

Merchant Shipping (Medical Examinations Rules 2000)



Ministry of Surface Transport
(Department of Shipping)
NOTIFICATION
New Delhi, the 19th January, 2000

G.S.R. 57(E).--In exercise of the powers conferred by sub-section (3) of section 98 of the Merchant Shipping Act, 1958 (44 of 1958), the Central Government hereby makes the following rules, namely:-

1. Short title and commencement.

- (1) These rules may be called the Merchant Shipping (Medical Examination Rules 2000)
- (2) They shall come into force on the date of their publication in the Official Gazette

2. Definitions.

- (1) In these rules, unless the context otherwise requires.-
 - (a) "Act" means the Merchant Shipping Act, 1958 (44 of 1958),
 - (b) "Annexure" means Annexure appended to these rules,
 - (c) "Medical examiner" for the purpose of medical examination prior to first engagement of a seaman means a medical examiner approved under rules 4 and for the purpose of pre-sea training or any subsequent medical examination of a seaman means a medical officer having a recognised medical qualification as defined in clause (h) of section 2 of the Indian Medical Council Act, 1956 (102 of 1956) and designated as a medical officer of the training institute or the owner or agent of the Shipping Company, as the case may be, and approved by the Central Government for that purpose ;re scribed Standards"
 - (d) "Prescribed Standards" means the standards of physical fitness as set out in **Annexure "B"**.
- (2) Words and expressions used in these rules and not defined but defined in the Act shall have meanings respectively assigned to them in the Act;

3. Application.

These rules shall apply to,-

- a. Masters, officers and ratings; and
- b. Seafarers employed or engaged in any capacity on board ship on the business of that ship as part of the ship's complement.

4. Approval of Medical Examiner.-The Central Government shall appoint such numbers of medical examiners at such ports or places, as it thinks fit for the purpose of sub-section (2) of section 98 of the Act.

5. Medical Examination.

- 1 Every seaman, prior to his registration in the Seamen's Employment Office shall appear before the medical examiner approved under rule 4 and obtain a certificate of physical fitness.
- 2 At the time of engagement on board the ship the master or seaman, as the case may be, shall be examined by the medical examiner approved by the Central Government to be the medical examiner for the purpose of these rules.

6. Arrangements for medical examination.

- 1 On being selected for pre-sea training for medical examination, the Director or the officer in-charge of the pre-sea training institute, after satisfying himself that the applicant is eligible, shall cause the particulars of the seaman namely full name, age, category, Continuous Discharge Certificate and passport

number to be entered in a register kept for that purpose and shall fix a date, time and place for his medical examination and inform the medical examiner designated by the training institute and the applicant accordingly.

2. On selection of a master or seaman, as the case may be, for engagement on board the ship, the owner or agent of the ship shall cause the particulars of the seaman namely, full name, age, category continuous discharge certificate number, passport number and mark of identification to be furnished to the medical examiner and fix date, time and place for medical examination of the seaman in accordance with these rules.

7. Appearance for medical examination.-

Every master or seaman, as the case may be, may be referred to in rule 6 shall present himself before the medical examiner and produce his registration book and continuous discharge certificate, if held, at the appointed time and place for the medical examination and at such subsequent dates and times as he may be required by the medical examiner.

8. Conduct of medical examination.

Every master or seaman appearing for medical examination shall complete the declaration in the examination report as set out in [Annexure 'E'](#) and be subjected by the medical examiner to such tests as may be considered necessary for determining his physical fitness in accordance with the prescribed standards as laid down in [Annexure 'B'](#). The medical examiner while conducting the medical examination shall be guided by the guidelines set out in [Annexure 'A'](#).

9. Records of medical examination.

The medical examiner shall maintain a full record of the medical examinations conducted with copies of certificates of physical fitness issued and shall also send weekly returns to the Director, Seamen's Employment Office showing the result of the medical examination in respect of every master or seaman, as the case may be examined during the week as applicable. The date and result of the examination shall also be endorsed in the record under the heading additional endorsements.

10. Certificate of physical fitness.

1. On completion of initial medical examination, the medical examiner shall issue to every seaman satisfying the prescribed standards, a certificate of physical fitness as set out in [Annexures 'E'](#) and [Annexure 'F'](#).

2. In the event of a master or seaman as the case may be, failing to satisfy the prescribed standards due to any temporary defect, which in the opinion of the medical examiner is likely to be cured after treatment the medical examiner shall issue to the master or seaman, as the case may be a certificate with the remarks "temporarily unfit" indicating the reasons for such unfitness and with the remarks that the seaman should come for re-examination after the cause of his temporary unfitness is cured.

3. A master or seaman, as the case may be, not satisfying the prescribed standards of physical fitness and found suffering from a disease or physical defect which, in the opinion of the medical examiner examining him, renders him permanently unfit for sea service, shall be given a certificate of permanent unfitness.

11. Records of results.

The Director of officer in charge of pre-sea training institute shall maintain a record of the results of Medical examinations in respect of seaman referred by him for medical examination.

12. Validity of certificate of physical fitness.

Subject to the provisions of sub-rule (2) of rule 5, a certificate of the physical fitness issued by the medical examiner shall remain valid till such time the master or seaman is found permanently unfit in any subsequent medical examination.

13. Appointment of the Appellate Authority.

1. The Central Government may, by order in writing, constitute an Appellate Authority comprising of not less than three specialists in any branch of Medical Science.

2. The panel of specialists constituting the appellate authority shall be drawn by the Central Government in consultation with the representative organisations of shipowners and seafarers. No Person in the employment of any owner or agent of a ship or of representative organisations of shipowners or of seafarers shall be empanelled in constituting such appellate authority.

14. Appeal against the decision of the medical examiner.

1. A master or seaman may, within a period of sixty days from the date on which he is declared unfit by the medical examiner, appeal against such decision to the appellate authority through the Director, Seamen's Employment Office. Provided that an appeal may be admitted after the expiry of the period of sixty days if the appellant satisfies the appellate authority that he had sufficient cause for not making such appeal within the prescribed period.

2. Every appeal made under this rule shall be accompanied by a copy of the order appealed against.

3.. On receipt of the appeal Director, Seamen's Employment Office shall refer it to the appellate authority immediately and if ordered inform the seaman of the date, time and place of his examination of his examination by the appellate authority.

4. The appellate authority, before disposing of an appeal, shall give a reasonable opportunity of being heard to the appellant.

5. An appeal shall be disposed of as expeditiously as possible but within a period of sixty days from the date of filing of the appeal.

6. The appellate authority may confirm, modify or reverse the order, appealed against.

7. The decision of the appellate authority shall be binding on the seaman as well as owner or agent of the ship.

8. A seaman who has put in active service on ships for not less than five years, may apply to the Director, Seaman's Employment Office within a period of one year from the date on which the appellate authority had declared him permanently unfit for reviewing his case if he has obtained a certificate of fitness from a medical specialist in that branch of medical science to which his ailment relates. Provided that the Director, Seamen's Employment Office may admit any such review application made after the said period of one year if he is satisfied that the seaman had sufficient cause for not making the application within the same period.

15. Fees.

1. Every application to the appellate authority under rule 14, shall be accompanied by a fee of one hundred rupees only.

2. A fee of one hundred rupees shall be charged from the master or seamen as the case may be for issue if a duplicate certificate of fitness.

16. Repeal and savings.

1. The Indian merchant Shipping (Medical Examination) Rules, 1986 are hereby repealed.

2. All medical reports and certificates issued under the repealed rules shall be deemed to have been issued under the corresponding provisions of these rules.

[F. No. SR - 11012/2/99 MA]
M. RAMACHANDRAN, Jt. Secy

Annexure A

Conduct of Pre-Sea and Periodic Medical Fitness Examinations of Seafarers

1. Aspects of seafaring life which are relevant to medical examination of seafarers The medical examiner should bear in mind the following aspects of shipboard life:

- As ships often operate far offshore or in inaccessible areas it is often difficult to replace seafarers who become injured or ill. Many ships have only the minimal number of persons on board necessary to operate the ship, thus the incapacitation of even one seafarer may place a substantial additional burden on his or her shipmates.
- Ship's officers generally receive basic first-aid and other medical training, and ships are usually equipped with basic medical supplies. Nevertheless, it is often quite difficult to transport sick or injured seafarers ashore where they can be treated by licensed physicians. In some geographical area, the closest medical care facilities ashore may be well below the standard of the seafarers' home country. It is therefore inadvisable and often unsafe to allow persons with certain medical conditions to become seafarers or to return to seagoing employment.
- Seafarers live close to each other at sea, often for long periods. Contagious diseases therefore may be a serious threat, endangering not only the health of other seafarers but also the safety of the ship and, where carried, passengers. It is particularly important that seafarers concerned with the preparation of food not suffer from conditions which may be transmitted to others through this work.
- Seafarers must be physically and psychologically fit to perform their normal duties correctly and to be able to respond to emergency situations (e.g., fighting fires, lowering lifeboats, assisting passengers, etc.) They should be able to adjust to continual vibration and the often violent motions of the ship, to be able to live and work in sometimes cramped spaces, to be able to climb ladders and to lift heavy weights and be able to withstand exposure to harsh weather conditions on deck or excessive heat in the machinery spaces. As they often travel by air to reach and return from their ships, they must not suffer from conditions which prohibit air travel.
- Seafarers should be able to live and work closely with the same people for weeks and perhaps months on end and under often stressful conditions. They must be capable of dealing effectively with isolation from family and friends and, in some cases, from persons of their own cultural background.

2. Type and frequency of medical examinations

There are two types of medical examinations.

- *Pre-sea* medical examinations, those conducted before a person embarks upon a seafaring career; and
- *Periodic* medical examinations, those conducted either before a seafarer reports to a ship or at periodic intervals during the seafarer's career.

A medical certificate, signed by the medical examiner, is issued to seafarers who pass the examination. Without such a certificate seafarers are often prohibited from working on board ships.

A *Pre-Sea* medical examination provides an opportunity to prevent a person who should not, for health reasons apparent at the time, from embarking on a seafaring career. It is therefore more stringent in nature than a *periodic* examination, bearing in mind that the objective is to head-off an unhealthy or unwise career choice. By its very nature, this examination may occur only once, and it is very important that the medical examiner conducts it thoroughly.

A *Periodic* medical examination provides an opportunity to ensure that a seafarer remains fit for sea service by identifying medical conditions which may have developed since the seafarer entered the profession. It should be more flexible than the *Pre-Sea* examination, yet not so flexible as to permit unfit seafarers from returning to work at sea. Seafarers should be examined at least every two years and those above 40 years of age should be examined at least every year. If a seafarer has been incapacitated by illness or injury for 30 or more days, the medical examination should be repeated.

3. The conduct of medical examinations

The following suggested procedures do not aim to replace the judgement or experience of the medical examiner. They will, however, serve as a tool to assist in the conduct of examinations. A Medical Examination Form (Form Mex) has been developed for this purpose. **(Annexure E)**

1. The medical examiner should determine if the purpose of the examination is for a seafaring career (Pre-Sea examination) or to determine if the person is fit to return to sea (Periodic examination) and conduct the examination accordingly.
2. The identity of the person to be examined should be verified. The number of his or her discharge book, passport or other relevant identity document should be entered on the examination form.
3. The examinee's intended position on board ship, and, as far as practicable, the physical and psychological requirements of this work, should be determined. The type of shipping operation (e.g., foreign, coastal or harbor service) and cargo type (container ship, chemical tanker, etc.) should also be considered as this information may lead to closer scrutiny or to less stringency in certain aspects of the examination.
4. The examinee's previous medical records, if available, should be reviewed.
5. Information should be collected directly from the examinee on his or her previous medical history. Point-by-point questions on the details of previous diseases and injuries should be asked and the results recorded. Details on other diseases or injuries not covered should also be recorded. After the information is collected, the examinee should sign the form to certify that it is a true statement. (An individual should not, however, bear the burden of proof concerning the consequences of physical or mental illness, past or present, on his or her fitness for work.)
(Annexure E)
6. The examinee's weight, height, pulse rate and blood pressure should be measured and recorded. The results of laboratory tests, ECG, chest X-ray and (if necessary) other examination should be checked and recorded. (If drug and alcohol testing is required, reference should be given to the Guiding Principles on Drug and Alcohol Testing Procedures for Worldwide Application in the Maritime Industry adopted by the Joint ILO/WHO committee on the Health of Seafarers (Geneva, 10-14 May, 1993).
7. Hearing, eyesight and colour vision should be checked and recorded. Eyesight should be in compliance with the eyesight standards given in **(item 16- Annexure B)**
8. The examinee's vaccination record should be examined. Advice should be given on immunisations. If new vaccinations are given they should be recorded on the International Certificate of Vaccination (See also paragraph 4 below).
9. The results of the examination should be recorded and assessed to determine if the seafarer is fit for the work envisioned to be undertaken. **Annex I** contains information on medical

conditions which should be taken into account when considering whether a person is fit or currently unfit for work at sea, the age and experience of the person to be examined, the nature of the duties to be performed and the type of shipping operations and cargo should also be considered.

10. If the examinee is found fit for the work to be performed the medical certificate should be issued. Any restrictions concerning work should be reflected in the description of the work he or she is fit to undertake.

11. If the examinee is found temporarily "unfit" for service, and therefore is not to be granted a medical certificate, he or she should be given an explanation of reasons.

Advice should be given on the need to make additional tests, to obtain opinions from specialists, to complete dental or other treatment, to undergo rehabilitation, etc. The examinee should be informed when to return for another examination. He or she should be advised on the right to appeal and how an appeal can be made.

12. As appropriate, and if time permits, the seafarer should be counselled on lifestyle (to limit alcohol intake, stop smoking, modify diet, lose weight, etc.), on the dangers and methods of prevention of HIV/AIDS and other venereal diseases. Printed health educational materials on drug and alcohol abuse prevention, smoking cessation, diet, HIV/AIDS prevention, etc. should also be provided, if available. (If the tests for HIV which may have been carried out in connection with the examination reveal a positive result, the seafarer should always be informed.)

13. The Medical Examination Form should be clearly marked "CONFIDENTIAL" and be retained for at least 10 years in the health establishment where the health certificate was issued. The file should only be made available for medical purposes related to the performance of duties or the provision of medical care.

14. A copy of the Medical Examination Form should be given to the seafarer and the seafarer should be advised to bring it to the next medical examination or when he or she is treated for an illness or injury. If possible, a card indicating blood-type and other vital information may also be given to the seafarer to facilitate emergency treatment.

15. The serial number of the medical certificate should be recorded and the signed certificate should be given to the seafarer.

4. Vaccination requirements for seafarers

A. International Certificate of Vaccination

Seafarers should carry an International Vaccination Certificate indicating the type, and place and time given, of all vaccinations.

B Obligatory vaccination for yellow fever

Some countries require a valid International Certificate of Vaccination for yellow fever. This requirement is often strictly enforced for persons arriving from Asia, Africa or South America. It is therefore recommended not only for health purposes but also to facilitate travel to, from and through countries from these regions. The vaccination certificate is only valid if it conforms with the WHO model, if the vaccine has been approved by the WHO, and if it is administered by an approved Yellow Fever Vaccination Centre. The period of validity of the certificate against yellow fever is 10 years, beginning 10 days after vaccination. If the person is revaccinated before the end of this period, the validity is extended for a further 10 years from the date of vaccination. If the vaccination is recorded on a new certificate, the seafarer should be advised to retain the old certificate for 10 days while the new certificate becomes valid.

C. Non-obligatory voluntary immunizations for seafarers

These are immunizations that are not required for seafarers according to the International Health Regulations of the World Health Organization. Such immunizations are, however,

recommended for seafarers and should be given on request. The following are recommended:

- *Viral Hepatitis* Type A (infectious hepatitis, epidemic hepatitis)
- *Viral Hepatitis* Type B (Serum hepatitis) - When scheduling inoculation, medical examiners will need to bear in mind that doses are recommended at either 0, 1 and 6 month intervals or 0, 1 and 2 month intervals, with a booster at 12 months. Consideration must therefore be given to when the seafarer will be at sea and thus unable to receive the vaccine.
- *Tetanus* - Most seafarers will have immunized, however booster doses are required every 8-10 years. It is preferred that this vaccine be administered before the seafarer is on board ship, as the alternative (administering the antitetanus immune serum after an injury) may in some persons result in a dramatic and dangerous allergic reaction which could present a serious health risk at sea.
- *Poliomyelitis* - Reimmunization, by a booster dose of the oral polio vaccine, is recommended every five years. Persons not previously immunized should be vaccinated with the full course of killed or inactivated (Salk) polio vaccine (IPV) prior to taking employment on ship. Medical examiners should bear in mind that the doses should be made in two, one-month intervals, plus one dose after 6-12 months. This may affect the scheduling of the seafarer's embarkment.

MEDICAL CONDITIONS WHICH SHOULD BE CONSIDERED WHEN DECIDING WHETHER TO ISSUE MEDICAL CERTIFICATES TO SEAFARERS

The following medical conditions generally render a person unfit for work at sea. The medical examiner should consider with regard to the individual examinee whether such conditions render him or her unfit for the duties he or she is expected to perform and the shipping operation contemplated, and, if so, whether the condition or conditions may be remedied or sufficiently mitigated to allow such work. The medical examiner should not only consider the health and safety of the examinee but also the health and safety of other seafarers and passengers, as well as the safety of the ship. If a seafarer is granted a medical certificate while experiencing such conditions the exceptions should be justified and any restrictions should be clearly noted. The medical examiner should bear in mind that it is not possible to develop a comprehensive list of contra-indications but that this list may provide some guidance. It cannot replace sound medical judgement.

1. INFECTIOUS AND PARASITIC DISEASES

Acquired Immune Deficiency Syndrome (AIDS)

Enteritis, active

Hepatitis, active or chronic, within 6 months

Sexually transmitted diseases, active

Tuberculosis, active (The examining physician should take into account the advice of a chest physician, whether the lesion is fully healed and whether the patient has completed a full course of chemotherapy. Cases where either one or both lungs have been seriously affected are rarely suitable for re-employment.)

Typhoid, active or carrier

Malaria

Lice

Scabies

Any other infectious or parasitic diseases in its communicable or carrier state which would present a health hazard to other crew members or passengers through casual contact.

2. MALIGNANT NEOPLASMS

Malignancies of any type which could be considered to disqualify a seafarer from until evaluated,

Any malignancy currently receiving treatment renders a person unfit for work at sea.

(Exceptions may be appropriate for serving seafarers after treatment and without signs of recurrence.)

3. IMMUNITY DISORDERS

AIDS

Adrenal insufficiency, uncontrolled

Diabetes Mellitus

Immunosuppressive therapy

Obesity, incapacitating

Thyroid disease

Abnormal liver or kidney functions

Any disease of the endocrinal glands

4. DISEASES OF THE BLOOD AND BLOOD FORMING ORGANS (Seafarers serving on broad chemical bulk carriers should have their blood tested every 12 months. The tests should include liver function tests and leucocyte count and be evaluated by a medical examiner.)

Anaemia, symptomatic

Myelodysplasia

Splenomegaly, symptomatic or not defined

There should be no significant disease of the haemopoetic system.

5. MENTAL DISORDERS

Active alcohol, substance abuse or dependence, if persistent and affecting health causing physical or behavioural disorder.

Acute psychosis, whether organic, schizophrenic or any other listed in the International Classification of Diseases

Psychoneurosis major depression or mania

Dementia

Depression, active, requiring medication

Personality disorder, active (Observation of acute manifestations of a psychiatric disorder will indicate the need for psychiatric evaluation.)

6. CONDITIONS OF THE NERVOUS SYSTEM AND SENSE ORGANS

Ataxia, vertigo, active

Convulsive disorder, any

Epilepsy

Unsteadiness of gait

Impairment of central nervous system function, secondary or active medical disorders (diabetes, toxic reaction, thyroid disorders)

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Post concussion syndrome, active

Stroke

Tremors, active, interfering with fine motor function

Migraine, frequent attacks causing incapacity

Syncope and other disturbances of consciousness

Meniere's disease

Hearing loss, sudden or progressive, if sufficient to interfere with communication. (The use of a satisfactory hearing aid at work could be considered only in catering staff. The hearing aid should be sufficiently effective to allow communication at normal conversational levels of sound. Serving radio and engineering officers should be given audiometric examinations during periodic medical examinations.) (See also HEARING below)

Epistaxis, frequent

Sinusitis, recurrent, draining

7. CONDITIONS OF THE CARDIOVASCULAR SYSTEM

Conditions requiring anticoagulant medication

Aortic aneurysm, Angina pectoris

Arrhythmia

Blood pressure, above 150/90 mmHg (in new candidates); 160/100 mmHg or above in serving seafarers under age 50 years; 175/100 mmHg in serving seafarers aged over 50 years; or blood pressure maintained below these levels by any antihypertension therapy without significant side-effects

Hypertension, treated, with medication needing close monitoring Pacemaker dependent.

Coronary bypass grafting

Coronary angioplasty

Pacemaker-dependency, Heart valvular disease

Claudication

Myocardial infarction, acute

Other vascular disease, symptomatic

Any cerebrovascular accident, including transient ischaemic attacks

General cerebral arterosclerosis, including dementia and senility
Varicose veins, moderate degree, with recurrent symptoms; after operation, with symptoms; or not suitable for treatment
Chronic varicose ulcerations
Lacerant or persistent deep thrombosis or thrombophlebitis
Haemorrhoids, prolapsed, bleeding causing symptoms (unoperated)
Varicocele, with symptoms (unope)

8. CONDITIONS OF THE RESPIRATORY SYSTEM

Bronchial Asthma (Acute/Chronic)
Chronic bronchitis and /or emphysema: cases with recurring illness causing significant disability
Pneumothorax, spontaneous, within 12 months
Tumour
Pulmonary Koch's with less than 12 months treatment
CHEST - minimum 74 cm. (29 inches) with expansion range of 5cm. (2 inches).

- a. Chest should be well developed, well proportioned and there should be no evidence or history of Pulmonary Tuberculosis or other acute or chronic diseases of the lung, and/or the upper respiratory tract.
- b. An X-Ray/Screening examination of the chest will be carried out in all cases and defect, disability which disqualify a candidate shall be recorded.
- c. Candidate should be free from all diseases of respiratory system in all forms.
- d. There shall be no deformity of chest which may cause impediment to breathing.
- e. Lung Function : The resting respiratory rate should be below 20 per minute. The holding time should not be less than 30 seconds. The chest expansion should not be less than 5 cm. (2 inches). Seafarers who measure poorly in these tests, to be subjected to a Vitalometry test for a definite indication of lung function.

9. ORAL HEALTH

Mouth or gum infections, until treated
Dental defects, until treated (seafarers should be dentally fit)
Speech with impediments or loss of Speech
TEETH - The acceptance or rejection on account of loss or decay of teeth will depend on the relative position of the sound teeth and physical condition of the seafarer. He/She must have sufficient number of teeth to enable him/her to masticate efficiently and on no account would artificial dentures be acceptable for sufficient mastication. In order to assess whether a candidate has sufficient number of teeth to masticate effectively, the following guidelines are to be taken into consideration:

- a. Teeth which are not considered necessary for efficient mastication are allotted ONE POINT each and those essential TWO POINTS each. For instance, each incisor, canine, 1st and 2nd premolars will have a value of one point provided their corresponding lower teeth are present.
- b. Each 1st and 2nd molar and well developed 3rd molar will have a value of two points provided they are in good opposition to corresponding teeth in the lower jaw. In the case the 3rd molar is not well developed, it will have a value of one point only.
- c. When all the 16 teeth are present in the upper jaw and in good functional opposition to corresponding teeth in the lower jaw, the total value will be 20 or 22 points according to whether the 3rd molars are well developed or not.
- d. The following teeth will be present in the upper jaw and in good functional opposition to corresponding teeth in the lower jaw:

- Any 4 of the 6 anterior; and
- Any 6 of the 10 posterior.
- e. Provided there are at least 14 dental points in the mouth, all these teeth must be sound and repairable. The minimum number of points required is 14.
- f. Seafarers with severe pyorrhea are to be rejected. If Pyorrhea is slight and teeth are otherwise sound, the seafarer may be accepted if, in the opinion of Dental doctor, he/she can be cured by normal dental treatment excluding extraction.

10. CONDITIONS OF THE DIGESTIVE SYSTEM

Abdominal Lump

Abscess, perirectal or abdominal, active

Appendicitis

Bleeding, rectal

Cholelithiasis, symptomatic within 6 months/Gall stones

Diarrhoea, active

Gastric or intestinal ulceration

Haematemesis, within 3 months

Hepatitis, active or chronic, within 6 months

Jaundice, current

Pancreatitis, active

Peptic ulcer disease in new candidates (In the case of serving seafarers, those with proven ulceration should not return to seafering until they are free of symptoms. There should be gastroscopie of healing and the seafarer should have been on ordinary diet, without treatment, for atleast 6 months. Persons who have had gastro intestinal bleeding, perforation, recurrent peptic ulceration (despite treatment) or complications after surgery should be classified as unfit for work on ship.)

Cirrhosis of the liver, where the condition is serious or progressive and/or where complications such as sesophageal varices or ascites are present.

Splenomegally

Hepatomegally

Fissure/Fistula in Ano (Unless operated)

Abcesses (Unless operated)

11. CONDITIONS OF THE GENITO URINARY SYSTEM

All cases of proteinuria, glycosuria, or other urinary abnormalities

Nephritis, acute, subacute, or chronic

Urinary obstructions, if not remediable

Renal or ureteric calculus, untreated

Removal of kidney (Exceptions may be appropriate for serng seafarers.)

Renal transplant

Renal insufficiency, active

Incontinence of urine, if irremediable

Prostatism with retention, untreated

Urethral discharge, active

Hydrocele, large and recurren

Hernia-Direct & Indirect

Gynaecological conditions, acute or chronic, likely to cause trouble on the voyage or affect working capacity.

12. PREGNANCY

13. CONDITIONS OF THE SKIN

All infections of the skin, until satisfactorily treated
Acute eczema
Dermatoses, severe or uncontrolled
Manifestations of systemic disease (e.g. lupus, allergy).
Carcinoma

14. CONDITIONS OF THE MUSCULOSKELETAL SYSTEM

Seafarers should have no defect of the musculoskeletal system that could interfere with the discharge of their duties (muscular power, balance, mobility and coordination should be unimpaired). A limb prosthesis would not be acceptable.

15. HEARING

Candidates : unaided average threshold higher than 40db in both ears at 500, 1000, 2000 and 3000 hz and/or functional speech discrimination less than 90% at 55 db in both ears. Serving seafarers : unaided average threshold higher than 70 db in both ears at 500, 1000, 2000 and 3000 Hz and or functional speech discrimination less than 80% at 55 db in both ears.

EARS:

- a. There should be no impaired hearing, discharge from or disease of either ear, unhealed perforation of the tympanic membrane or signs of acute or chronic supportive otitis media or evidence of radical or modified radical mastoid operation, and no congenital malformation of the ear.
- b. Should be able to hear a whisper at a distance of 5 meters on each side. No disease should be present. No hearing aid shall be permitted.

16. EYESIGHT

A. The standards for *Pre-Sea* medical examination are given below:

1. There should not be any degree of squint or any morbid condition of either eye or the eyelids, pressure of trachome and iris complications sequela. Candidates must possess good binocular vision (fusion faculty and full field of vision in both eyes). Movement of the eyeballs must be full in all directions and the pupils should react normally to light and accommodation.

2. Deck Department (including Deck and General-Purpose Crew)

Distance Vision (Unaided) 1.0 (Values given in Snellen Decimal Notation.) (6/6) in better eye and 0.67 (Values given in Snellen Decimal Notation.) (6/9) in other eye.

Normal colour Vision (To be tested by Ishiara test chart)

In addition, Deck cadets and Deck Officers for certification upto Master are required to pass sight tests, conducted by Mercantile Marine Department as given in paragraph 17, below.

3. Engine Department (including Engine-room Crew)

Distance Vision (Unaided): 0.5 (Values given in Snellen Decimal Notation.) (6/12) in each eye; or 0.67 (Values given in Snellen Decimal Notation.) (6/9) in better eye and 0.33 (Values given in Snellen Decimal Notation) (6/18) in other eye.

Normal colour vision (To be tested by Ishiara test chart)

4. Catering Department (including Bhandaries and Utility Hands)

Distance Vision (Unaided): 0.33 (Values given in Snellen Decimal Notation) (6/18) in each eye; or 0.5 (Values given in Snellen Decimal Notation) (6/12) in better eye and 0.25 (Values given in Snellen Decimal Notation) (6/24) in other eye.

Normal colour vision (To be tested by Ishiara test chart)

5. Audio officers and electrical/electronic officer

Distance Vision (Unaided): 0.5 (Values given in Snellen Decimal Notation) (6/12) in each eye; or 0.67 (Values given in Snellen Decimal Notation) (6/9) in better eye and 0.33 (Values given in Snellen Decimal Notation) (6/18) in other eye.

Normal colour vision (to be tested by Ishiara test chart)

B. The standards for *Periodic* medical examination are given in STCW 95, table B-1/9.

Persons requiring the use of spectacles or contact lenses to perform duties should have a spare conveniently available on board the ship. Any need to wear visual aids to meet the required standards should be recorded on each certificate and endorsement issued. Eyes of seafarers should be free of disease. Any permanent or progressing debilitating pathology without recovery should be cause for determination of unfitness.

17. SIGHT TESTS

PART I

1. Letter Test: The first test which the candidate shall have to undergo be the letter test conducted on Snellen's principle by means of sheets of letters. On each sheet the fifth, sixth and seventh lines correspond to standards 0.5 (Values given in Snellen Decimal Notation) (6/12), 0.67 (Values given in Snellen Decimal Notation) (6/9) and 1.0 (Values given in Snellen Decimal Notation) (6/6) respectively.

2. Before the commencement of the test, the candidate who is not a new entrant shall advise the examiner whether or not he intends to use artificial aids to form vision.

Such aids to form vision shall constitute of either spectacles or contact lenses. Tinted lenses shall not be permitted.

3. Standard of vision required:

- a. Candidate will be tested in each eye separately;
- b. A candidate, other than a new entrant, who attempts the sight test without the use of aids to form vision shall be required to read down to and including the seventh line with the better eye and down to including the sixth line with the other eye
- c. A candidate other than a new entrant who attempts the sight test using aids to form vision shall be required:
 - (i) with aids to form vision, to read correctly down to and including the seventh line with the better eye and down to and including the sixth line with the other eye; and
 - (ii) without aids to form vision, to read correctly down to and including the fifth line with the better eye and down to and including and the third line with the other eye.
- d. A candidate who is a new entrant; i.e., a candidate who is going to serve in the deck department for the first time, shall be tested with each eye separately. He shall be required to read down to and including the seventh line with the better eye and to read down to and including the sixth line with the other eye. He shall also be required to read all letters in the seventh line with both the eyes. A new entrant shall not to be permitted to use aids to form vision.

4. Method of testing:

- a. The test card shall be mounted at a convenient height, and shall be properly illuminated. Daylight shall not be used. The testing room shall be moderately lighted so that extreme between the test card and background is avoided.
- b. The candidate shall stand exactly 6 meters from the card facing it squarely. He shall then be required to read the letters on the sheet from left to right, beginning at the top and going downwards.
- c. Care shall be taken by varying the order of the test sheets to guard against the possibility of any deception on the part of the candidate.

5. Failure:

If the candidate fails to reach the standard required on the first sheet, he shall be tested with at least 4 sheets. If he fails to reach the standard in at least 3 of the 4 sheets the following alternatives may be explained to him:

- a. He may break off the test and present himself for re-testing in not less than three months. In which case a certificate of failure shall be issued to him; or
- b. If he is not a new entrant and has not used aids to form vision at his first attempt, he may present himself for re-testing any time with artificial aids to form vision; or
- c. He may proceed to the lantern test. In this case, a record of all mistakes made in the letter test and all mistakes, if any, made in the lantern test shall be forwarded to the Chief Examiner, who shall decide whether the candidate has passed or failed in the sight test.

PART II

6. Lantern test-Apparatus

- a. A special lantern and a mirror shall be provided for this test. The test is to be conducted in a room so darkened as to exclude all light.
- b. The lantern shall be placed directly in front of the mirror, so that the front part of the lantern shall be exactly 3.05 metres from the mirror, and in such a position that the lights reflected in the mirror show clearly when viewed by the candidate on the left of the lantern.

7. (1) A candidate other than a new entrant who has used artificial aids to form vision in the letter test may continue to use such aids in the lantern test.

(2) **Darkness adaptation:** If a candidate makes mistakes at the beginning of the lantern test, he shall be kept in a completely or partially darkened room for at least a quarter, of an hour, and shall then begin the tests again.

(3) **Method of testing:**

(a) The lantern supplied for the test shall be so constructed as to allow 1 large or 2 small lights to be visible, and is fitted with 9 glasses of 3 colours red, white and green. At the beginning of the test the candidate shall be shown a series of lights through the large aperture, and he shall be required to name the colours as they appear. Care shall be taken in showing the fact that this light is not a pure white. If a candidate makes a mistake in calling this light "red", a proper red light shall be shown immediately after and this attention directed to the difference between the two.

(b) After a series of lights through the large aperture has been shown, 4 circuits and 1 broken circuit with the 2 small apertures shall be made with the candidate naming the colours of each set of 2 lights from left or right.

8. Passing or failure:

(1) If a candidate does not make any mistake in the lantern test after passing the letter test, he shall be deemed to have passed the whole test and the examiner shall issue a certificate to that effect.

(2) If, with either the large aperture of the lantern, a candidate mistakes red or green or green or red, he shall be considered to have failed in the lantern test.

(3) If a candidate makes any other mistakes with the lantern i.e. if he calls white "red" or red "white" or confuses green and white, his case shall be submitted to the Chief Examiner, and he shall be informed that the decision as to whether he is passed or failed, or must undergo a further test, shall be communicated to him in due course. Pending the receipt of the Chief Examiner's instructions, a candidate shall only be allowed to proceed with his examination for a Certificate of Competency on the express understanding that this examination will be cancelled in the event of failure in the sight tests. In every such case the candidate shall be notified by the examiner of his success or failure or that his case has been referred for special consideration.

9. Retesting of unsuccessful candidate:

A candidate who fails to pass the local lantern test shall not again be tested locally, unless the Chief Examiner directs that he may be so tested. The certificate issued to the candidate shall state whether or not he may be tested locally.

PART III

Special Examination & Appeals

10. Special Examination-Referred Cases:

In the case of any candidate who is referred to the Chief Examiner under the provisions of sub-paragraph 11 (2), the Chief Examiner may make arrangements for a special examination. In any such case, no additional fee shall be charged for the special examination.

11. Appeals

(1) A candidate who is adjudged to have failed in the local lantern test may appeal for a review. In every such case, the Chief Examiner shall make arrangements for examination of the candidate by a special body of examiners.

(2) Every such appellant shall pay an appropriate fees as prescribed in appendix I which shall be refunded to him if he is declared to have passed the appeal examination.

12. Examination Board

The special and appeal examinations shall be conducted by a Board consisting of Chief Examiner of Masters and Mates or his nominee and a specialist advisor on eye sight appointed by the Chief Examiner.

13. Intimation regarding examination

When any special or appeal examination by Board is arranged, the Chief Examiner shall give a sufficient advance notice of the date and time of such examination to the candidate.

14. Punctual attendance:

(1) Every candidate shall acknowledge notice received by him from the Chief Examiner regarding date and time of special, or as the case may be, appeal examination. Any candidate who is unable to attend examination shall immediately inform the Chief Examiner of his inability and reasons therefore. If satisfied of such reasons, the Chief Examiner may alter the programme of examination and give notice to the candidate of revised time schedule of the examination.

(2) If any candidate, being a candidate referred to Chief Examiner under paragraph 13, fails to appear for the examination at the appointed date and time, the Chief Examiner may defer his special examination by an indefinite period.

(3) If any candidate, being an appellant under paragraph 14 fails to appear for the examination at the appointed date and time, the fee paid by him shall be forfeited. Arrangement for his examination by the Board on any other date may be made on his payment of a further fee under paragraph 11.

15. Failures

(1) Where, on examination, any candidate appearing before the Board under sub-paragraph 10 or 11 is found to have a permanent defect in his eye sight which renders him unfit for a sea career, such candidate shall be finally rejected and may not be permitted to appear for sight test on any occasion in future:

Provided that any candidate declared failed at the examination by Board may apply for re-examination by the Board under provisions of sub-paragraph 16 in the presence of an ophthalmic surgeon appearing in his behalf.

(2) Any candidate who fails in the examination but is not finally rejected by reason of being found to be free from any permanent eye defect, may, at his choice appear before the Board for examination as an appellant under sub-paragraph 11 after a lapse of three months from the date of examination or seek re-examination under paragraph 16, in either case, on payment of appropriate fees.

16. Re-examination

Any candidate seeking re-examination by the Board shall pay an appropriate fee as prescribed in Appendix I. This fee shall not be refundable whether the candidate is finally adjudged passed or failed.

NOTE: All candidates who have passed the sight tests with artificial aids, are advised to use such aids when on watch-keeping duties at sea and in port and to carry a spare pair of properly corrected spectacles at all times for use in emergency.

17. The format of the application form for sight test, Form EST(**Annexure C**) and the format of a sight test certificate, Form STC(**Annexure D**), are given below.

18. HEIGHT AND WEIGHT

The minimum requirements in respect of new entrants are:

Height 157 cm. (5'2")

Weight 48kg (105lbs.)

Weight to be proportionate to height and age, 10% acceptable, Average values are enclosed herewith. In case of Lakshadweep, Amindivi, the Andamans and Nicobar Islands, Gorkhas, Nepalese, Assamese and other hilly areas, including those from Nagaland, Mizoram, Meghalaya, Arunachal Pradesh, Manipur, Tripura, Garhwal, Sikkim, the candidate's height may be reduced by 5 cm. (2") and proportionately the minimum weight should be 45 kg. (100lbs.)

HEIGHT and WEIGHT OF ADULTS (AVERAGE)

Height (without shoes)				Average weight in pounds and kilograms (in indoor clothing)													
				17-19 yrs.		20-24 yrs.		25-29 yrs.		30-39 yrs.		40-49 yrs.		50-59 yrs.		60-69 yrs.	
				lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.
	ft.	ins.	cm.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.	lb.	kg.
M E N	5	1	155	119	54	128	58.1	134	60.8	137	62.1	140	63.5	142	64.6	139	63
	5	2	157.5	123	55.8	132	59.9	138	62.6	141	64	144	65.3	145	65.6	142	64.4
	5	3	160	127	57.6	136	61.7	141	64	145	65.8	148	67.1	149	67.6	146	66.2
	5	4	162.6	131	59.4	139	63	144	65.3	149	67.6	152	68.9	153	69.4	150	68
	5	5	165.1	135	61.2	142	64.4	148	67.1	153	69.4	156	70.8	157	71.2	154	69.9
	5	6	167.6	139	63	145	65.8	151	68.5	157	71.2	161	73	162	73.5	159	72.1
	5	7	170.2	143	64.9	149	67.6	155	70.3	161	73	165	74.8	168	75.3	163	73.0
	5	8	172.7	147	66.7	153	69.4	159	72.1	165	74.8	169	76.7	170	77.1	168	76.2
	5	9	175.3	151	68.5	157	71.2	163	73.9	170	77.1	174	78.9	175	79.4	173	78.5

	5	10	177.8	155	70.3	161	73	167	75.8	174	78.9	178	80.8	180	81.6	178	80.8
	5	11	180.3	160	72.6	166	75.3	172	78	179	81.2	183	83	185	83.9	183	83
	6	0	182.9	164	74.4	170	77.1	177	80.3	183	83	187	84.8	189	85.7	188	85.3
	6	1	185.4	168	76.2	174	78.9	182	82.6	188	85.3	192	87.1	194	88	193	87.5
	6	2	188	172	78	178	80.0	186	84.4	193	87.5	197	89.4	199	90.3	198	89.8
	6	3	190.5	176	79.8	181	82.5	190	86.2	199	90.3	203	92.1	205	93	204	92.5
W O M E N	4	10	147.3	102	46.3	105	47.6	110	49.9	117	53.1	124	56.2	127	57.6	129	58.5
	4	11	149.9	105	47.6	108	49	113	51.3	120	54.4	127	57.6	130	59	131	59.4
	5	0	152.4	109	49.4	112	50.8	116	52.6	123	55.8	130	59	133	60.3	134	60.8
	5	1	154.9	113	51.3	115	52.2	119	54	126	57.2	133	60.3	136	61.7	137	62.1
	5	2	157.5	116	52.6	118	53.5	122	55.3	129	58.5	136	61.7	140	63.5	141	64
	5	3	160	120	54.4	121	54.9	125	56.7	132	59.9	140	63.5	144	65.3	145	65.8
	5	4	162.6	124	56.2	125	56.7	129	58.5	135	61.2	143	64.9	148	67.1	149	67.6
	5	5	165.1	127	57.6	129	58.5	133	60.3	139	63	147	66.7	152	68.9	153	69.4
	5	6	167.6	130	59	132	59.9	136	61.7	142	64.4	151	68.5	156	70.8	157	71.2
	5	7	170.2	134	60.8	136	61.7	140	63.5	146	66.2	155	70.3	160	72.6	161	73
	5	8	172.7	138	62.6	140	63.5	144	65.3	150	68	159	72.1	164	74.4	165	74.8
	5	9	175.3	142	64.4	144	65.3	148	67.1	154	69.9	164	74.4	169	76.7	-	-
5	10	177.8	147	66.2	149	67.6	153	69.4	159	72.5	169	76.7	174	78.9	-	-	
5	11	180.3	152	68.9	154	69.9	158	71.7	164	74.4	174	78.9	180	81.6	-	-	

IDEAL BODY WEIGHT CHART

WEIGHT (Kg)	WOMEN Acceptable range	Obese	MEN Acceptable range	Obese
1.45	42-53	64	51-64	77
1.48	42-54	65	52-65	78
1.50	43-55	66	53-66	79
1.52	44-57	68	54-67	80
1.54	44-58	70	55-69	83
1.56	45-58	70	56-71	85
1.58	46-59	71	58-73	88
1.60	48-61	73	59-74	89
1.62	49-62	74	60-75	90
1.64	50-64	77	62-77	92
1.66	51-65	78	64-79	95
1.68	52-66	79	65-80	96
1.70	53-67	80	66-82	98
1.72	55-69	83	67-84	101
1.74	56-70	84	69-86	102
1.76	58-72	86	71-88	106
1.78	59-74	89	73-90	108
1.80			75-93	112
1.82				
1.84				
1.86				

1.88				
1.90				
1.92				

Height without shoes : weight in indoor clothing

From the recommendations of the Fogarty Center Conference on Obesity 1973 (Bray 1979) & based on the original Metropolitan Life Insurance Tables (1959).

CONFIDENTIAL

Form : Mex

Medical Examination of Seafarers
Report of Medical Examination by an approved Medical Practitioner

PERSONAL DETAILS				Previous Medical History Does the Seafarer have a medical history of one of the following			
Name	_____ _____ Surname, First Name and middle initial				Ye s	N o	Amo unt below , if positi ve
Date of Birth	(date)	(month)	(year)	Hypertension			
				Eye trouble/glasses/contact lenses			
Nationality		Male		Stomach/bowel disorder			
		Female		ENT			
Rank/Rating/Occupation	_____ _____ _____			Hearing impaired			
Present type of ship and routes	_____ _____ _____			Skin disease			
				Heart condition Rheumatic fever			
No. of Discharge Book, Passport, identity card.	_____ _____ _____			Asthama/bronchitis			
				Hay fever/allergies			
Office address				Enterovirus			
				Nervous/mental illness			

				Jaundice/liver disease			
				Genito/urinary disorders			
				Back injury/pain			
				Hernia			
				Diabetes			
				Infectious/contagious/tropical diseases			
				Malignant diseases			
				Migraine/severe headaches			
				Head injury/concussion			
				Fractures/dislocations			
				Varicose veins/haemorrhoids			
				Female disorders			
				Tobacco use (quantity)			
				Alcohol intake (quantity)			
				Other illness Operations			

Medical Examination

Does the seafarer suffer from any other abnormalities? *Please tick correct box and expand as necessary*

	Yes	No
Teeth		
ENT		
Skin		
Heart		
Lungs		
Nervous System		
Varicose Veins		
Genito urinary system		
Hernia		
Any other defects		

PHYSICAL EXAMINATION

NOT FIT FOR
DUTY

(permanently)

(temporary)

Should be re-examined
in _____ days/weeks/months

Recommended tests, consultations,
Rehabilitation etc.:

(Doctor's official stamp)

(Doctor's signature)

Medical Certificate for Service at Sea

(Seafarer's last name, First name and middle initial) (printed or typed)

discharge book, passport or number of other valid identity document, and type of document)

has been examined by _____
(Name of medical examiner)

and has been found fit for service at sea in the job of: _____

His/her colour vision has _____ been checked _____ has not been checked.

He/she was found _____ fit for look-out duty _____ not fit for look-out duty

(date and place (city and country) of examination)

(signature of the medical examiner)

(serial number of the certificate)

This certificate expires on _____
(day, month, year)

Official stamp:

MEDICAL EXAMINATION OF SEAFARERS
PART I
Examinee's Declaration

Name: _____
(Surname) (First Name) (Middle Name)

Date of Birth: _____ Male/Female

Place of Birth: _____
(State/Country)

Home Address: _____

Rank/Rating/Occupation

Passport/CDC/Identity Card No.

Type of Ship (Container/Tanker/Passenger/Other)

Office Address: _____

Medical History

Have you any personal history on any one of these:

	Yes/No
1. Headache severe (one side) (Migraine)	_____
2. Head injury/concussion	_____
3. Eye/Vision problem (Contact Lenses/Glasses)	_____
4. High/Low Blood Pressure	_____
5. Ears/Nose/Throat Problems	_____
6. Hearing Impairment	_____
7. Asthama/Bronchitis/Sinitus	_____
8. Dizziness/ Fainting (loss of consciousness)	_____
9. Epilepsy Seizures	_____
10. Heart Condition (Angina)	_____
11. Rheumatic Fever	_____
12. Hay Fever/Allergies	_____
13. Skin Problems	_____
14. Infections/Contagious Disease	_____
15. Stomach/Bowel Disorders	_____
16. Blood Disorders	_____
17. Jaundice/Liver Problem	_____
18. Diabetics	_____
19. Thyroid Problem	_____
20. Kidney Problem/Stone in Bladder	_____
21. Hernia/Urinary Disorder	_____
22. Genitus/Urinary Disorder	_____
23. Pregnancy/Female Disorders	_____

- 24. Sleep Problems _____
- 25. Nervous/Mental Illness _____
- 26. Loss of Memory _____
- 27. Psychiatric Problems _____
- 28. Depression _____
- 29. Vericose Veins/Piles _____
- 30. Back Injury/Problem/Slip Disc _____
- 31. Fractures/Dislocations _____
- 32. Restricted Mobility (any part) _____
- 33. Amputation (any) _____
- 34. Smoking/Tobacco Quantity (intake) _____
- 35. Alcohol Intake Quantity _____
- (y) If there is 'Yes' to any of the questions please elaborate in detail - when and where treatment followed? Duration? Particulars of Doctor who treated. (For additional space use extra sheet).
- 36. Are you suffering from any malignancy? _____
- 37. Have you ever been signed off as sick or repatriated from ship prematurely? _____
- 38. Have you ever been hospitalised (any where)? _____
- 39. Have you ever been declared unfit for sea service? _____
- 40. Has your medical certificate ever been restricted or revoked? _____
- 41. Are you aware that you have any medical problem, disease or illness? _____
- 42. Do you feel healthy and fit to perform the duties of your designated position/occupation? _____
- 43. Are you allergic to any medication? _____
- (y) If yes to any of the above questions please elaborate with details as to (y) above
- 44. Are you taking any non-prescription medication? _____
If yes, please elaborate the dosage and purpose with details as to (y) above

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

Full Name (Block Letter)

Signature

Date:

Place:

Time:

I hereby authorise the release of all my previous medical records from any health professional, health institution and public authorities who may have dealt with my case to Dr. _____ (the approved medical examiner of the Company)

Full Name:

Signature

Passport/CDC No.

Date

Time

Place