

Wanted by strong arm of the law

POLICE FORCE DANIEL HOY

SOME jobs require brains; others require brawn. And a few require a little of each.

A police officer, for example, needs both brains and brawn.

Victoria Police will be at the *Herald Sun* Career Expo, so if you've always wanted a career in the police force, head for the Expo.

In the meantime you need to meet minimum physical requirements:

THE TESTS

1. Handgrip dynamometer test

Achieve a force of 30kg in each hand

2. The Illinois agility run

To be completed in 20 seconds or less

3. The multi-stage fitness test

4. Push-ups

Five push-ups to be performed on toes with a straight back

5. Prone Bridge

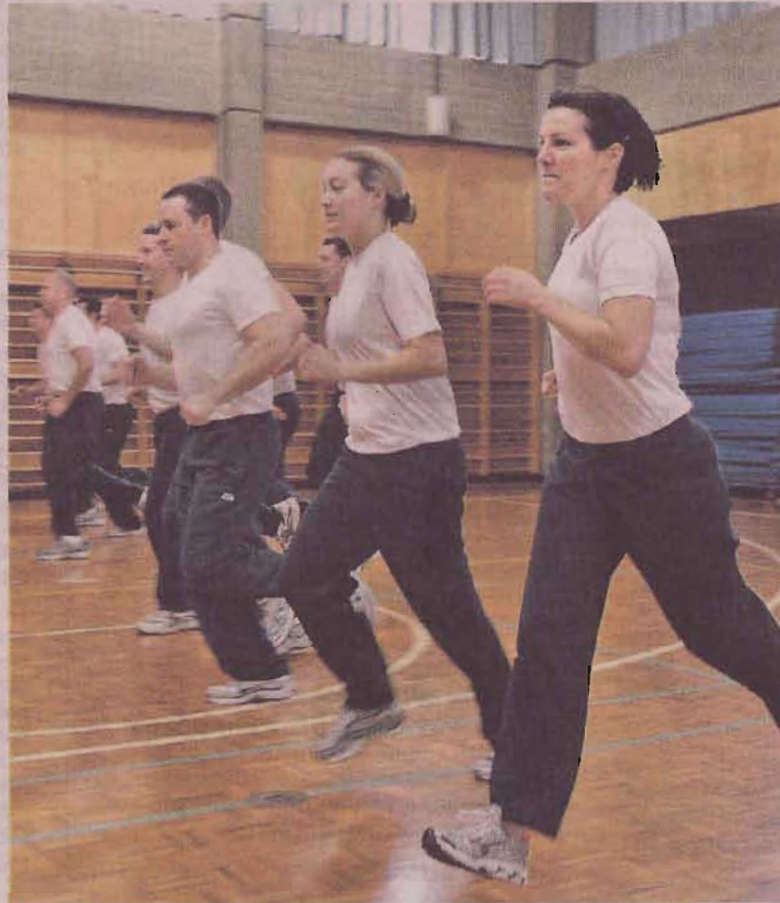
To be held for 60 seconds

6. Obstacle Climb

Climb over a 1.3m-high obstacle

7. 100m swim

To be completed unassisted in less than four minutes.



Stamina: police recruits have to meet minimum physical standards, including swimming and running.
Picture: BEN SWINNERTON

Career Expo is your first stop



THE *Herald Sun* Melbourne Career Expo provides a one-stop-shop when searching for career information. If you need help deciding what direction your career path should take, attending the Expo is a must.

The Expo is ideal for:

VCE students
Adults looking for a career change
Postgraduates
People who need to speak with professionals or get their resumé viewed

Information gathering
Parents

What: *Herald Sun* Melbourne Career Expo.

When: Friday, July 30, 10am-3pm
Saturday, July 31 and Sunday, August 1, 10am-4pm.

Cost: \$12, \$6 students and conc, \$26 families (2 adults, 3 children), schools free (9620 9920).

More > www.careerexpo.com.au