

# Information About Your Upcoming Polygraph Appointment

## Prior to Your Appointment

- Get a good night's sleep
- Take your regular medications
- Eat a good breakfast
- Allow plenty of time for your polygraph since it can take up to 3 hours
- Arrive early for your appointment

## Mental and Physical Considerations

Examinees must be in good mental and physical health. The polygraph components are not invasive. The polygraph instrument uses sensors that are placed on a person in order to monitor and record their physiology during the polygraph exam. Certain medical conditions will require a medical waiver to be completed by a physician prior to the polygraph. These medical conditions include serious heart and/or respiratory conditions, epilepsy, and diabetes. Examinees who are pregnant or believe that they may be pregnant will not be permitted to undergo a polygraph examination. If an individual has any medical concerns, it is recommended to consult with their physician prior to their polygraph appointment. It is the examinee's responsibility, prior to the polygraph exam, to notify the examiner of any potential medical conditions that may require a medical certification or might otherwise interfere with the successful completion of the polygraph exam. The medical waiver form is available from your polygraph examiner upon request.

## Examiner Training

All Berkeley County Sheriff's Office examiners have met the following requirements:

- Completed a Bachelor's Degree at an accredited university or have at least five years experience as a detective
- Must be a certified Law Enforcement Officer
- Graduate of a polygraph school accredited by the American Polygraph Association
- Possess a valid South Carolina Polygraph Examiner's License

## Frequently Asked Questions

### What will be asked on the polygraph exam?

Questions regarding:

- Involvement in a serious crime
- Personal involvement with illegal drugs
- Intentional falsification of any application documents
- Involvement with gangs, hate groups and or terrorism
- Overall integrity and honesty

### Will nervousness affect my polygraph exam?

It is normal to be nervous before your polygraph. Nervousness has no affect on the result of your test. Our examiners are trained to be able to tell the difference between nervousness and reactions caused by deception.

**How long will the polygraph take?**

The average test takes between 1.5 hours and 3 hours to complete. The amount of time that the polygraph interview lasts is directly related to your life experiences. This time varies based on the examinee's life experiences. Be sure to allow plenty of time in your schedule for the polygraph.

**How can I be successful on my polygraph exam?**

Speak openly and candidly about your life experiences, ask questions, follow your examiner's instructions, and maintain your focus during the process. We understand that everyone has made mistakes in their past. We will allow you to address and clarify any of your concerns prior to the exam.

**What about the information I read on the internet about the polygraph process?**

As with any subject of interest on the internet, there is a great deal of false, misleading, and unverified information on the internet about polygraph. Talk to your examiner about the information you read.

**Can someone defeat the polygraph using "countermeasures"?**

Our examiners have extensive training in detecting countermeasures. Such acts will be considered as failure to cooperate with the polygraph exam and will be considered when evaluating the examinee's suitability for employment. To successfully complete your polygraph, follow your examiner's instructions and don't attempt to manipulate your physiology in any way.

**What about the information I've heard from other applicants or employees?**

Everyone's polygraph interview is perceived differently. Don't let them influence your experience. If you have any questions or concerns, address them with your examiner.

**Will my examiner tell me the results of my polygraph?**

No. A quality control review is conducted on every polygraph exam. You will be notified after this quality control review has been completed.

**Who receives information about my polygraph exam?**

Your polygraph is held in the strictest of confidence. We only inform authorized personnel of the results of the polygraph process. We may disclose the results of the polygraph process to an entity in possession of your written consent to release information for purposes of a background investigation. We will not release information to any unauthorized individuals such as your family, friends, or co-workers.

**What should I do if I don't understand something?**

Don't be afraid to ask questions. Your examiner has in-depth knowledge about the polygraph testing process. It is vital to your success that you understand the process and the questions.