

**City of Baltimore
Police Department
General Orders**



Weight Guidelines

General Order 4-83, Q-3
4 April 1983

BACKGROUND

Proper weight in proportion to height and physical build is a most necessary element in maintaining good health. Projecting a good image to the public requires, among other characteristics, keeping oneself neat and trim in appearance and in good physical condition at all times. By presenting a good appearance to the public, members gain more respect and admiration thus adding to the professionalism of the department.

POLICY

It is the policy of this department to encourage and assist all members in the exercise of personal discipline toward maintaining good health and physical condition through regularly scheduled medical examinations and the maintenance of proper weight in proportion to height and physical build.

PURPOSE

The purpose of this Order is to recodify existing departmental policy regarding desirable department weight guidelines for male and female sworn and civilian member.

REQUIRED ACTION

1. All members of this agency, both sworn and civilian, shall maintain weight in proportion to height and physical build in accordance with the contents of Annex A of this Order. These provisions shall also apply to all prospective entrance level employees.

2. Commanding officers will refer personnel under their command who do not appear to meet the weight and height criteria to the Medical Section for consultation with a Departmental Physician. Commanding officers shall make certain that the basis of such referrals is in keeping with the spirit of this order -- the maintenance of the good health of all members of this department.
3. The Chief Physician is requested to set forth prescriptive guidelines of weight reduction to personnel as he deems appropriate or to refer such personnel to their private physicians for consultation and guidance should they prefer.
4. Monthly progress reports for personnel concerned are to be submitted to the Director, Personnel Division by the Chief Physician.

COMMUNICATION OF DIRECTIVE

Commanding officers and supervisors shall communicate the contents of this directive to their subordinates and ensure compliance. This directive is effective on the date of publication.

By Order of the Commissioner

I certify that I have read and fully understand this Order.

Signature _____

ANNEX A to General Order 4-83

DEPARTMENTAL WEIGHT STANDARDS

MALE OFFICERS

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 8"	100-115	105-120	110-112
4' 9"	102-117	108-123	113-128
4' 10"	104-119	111-126	116-131
4' 11"	106-121	114-129	119-135
5' 0"	108-123	117-132	122-139
5' 1"	110-126	120-136	125-143
5' 2"	112-129	123-140	128-147

5' 3"	115-132	126-144	131-152
5' 4"	118-136	129-148	134-157
5' 5"	123-140	133-152	137-163
5' 6"	125-144	136-156	140-170
5' 7"	132-148	139-160	144-174
5' 8"	136-152	142-164	148-179
5' 9"	140-158	146-168	153-183
5' 10"	144-162	150-173	158-188
5' 11"	148-166	156-179	163-193
6' 0"	152-170	158-184	168-199
6' 1"	156-175	162-189	173-204
6' 2"	160-180	167-194	178-209
6' 3"	164-184	172-200	182-214
6' 4"	168-188	177-205	187-219
6' 5"	172-192	182-210	192-225

FEMALE OFFICERS

HEIGHT	SMALL FRAME	MEDIUM FRAME	LARGE FRAME
4' 8"	95-104	98-115	103-127
4' 9"	96-107	99-118	106-130
4' 10"	97-110	101-121	109-133
4' 11"	99-113	103-124	112-136
5' 0"	102-116	106-127	115-139
5' 1"	105-119	109-130	118-142
5' 2"	108-122	113-133	121-145
5' 3"	111-125	116-137	125-149
5' 4"	114-129	120-142	129-153
5' 5"	118-133	124-146	133-158
5' 6"	122-138	128-150	137-162
5' 7"	126-142	132-154	141-166
5' 8"	130-147	136-159	145-171
5' 9"	134-151	140-163	149-176
5' 10"	138-155	144-167	153-182
5' 11"	142-160	148-171	157-187
6' 0"	146-164	152-175	161-192

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