical or practical tests - including CPR, stretcher handling or specific exercises like running , etc. After clarification: I'm interested in both initial tests and if there is any re-examination of employees, but I don't need any specifics, only if the ongoing testing is happening.	There is no requirement for paramedics to carry out any specific physical tests on entry or on-going through their careers. There will be a cohort of required mandatory training for the role. All Paramedics do however undertake 'Driver Assessment' prior to taking up their role with NIAS. Some specific roles will have additional requirements: HART (Hazardous Area Response Team) Paramedics. Initial training takes place for the qualified HART Paramedic and this is followed by regular ongoing training throughout their career. Helicopter Emergency Medical Service(HEMs) paramedics need to pass an aviation course which takes 3 weeks to complete on entry. This is then followed by an aviation medical assessment every 2 years, hearing test every year and 'Crew Resource Management' (not physical) course every year.

I hope the above fully assists you.

Please note that, under the Re-use of Public Sector Information Regulations, if you wish to publish or otherwise use this information besides for your own means, you will need to seek our permission to do so.



If you are dissatisfied in any way with the handling of your request, you have the right to request a review. You should do this as soon as possible, or in any case within two months of the date of issue of this letter.

If you require an internal review to be undertaken, please request this via the email address: information.governance@nias.hscni.net

Or submit via

Director of Planning, Performance and Corporate Services, Northern Ireland Ambulance Service (NIAS) HSC Trust, Site 30, Knockbracken Healthcare Park, Saintfield Road, Belfast, BT8 8SG.

If following an internal review, you remain dissatisfied in any way with the handling of the request, you may make a complaint under Section 50 of the Freedom of Information Act, to the Information Commissioner's Office and ask that they investigate whether the Trust has complied with the terms of the Freedom of Information Act.

You can write to the Information Commissioner at:

Email: ni@ico.org.uk

Website: [ICO Website](https://ico.org.uk)

Post: Information Commissioner's Office, Wycliffe House, Water Lane, Wilmslow, CHESHIRE SK9 5AF

Telephone: 028 9027 8757 or 0303 123 1114 (Belfast based Office)

Please be advised that NIAS replies under Freedom of Information may be released into the public domain via our website @ <https://nias.hscni.net> Personal details in respect of your request will have, where applicable, been removed to protect confidentiality.

Yours sincerely

(not signed – issued by email)

Information Governance Team

This response has been prepared for disclosure log publication. Only minor editorial or redaction amendments have been made for clarity and compliance with data protection legislation. The substantive content is identical to that provided to the requestor and the original issued version remains the authoritative record.