



Institute
and Faculty
of Actuaries

Comfort Aid List

This document lists what comfort aids are permitted to all candidates, and which require permission when sitting IFoA Assessments in examination centres or with remote proctoring.

If you require a comfort aid which is not permitted as standard for all candidates, you must apply for [access arrangements](#).

Comfort Aid	Remote Proctoring	Examination Centre
Earplugs	Requires an access arrangement	Permitted (inspected by exam centre staff and removed from packaging prior to exam room entry, or noise cancelling equipment provided by the exam centre)
Auto-Injector, such as EpiPen	Permitted	Permitted
Braces - Neck, Back, Wrist, Leg or Ankle Braces	Permitted	Permitted
Casts - including slings for broken/sprained arms and other injury-related items that cannot be removed. See additional information below.	Permitted	Permitted
Cough Drops - must be unwrapped and not in a bottle/container.	Permitted	Permitted
Eye Drops	Permitted	Permitted



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Eyeglasses (without a case)	Permitted	Permitted
Glucose Tablets (does not include hard sweets) - must be unwrapped and not in a bottle/container	Permitted	Permitted
Hearing aids/Cochlear implant – See additional information below.	Permitted	Permitted
Inhaler	Permitted	Permitted
Medical Alert Bracelet - See additional information below.	Permitted	Permitted
Nasal drops/spray	Permitted	Permitted
Pillow/Cushion	Permitted	Requires an access arrangement
Pills - i.e., aspirin, ibuprofen, paracetamol	Permitted	Permitted
Canes	Permitted	Permitted
Crutches. See additional information below.	Permitted	Permitted



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Gloves	Permitted	Permitted
Handheld, non-electronic magnifying glass, without the case.	Permitted	Permitted
Tissues	Permitted	Permitted
Bandages, which do not obscure your face and/or can be removed to verify your personal identification.	Permitted	Permitted
Medical device, which is attached to a person's body and inaudible - See additional information below.	Permitted	Permitted
Spinal Cord Stimulator – See additional information below.	Permitted	Permitted
Oxygen Tank, which must be self-contained and silent- See additional information below.	Permitted	Permitted
Seated stretching – at exam desk	Permitted	Permitted
Light snack e.g. energy bar	Permitted	Permitted



Hand sanitizer	Permitted	Permitted
Nose and mouth covering, but this must be removed when verifying your identity.	Requires an access arrangement	Permitted
Bandages - where they obscure the face and cannot be removed to verify your personal identification.	Requires an access arrangement	Requires an access arrangement
Eye Patches	Requires an access arrangement	Requires an access arrangement
Medical device, which makes noise. See additional information below.	Requires an access arrangement	Requires an access arrangement
Continuous Glucose Monitor. See additional information below.	Requires an access arrangement	Requires an access arrangement
Insulin Pump. See additional information below.	Requires an access arrangement	Requires an access arrangement
TENS Unit. See additional information below.	Requires an access arrangement	Requires an access arrangement
Oxygen Tank – If the oxygen tank makes noise, or if power is required, then an access arrangement is needed. See additional information below.	Requires an access arrangement	Requires an access arrangement
Noise cancelling headphones/earbuds (cannot be electronic or digital headphones or Bluetooth earpieces, e.g. AirPods.)	Requires an access arrangement	Requires an access arrangement



Dictation headphones	Requires an access arrangement	Not permitted
Noise machine, for example a white noise machine	Requires an access arrangement	Not permitted
Stretches/Physical therapy – away from exam desk	Requires an access arrangement	Requires an access arrangement
Breast feeding	Requires an access arrangement	Requires an access arrangement
Hot water bottle	Permitted	Not permitted
Medical Foot Stool	Permitted	Requires an access arrangement
Motorized Scooters/Chairs - See additional information below.	Permitted	Requires an access arrangement
Walkers - See additional information below.	Permitted	Requires an access arrangement
Wheelchairs - See additional information below.	Permitted	Requires an access arrangement



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Additional Information:

1. **If you need to take an external remote-control device into the exam room, including a mobile phone, you must apply and be approved for access arrangements to do so.**
2. **You must apply for access arrangements if you have any mobility difficulties so we can ensure you can access the examination centre and examination room.**