| This Seafarer Medical Certificate complies with STWC 1/9 |
|--|
| or ILO-73 and Bahamian and Maltese Medical Standards     |
| or as approved by Countries with a Reciprocal            |
| Recognition Agreement, "Guidance for conducting          |
| Medical Fitness Examination for Seafarers"               |



No

| Family Name:       |                      | Given Name:    |               | Gender:       |          | Birth Date (day/mor | nth/year): | Crew Position: |          |           |
|--------------------|----------------------|----------------|---------------|---------------|----------|---------------------|------------|----------------|----------|-----------|
|                    |                      |                |               | 🗆 Male        | 🗆 Female |                     |            |                |          |           |
| Seaman's Book No.: |                      | Crew I.D. No.: | ID Confirmed? | Passport No.: |          | -                   |            | Nationality:   |          |           |
|                    |                      |                | 🗆 Yes 🗖 No    |               |          |                     |            |                |          |           |
| City of Residence: | Country of Residence |                | Vessel:       | Type of Ship: |          |                     |            | Trade Area:    |          |           |
|                    |                      |                |               | Container     | Tanker   | □Passenger          | Fishing    | Coastal        | Tropical | Worldwide |

#### Do You Have or Did You Ever Have Any of The Following Conditions? CONDITION Yes No CONDITION Yes 1. Frequent Ear Infections 46. Syphillis / HIV / Gonorrhea 2. Hearing Loss / Hearing aids 47. Breast Mass / Lumps /Tenderness 3. Glaucoma 48. Skin problems / Rashes 4. Conjunctivitis 49. Allergies/anaphylaxis to environment, chemicals, food or drugs 5. Do you wear glasses / contact lenses 50. Hand or Wrist Pain / Problem 6. Eye injury / Eye Problems 51. Joint Pains / Arthritis / Numbness in Extremities 7. Frequent Colds / Sinus Trouble 52. Elbow Pain / Injury / Surgery 8. Viral/Mononucleosis/Chicken Pox/ Measles/Mumps 53. Shoulder Pain / Injury / Surgery 9. Nosebleed 54. Knee Pain / Injury / Surgery 55. 10. Frequent Sore Throat Feet Pain / Injury / Surgery 11. Swollen Glands 56. Sprains / Dislocations / Fractures 12. Asthma or Wheezing 57. Neck Pain/ Scoliosis / Cervical Injury 13. Bronchitis 58. Back pain / Injury / Sciatica 59. Amputations, prosthetics 14. Tuberculosis (TB) 15. Pneumonia 60. Headaches / Dizziness / Loss of Consciousness / Migraines 16. Coughing up Blood 61. Head Injury or Concussion 17. Shortness of Breath 62. Seizures / Epilepsy / Receiving Medications for it 18. Rheumatic Fever 63. Nervous Breakdown / Depression / Anxiety 19. Hepatitis: A 🗌 B 🗍 C 🗌 64. Muscular Weakness 20. High Blood Pressure 65. Yellow Fever / Scarlet Fever / Malaria / Tropical Diseases 21. Chest Pain 66. Cancer or tumors 67. 22. Heart Attack / Angina / Irregular heart beat Serious Accidents / Illness 23. Poor Circulation / Varicose veins 68. Thyroid Disease 24. Other Heart Disease 69. Balance Problem 25. Heart Surgery 70. Throat Problems 26. Blood Disorder 71. Restricted Mobility 27. Kidney Problem 72. Fractures/Dislocations 28. Infections/Contagious diseases 73. Diabetes / Type I 🗌 II 🗌 29. Hernia 75. Have you signed off as sick or repatriated from a ship? 30. Attempted Suicide 76. Have you ever been Hospitalized? For What? 31. Genital Disorders 77. Have you ever been declared unfit for sea duty? 32. Sleep Problems Has your medical certificate ever been restricted or revoked? 78. 33. Psychiatric Problems 79. Have you had ANY type of surgery? 80. Have you ever received a blood transfusion? Why? 34. Loss of Memory 35. Stroke 81. Are you taking ANY medications? What? 36. Abdominal Pain 82. Alternative Medicine or Treatment? What? 37. Gastritis / Reflux / Gastric or Duodenal Ulcer 83. Do you drink alcohol? How much per day: week: 84. 38. Frequent Diarrhea or Constipation Do you smoke? If yes, how much per day? 39. Bleeding from Stomach or Bowels Are you aware that you have any medical problems, diseases, 85. 40. Jaundice / Gallbladder / Liver Problems Illnesses? Do you feel healthy and fit to perform the duties of your 41. designated position/occupation? FEMALES: 42. Hemorrhoids / rectal bleeding 43. Urinary infection / blood in urine/ kidney stones 86. Are you or do you think you may be pregnant?

44. Prostate Disease (males)45. Hernias of any kind

# TO BE COMPLETED BY PHYSICIAN ALL "YES" RESPONSES ABOVE REQUIRE COMMENTS FROM THE EXAMINING PHYSICIAN IN ENGLISH

| Question #: | Comments: |
|-------------|-----------|
|             |           |

# **MEDICAL CONSENT/AUTHORIZATION/RELEASE**

My signature below acknowledges that all statements provided by me in this application are true and correct to the best of my knowledge and belief, and I further authorize and consent to the release of any/all of my medical records from any source, including nations, insurance offices, doctors, hospitals, and/or other institutions or public authorities. This general medical release will also authorize the release of any/all of my psychological or psychiatric records or referrals. I UNDERSTAND THAT FALSIFICATION WILL BE GROUNDS FOR LOSS OF BENEFITS AND/OR **TERMINATION OF EMPLOYMENT.** My signature further acknowledges my consent to any/all physical examinations and diagnostic testing:

I hereby certify that the personal declaration above is a true statement to the best of my knowledge.

| SIGNATURE OF EXAMINEE  | DATE                   | WITNESS NAME (please print)                   | WITNESS SIGNATURE      | DATE                         |
|--|------------------------|---|------------------------|------------------------------|
|  |                        |   | entre l'actor De       |                              |
| hereby authorize the release of all my previous medical reco | rds from any health    | professionals, health institutions and public | authorities to Dr.     | _ (approved medical examiner |
| SIGNATURE OF EXAMINEE  | DATE                   | WITNESS NAME (please print)                   | WITNESS SIGNATURE      | DATE                         |
| I acknowledge that I have reviewed the above information w   | vith the Applicant and | d noted Comments as required.                 | Physician Phone #: _   |                              |
| PHYSICIAN SIGNATURE  |                        | PHYSICIAN NAME (please print)                 | PHYSICIAN PHONE NUMBER | DATE                         |
|  |                        |   |                        |                              |

| RCL OFFICE USE ONLY |  |
|---------------------|--|
|                     |  |
|                     |  |
|                     |  |
|                     |  |



#### **CREW MEMBER INFORMATION**

| Family Name: Give  |                      | Given Name:    |               |          | Gender:          |          | Birth Date (day/mor | Birth Date (day/month/year): |              | Crew Position: |            |
|--------------------|----------------------|----------------|---------------|----------|------------------|----------|---------------------|------------------------------|--------------|----------------|------------|
|                    |                      |                |               |          | 🗌 Male           | 🗌 Female |                     |                              |              |                |            |
| Seaman's Book No.: |                      | Crew I.D. No.: | ID Confirmed? |          | Exam Date:       |          | Passport No.:       |                              | Nationality: |                |            |
|                    |                      |                | 🗆 Yes         | 🗆 No     |                  |          |                     |                              |              |                |            |
| City of Residence: | Country of Residence |                | Vessel:       |          | Type of Ship:    |          |                     |                              | Trade Area:  |                |            |
|                    |                      |                |               |          | Container Tanker |          | Passenger           | Fishing                      | Coastal      | Tropical       | □Worldwide |
| GENERAL            |                      |                |               |          |                  |          |                     |                              |              |                |            |
|                    |                      |                |               |          |                  |          |                     |                              |              |                |            |
| Height             | Weight               | Temp           |               | Respir   | atory Rate       |          | Pulse Ra            | ate                          |              | Rhyth          | m          |
| Urinalysis         | Glucose              | Protein        | B/F           | Systolic |                  | B/P      | Diastolic           |                              | Body Mas     | s Index (BN    | 11)        |

#### VISION

| Visual Acuity |           |          |           |           |          |           |           | Color Vision         | Field Vision | Vision Adequate for Position Per<br>Flag State Requirements? |
|---------------|-----------|----------|-----------|-----------|----------|-----------|-----------|----------------------|--------------|--|
| Vision        | Unaided   |          |           | Aided     |          |           | □Ishihara | Bostrom Kugelberg    | R = WNL      |  |
| VISION        | Right eye | Left eye | Binocular | Right eye | Left eye | Binocular | □Snellen  | Passed Not Passed    | L = WNL      | TYes No  |
| Distant       |           |          |           |           |          |           | Normal    | Doubtful             |              |  |
| Near          |           |          |           |           |          |           | Defective | Defective Not Tested |              |  |

#### PURE-TONE AUDIOMETER (THRESHOLD VALUES IN DB)

| EAR   | 500hz | 1000hz | 2000hz | 3000hz | 4000hz | 6000hz | 8000hz |
|-------|-------|--------|--------|--------|--------|--------|--------|
| Right |       |        |        |        |        |        |        |
| Left  |       |        |        |        |        |        |        |

#### **SPEECH AND WHISPER TEST (METERS)**

| Whisper Test: Yes No                 | f ABNORMAL perform Audiogram     |
|--------------------------------------|----------------------------------|
| Information on the use of hearing pr | otection provided? Yes No        |
| Any subjective signs of impaired I   | nearing or dizziness? 🛛 Yes 🔲 No |

### **CHEST X-RAY**

| 🗌 Not performed 🛛 Normal 🗌 Ab  | onormal | Results: |
|--------------------------------|---------|----------|
| Performed on (dov/menth/veer)  |         |          |
| Performed on (day/month/year): |         |          |

#### VACCINATIONS

| VACCINATIO             | NS                       |                        |                          | <b>REQUIRED TESTS</b>           |   |   |                         |
|------------------------|--------------------------|------------------------|--------------------------|---------------------------------|---|---|-------------------------|
| Name of<br>Vaccination | Date of last vaccination | Name of<br>Vaccination | Date of last vaccination |                                 | Attach ALL LAB TESTS to Original<br>All results must be in ENGLISH        |   |                         |
| Diphteria              |                          | Polio                  |                          | Chest X-ray (attach report)     | Pregnancy Test (all Females)  | Blood Chemistry                                       |                         |
| Tetanus                |                          | Varicella              |                          | VDRL/RPR/FTA (use one)          | O&P (Food and Beverage Positions)   | BUN, Creatinine,<br>Glucose, ALT,                     | EKG<br>(required        |
| Typhoid                |                          | Hepatitis A & B        |                          | CBC (complete blood count)      | Hepatits A IgM, HBsAg and Anti HCV  | AST, Uric Acid  | ONLY if                 |
| Pertussis              |                          |                        |                          | Routine Urinalysis              |   | And   | there's a<br>history of |
| Yellow fever           |                          | MMR Ma<br>show proof   |                          | Results requiring investigation | Urine Drug Test (Benzodiazepines,<br>Amphetamines, THC, Opiates, Cocaine) | Lipid Panel total<br>Chol, HDL, LDL,<br>Triglycerides | High Blood<br>Pressure) |

#### **PHYSICAL EXAM**

| HEENT                    | Normal | Abnormal | THORAX<br>LUNGS | Normal | Abnormal | ABDOMEN    | Normal | Abnormal | RECTAL                    | Normal | Abnormal |
|--------------------------|--------|----------|-----------------|--------|----------|------------|--------|----------|---------------------------|--------|----------|
| Mouth / Teeth            |        |          | Percussion      |        |          | Shape      |        |          | Hemorrhoids               |        |          |
| Tonsils                  |        |          | Auscultation    |        |          | Tenderness |        |          | Prostate                  |        |          |
| Pharynx                  |        |          | EXTREMITIES     | Normal | Abnormal | Masses     |        |          | Fistula                   |        |          |
| Ears/Tympanic Membrane   |        |          | Varicose veins  |        |          | Scars      |        |          | NECK                      | Normal | Abnormal |
| Eyes/Eye Movement/Pupils |        |          | Edema           |        |          | Hernia     |        |          | Nodes                     |        |          |
| Head                     |        |          | Scars           |        |          |            |        |          | Motion                    |        |          |
| Nose                     |        |          | Discoloration   |        |          | Testicles  |        |          | Thyroid                   |        |          |
| EMOTIONAL / PSYCH        | IATRIC |          | Deformities     |        |          | PELVIC     | Normal | Abnormal | Lungs / Chest             |        |          |
| Status                   |        |          | NEURO           | Normal | Abnormal | Status     |        |          | Vascular pulse            |        |          |
| HEART                    | Normal | Abnormal | Motor           |        |          | BREASTS    | Normal | Abnormal | G-U System                |        |          |
| Rhythm                   |        |          | Sensory         |        |          | Tenderness |        |          | Upper & Lower Extremities |        |          |
| Murmurs                  |        |          | Reflexes        |        |          | Masses     |        |          | Spine (C/S, T/S and L/S)  |        |          |
| SKIN                     | Normal | Abnormal | PULSES          | Normal | Abnormal |            |        |          | General Appearance        |        |          |
|                          |        |          |                 |        |          |            |        |          |                           |        |          |

# **RANGE OF MOTION**

| CERVICAL        | Normal | Abnormal | ELBOW         | Normal | Abnormal | LUMBAR         | Normal | Abnormal | WRIST          | Normal | Abnormal |
|-----------------|--------|----------|---------------|--------|----------|----------------|--------|----------|----------------|--------|----------|
| Forward flex    |        |          | Retained flex |        |          | Forward flex   |        |          | Pronation      |        |          |
| Extension       |        |          | Extension     |        |          | Extension      |        |          | Supination     |        |          |
| Lateral flexion |        |          | Pronation     |        |          | Lat. Flex      |        |          | Dorsiflexion   |        |          |
| Rotation        |        |          | Supination    |        |          | Rotation       |        |          | Planer flexion |        |          |
| Scars           |        |          | Scars         |        |          | Slr (sitting)  |        |          | Abduct         |        |          |
| HIP             |        |          | FEET          |        |          | Slr (supine)   |        |          | Adduct         |        |          |
| Flexion         |        |          | Inspection    |        |          | Scars          |        |          | KNEE           |        |          |
| Extension       |        |          | Arch status   |        |          | SHOULDER       |        |          | Retained flex  |        |          |
| Abduction       |        |          | Deformities   |        |          | Forward elev.  |        |          | Extension      |        |          |
| Adduction       |        |          | ANKLE         |        |          | Backward elev. |        |          | Scars          |        |          |
| Int.rotation    |        |          | Dorsal flex   |        |          | Abduction      |        |          |                |        |          |
| Ext.rotation    |        |          | Plantar flex  |        |          | Adduction      |        |          |                |        |          |
| FINGERS         |        |          | Inversion     |        |          | Int. Rotation  |        |          |                |        |          |
| Flexion         |        |          | Eversion      |        |          | Ext. Rotation  |        |          |                |        |          |
| Extension       |        |          | Scars         |        |          | Scars          |        |          |                |        |          |

### Previous psychiatric and/or back conditions requires letter from specialist

| Applicant questioned regarding current or previous psychiatric condition/diagnosis? | 🗌 Yes | □No. |
|---|-------|------|
| If applicant's answer is "Yes" please describe below                                |       |      |

| Applicant questioned regardir  | ng current or previous | back/lumbar | condition/diagnosis | ? |
|--------------------------------|------------------------|-------------|---------------------|---|
| If applicant's answer is "Yes" | please describe below  | w           |                     |   |

## **ABNORMALITIES FROM PHYSICAL EXAMINATION**

□ Yes □No

# ASSESSMENT OF FITNESS FOR SERVICE AT SEA

On the basis of the examinee's personal declaration, my clinical examination and the diagnostic test results recorded above, I declare the examinee medically.

| FIT FOR DUTY : (crew member is not believed to be suffering from any sickness or                | <b>NOT FIT FOR DUTY</b> for the following reason(s): | FIT AFTER DEFECT CORRECTED (Describe): |
|---|--|--|
| physical or mental ailment making him unfit for service or which may endanger the health of the |  |  |
| other persons onboard.)   |  |  |

|       | DECK SERVICE | ENGINE SERVICE | CATERING SERVICE (F&B) | OTHER SERVICES |
|-------|--------------|----------------|------------------------|----------------|
| Fit   |              |                |                        |                |
| Unfit |              |                |                        |                |

# Without Restrictions With Restrictions Are they able to perform all activities of their job? Yes No Describe restrictions (e.g. specific position, type of ship, trade area): Ves No





This Medical Certificate has been issued in accordance wit the provisions of the (International Convention on Standards of Training, Certification and Watch-keeping for Seafarers STCW 1978, as amended (STCW) Regulation I/9, Maritime Labour Convention 2006 (MLC 2006) Regulation 1.2 and regulation xxx of the authorizing country)\* as applicable.

Cruises

#### SEAFARER INFORMATION

| Family Name:                  | Given Name(s):                        | Exam Date:   | Birth Date (day/month/year): | Gender: |          |
|-------------------------------|---------------------------------------|--------------|------------------------------|---------|----------|
|                               |                                       |              |                              | 🗌 Male  | E Female |
| Passport No./Seaman Book No.: | Home Address:                         |              |                              |         |          |
| Nationality:                  | Capacity that the seafarer will serve | onboard :    |                              |         |          |
|                               | Deck: 🗌 Engineer 🔲 Rati               | ng 🗌 Caterin | g (F&B) 🔲 Other              |         |          |

# **DECLARATION OF APPROVED\*\* MEDICAL PRACTITIONER**

| I confirm the identification documents were checked:  | □YES □NO | Color vision meets              | standard*?   | □YES          | □NO |
|---|----------|---------------------------------|--------------|---------------|-----|
| Does the seafarer's hearing meet medical standards?   | □YES □NO | Date of last color vision test: |              | (dd/mm/yyyy): |     |
| Is unaided hearing satisfactory*?   | □YES □NO | Date of last color              | vision lest. |               |     |
| Vision acuity meets medical standards*?   | □YES □NO | Is the seafarer fit f           | for service? | <b>□</b> YES  | □NO |
| have evaluated the above named examinee according to company medical guidelines.  |          |                                 |              | □NO           |     |
| On the basis of the examinee's personal declaration, my clinical examination and diagnostic<br>test results recorded on the medical examination form, I declare the examinee:               |          |                                 |              |               |     |
| Is the seafarer free from any medical condition likely to be aggravated by service at sea or render the seafarer unfit for such service or to endanger the health of other persons onboard? |          |                                 |              |               |     |

Are there any limitations or restrictions on fitness (e.g. specific position, type of ship, trade area)? If so, specify the limitation:

| Place of examination: | Date of examination: | Medical certificate expiration date (day/month/year): |
|-----------------------|----------------------|---|
|                       |                      |   |

### **SIGNATURE**

| I hereby confirm that the medical examination<br>with the ILO/IMO Guidelines on the Medical I<br>national guidelines of my Authorizing Admini. | Examinations of Seafarers and the                         | I                    |
|--|---|----------------------|
| Official stamp and National<br>License/Certification number  | Medical examiner signature<br>(print name if not legible) | Examinee's signature |

\*For persons who are assigned shipboard safety, security or environmental protection duties, the medical standards referenced on the certificate are the standards as specified in STCW Regulation I/9 and any other standards as specified by the authorizing Administration. For any other persons serving onboard, the medical standards shall be as specified by ILO and the authorizing Administration.

\*\* The Medical Practitioner shall be approved by the national Administration, after inspection of medical facilities/recordkeeping, to carry out STCW/ILO medical examination.

\*\*\*The review shall be carried out by a body/Medical Practitioner authorized by national Administration and this information should be made available to the seafarer.