

INTERNATIONAL LABOUR ORGANIZATION

Sectoral Activities Programme

See text links below.

ILO/WHO/D.2/1997

Guidelines for Conducting Pre-sea and Periodic Medical Fitness Examinations for Seafarers

Part 6

Annex D

Minimum requirements for the medical examination of seafarers

Name (last, first, middle):	RASUL SAIMA		
Date of birth (day/month/y	ear): 24 /08/ 200 2 Sex:	□ male	• /female
Home address: Eastern Pallabi	n Howsing, Word 2nd Phase, Mirp	No5, Bl ur 11/2, Dl	ock-D, House No26: naka-1216
Passport No./Discharge Bo	ok No.: B00011759		
Type of ship (container, tar	nker, passenger, fishing):	Tanker	
Trade area (e.g., coastal, tre	opical, worldwide): Wo	rldwide	
Examinee's personal decl (Assistance should be offer			

(Assistance should be offered by medical staff)
Have you ever had any of the following conditions•

	Condition	Yes	No		Condition	Yes	No
1.	Eye/vision problem	□•	1.	18.	Sleep problems	□•	⊘ •
2.	High blood pressure	□•	1.	19.	Do you smoke?	□•	1
3.	Heart/vascular disease	□•	4.	20.	Operation/surgery	₫•	1.
4.	Heart surgery	□•	₽.	21.	Epilepsy/seizures	□•	4.
5.	Varicose veins	□•	D.	22.	Dizziness/fainting	□•	4
6.	Asthma/bronchitis	D•	1	23.	Loss of consciousness	□•	4.

7.	Blood disorder	П	8	24.	Psychiatric problems	П	4
8.	Diabetes	ū	4	25.	Depression		~
9.	Thyroid problem	11	4	26.	Attempted suicide	El	4
10.	Digestive disorder	11	4	27.	Loss of memory		4
11.	Kidney problem	El	4	28.	Balance problem	1.1	4
12.	Skin problem	В	4	29.	Severe headaches	1.1	4
13.	Allergies	13	4	30.	Ear/nose/throat problems	El	4
14.	Infectious/contagious diseases	Ð	4	31.	Restricted mobility	1.1	4
15.	Hernia	П	4	32.	Back problems	13	4
16.	Genital disorders	17	4	33.	Amputation .	TT.	4
17.	Pregnancy	П	4	34.	Fractures/dislocations	17	4
If a	ny of the above questions were ans	wered	"yes", p	olease g	give details.		

Additional questions

35.	Have you ever been signed off as sick or repatriated from a ship?	Yes □	No
36.	Have you ever been hospitalized?		1
37.	Have you ever been declared unfit for sea duty?		
38.	Has your medical certificate ever been restricted or revoked?		4
39.	Are you aware that you have any medical problems, diseases or illnesses?	П	
40.	Do you feel healthy and fit to perform the duties of your designated position/occupation?	X	
41.	Are you allergic to any medications?	D .	1

Comments:

42. Are you taking any non-prescription or prescription medications?



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learing										
Colour	vision:	□ No	t tested	No	rmal [Doubtf	ul 🗆 Def	ective		
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Distant	eye 116	//6		eye	eye		Right eye			
	Right	Left	Binocular	Right	Left	Binocul	ar	Normal	Defective	
	Unaid	ed		Aided				Visua	ıl fields	
			Visual	acnity						
□• Pre Sight	-sea		Z.	Period	ic		□• C	ther		
Medica	exami	nation	ı /	7				Gener	al Physician ospitals Limited	
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Witness	ed by: (Signai	ture)	- Konn		<u>-</u> -		yped or pi	waste and the same and	A NI
			e: Saima	Ka	oul _	_ Date (da	y/month/	year): 16	APR 2024	
			. ,		,					
health ir examine	istitutio	ns and	l public auth	orities	to Di	mRI	nD RAI	HAN.	the approve	d medical
I hereby	author	ize the	release of a	ıll my	previo	ous medic	DG SI	hipp.ng Bangla General Ph Radical Hospita	desh Approved ysician als Limited	ecionala
			4	VIII			MBBS (DU), DFM, CCD (B C A-55144, N	Irdem), PGT (Ophth)	
Witness						Date (0.000 0.000	16 APR 202	
			e: Saime						e best of my	
I hereby	certify	that t	ne nerconal	daalam	otion .	ala assa '	7 8 10			

Height: 160	(cm)	V	Veight:	60	(kg)	
Pulse rate: 70	(/(minute)		Rhythm:	Regul	070	-
Blood pressure:	Systolic:	100	(mm Hg)	Diastolic:	70	(mm Hg)
Urinalysis:	Glucose: _	nil		Protein:	m'	
	Normal	Abnormal			Normal	Abnormal
Head	10	D.	Varicose vein	S	1	1.7
Sinuses, nose, throat	1	1.1		pedal pulses)	1	1.1
Mouth/teeth	10		Abdomen and	viscera	10	
Ears (general)	1	I.J.	Hernia		/1	-
Tympanic membrane	1		Anus (not rect	tal exam.)	1/	T
Eyes	V.	11	G-U system		1	E
Opthalmoscopy	1	TT.		ver extremities	1	II
Pupils	1/2	11	Spine (C/S, T/		1	п
Eye movement	1	[]	Neurologic (fi		1/	11
Lungs and chest	1/2	n.	Psychiatric		1/	11
Breast examination	1/2	E	General appea	arance	1	El
Heart		FI	General appea	iranec	~ 1	, L., I
Skin						
Chest X-ray: Results:	□ Not per	formed	Performed	on (day/month/y	year): 16	APR 2024
Other diagnostic test(s) and resul	t(s):				
Test B	nast	cripe	e Result	NORM	ul	
Medical examiner's	comments:					
			FIT FOR DUTY	ON BOARD SHI	e	
Vaccination	on status rec	corded:	· Yes	ALC: NO.	□ No	
	As	sessment of	fitness for serv	vice 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:





\wedge	Deck service	Engine service	Catering service	Other services
Fit	1.1		1.1	T)
Unfit	Li	F1	11	11
Witho	out restrictions	With restrictions	1.	
Describe restr	rictions (e.g., specifi	ic position, type of	ship, trade area)	
Action taken Place of exan	by medical examine		examination (day/	month/year): 16 APR 2024
		J. 63625	45.4	PR 2026
Medical certi	ficate's date of expir	ration (day/month/)	/ear):	
Official stam	p (also print name o	f medical examine	of not legible):	DR. MIR. MD. RAIHAN MBBS (DU), DFM, CCD (Birdem), PGT (Ophth) BMDC A-55144, MMC-BGD-016
Signature of	medical examiner: _	Till I	•	DG Shipp.ng Bangladesh Approved General Physician Radical Hospitals Limited
Authorized b	y: DG SHIPP	NO BANO	WADER Comp	betent authority)
		中屋		
<u> </u>	ABOUT SECTOR S	ECTORS MEETIN	IGS PUBLICATION	NS WHATS NEW
企	THE STATE OF THE S			
	rmation, please contact email: sector@ilo.org	the Sectoral Activities	Department (SECTOR)
Disclaimer	webinfo@ilo.org			



This page was created by BR/PL. It was approved by BW/BKN. It was last updated Tues, 17 Jun 1999.

Gender: Male/Female*



MARITIME AND PORT AUTHORITY OF SINGAPORE

SEAFARER'S MEDICAL CERTIFICATE

MPA

Seafarer's Name :(Last, first, middle)

This certificate is issued by the undersigned recognized medical practitioner to the named seafarer on behalf of the Maritime and Port Authority of Singapore and meets both the requirements of the International Convention on Standards of Trainings, Certification and Watchkeeping for Seafarers, 1978, as amended (STCW Convention) and the Maritime Labour Convention, 2006.

SAIMA RASUL

9/5	te of Birth: (Day/month/year) 24-08- 2002	Nationality:	Bangladeshi	Place of Birth: Satk	hira		
)ecla	aration of the recognized me	edical practiti	ioner:		Yes No		
1	Identification documents wer	re checked at	the point of examinat	ion?	I S NO		
2	Hearing meets the standards	s in STCW Co	de Section A-I/9?		1		
3	Unaided hearing satisfactory?						
4	Visual acuity meets the standards in STCW Code Section A-I/9?						
5	Colour vision meets the stan	dards in STC\	N Code Section A-I/9)?			
	Date of last colour	vision test:		1 6 APR 2024			
6	Fit for look-out duty?				10		
7	Is the seafarer free from any to render the seafarer unfit for	medical cond	ition likely to be aggra or endanger the life	avated by service at sea or of person onboard?			
8	No limitations or restrictions			- porcon onboard.			
	If "no" specify limitations or r	estrictions					
9	Date of examination: (day/mo	onth/vear)	11-2-3	16 APR	2021		
10	Expiry of certificate: (day/mo	nth/year)	ess the seafarer is under				

16 APR 2024

Date

The .

Signature of Authorised Medical Practitioner DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipp,ng Bangladesh Approved
General Physician
Radical Hospitals Limited.

Medical Practitioner's Official stamp (name, licence number, address etc)

I have been informed of the content of the certificate and of the right to a review.

Saima Rasul

Signature of Seafarer

*delete as appropriate

Page 1 of

SEAFARER MEDICAL CERTIFICATE - March 2020

04.2024.6326



MARITIME AND PORT AUTHORITY OF SINGAPORE SHIPPING DIVISION



RECORD OF MEDICAL EXAMINATIONS OF SEAFARER

Part A – to be completed by the Seafarer who is responsible for answering each question accurately.

Seafarer's Name :(Last, first, middle) (BLOCK CAPITALS)	RASUL	SAIMA	Gender: Male/Female*
Date of Birth: day/month/year 24-08-2002	UL	Satkhina	ality: Bangladeshi
Type of ID documents: NRIC No. / Passport No.: 800011759	Rank: Engi	ne Codet	Type of ship: Tanker
Home Address: Eastern Housing Road No5, Block-D, Pallabi 2nd Pharse, Mirpur-11.5, Dhakati	Routine and e	mergency duties:	 Trading area: e.g coastal / world wide

Seafarer's Declarations (please tick)

Have you ever had any of the following conditions?

Yes	No/	Yes No
Eye/vision problem	18. Sleep problem	1
High blood pressure	19. Do you smoke, use alcohol or drugs?	/
Heart/vascular disease	20. Operation/surgery	/
Heart Surgery	21. Epilesy/seizures	
Varicose veins/piles	22. Dizziness/fainting	100
6. Asthma/bronchitis	23. Loss of consciousness	
7. Blood disorder	24. Psychiatric problems	
8. Diabetes	25. Depression	
Thyroid problem	26. Attempted suicide	
10. Digestive disorder	27. Loss of memory	
11. Kidney problem	28. Balance problem	
12. Skin Problem	29. Severe headaches	
13. Allergies	30. Ear(hearing, tinnitus/nose/throat problet	m ·
14. Infectious / contagious diseases	31. Restricted mobility	
15. Hernia	32. Back or joint problem	
16. Genital disorder	33. Amputation	a result
17. Pregnancy	34. Fracture/dislocations	

If you answer "yes" to any of the above questions, plea	se provide details:
---	---------------------

Additional questions	Yes No
35. Have you ever been signed off as sick or repatriated from a ship?	
36. Have you ever been hospitalized?	

37. Have you ever been declared unfit for sea duty?		1
38. Has your medical certificate even been restricted or revoked?	-	/
39. Are you aware that you have any medical problems, diseases or illnesses?	7. 2.5	/
40. Do you feel healthy and fit to perform the duties of your designated position/occupation?		/
41. Are you allergic to any medication?	-	1
42. Are you using any non-prescription or prescription medication?		
		/

If you answer "yes", please list the medications taken, the purpose(s) and the dosage:

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

16 APR 2024

Date

Saima Rosul
Signature of Seafarer

Annua -

DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipp.ng Bangladesh Approved
General Physician

DG Shipping Bangladesh Approved General Physician
Name and Signature of With Pitals Limited.

I hereby authorize the release of all my previous medical records (including my last Seafarer Medical Certificate) from any health professional, health institutions and public authorities to Dr.

MIR MP. PAHHAN.

16 APR 2024

Date

Saima Rasul

The same of the sa

DR, MIR. MD. RAIHAN
MB8S (DU), DFM. CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited.

Name and Signature of Witness



Yes T	ype			Purpose		
sual Acuity						
	Unaided				Aided	1
Right eye	Left eye	Binocula	r Ri	ght eye	Left eye	Binocul
Distant	6/6	60-	6 Di	stant		
Near	15	NS	_ N	ear		
sual fields						
(0.100)	Norma	al /	Def	ective		
Right eye	0					
Left eye	/					
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Right ear Left ear peech and Right ear Left ear	20 20 whisper test	1,000 2 (metres)	Hz Ø	2,000 Hz 20 20	3,000 H	z
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Right ear Left ear Right ear Right ear Left ear Left ear Left ear Urinalysis Head	whisper test ((cm) r minute) (mm Hg)	Hz 0 0 75 100 Protein:	Weight Rhythn	hisper 60 (kg) n ic (mm Hg) Blood:	Roma

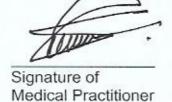
Part B - Result of medical examinations

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vice at sea (pl ersonal declara re the seafarer Unfit for I Visual aid	ease tick) Ition, my clinion medically: ookout duty It not required		ion and diagnos	tic test
-	Results/ result(s):	Results Nonna result(s): Results nts and assessment of fitnes	Results ADMILE Results DOMINE Results DOMINE nts and assessment of fitness, with reason	Results: No multiple of fitness, with reasons for any limitation.

Without restrictions With restrictions	
escription of restrictions (e.g. specific position, type of ship, trading a	rea etc.)

16 APR 2024

Date



DR. MIR. MD. RAIHAN
MBBS (DU), DFM. CCD (Birdem), PGT (Ophth)
BMDC A-55144, MMC-BGD-016
DG Shipping Bangladesh Approved
General Physician
Radical Hospitals Limited.

Medical Practitioner's name, licence number, address

HOSPILLE RAPALCZOB Page 5 of 8



RADICAL HOSPITAL

radical_hospitals@yahoo.com, www.radicalhospital.com

15.1

ID NO : 24040313

Date : 16/04/2024

Patient's Name: SAIMA RASUL

Age : 21Y 7M 23D

Ref. By : DR.MIR MD.RAIHAN MBBS,(DU),CCD(BIRDEM),PGT(EYE),DFM-C/O/11376

Sex : Female

Specimen : Blood

(Relevent estimations were carried out by KT-44 Haematology Analyzer with checked manually)

HAEMATOLOGY REPORT

- All Control				
Parameter	R	esults	Reference Values	Histogram
Haemoglobin(Hb) ESR(Westergren)	12.1 10	g/dl mm/1st hr	M:12-16, F:10-14.0 g/dl M:0-10, F:0-20 mm/1st hr	A
TOTAL WBC COUNT DIFFERENTIAL COUNT	7,100	/cumm	4,000 - 11,000 /cumm	AAA
Neutrophils Lymphocytes Monocytes Eosinophils	71 22 04 03	% % %	(40 - 75)% (20-45)% (2-10)% (1-6)%	WBC CURVE
Basophil TOTAL CIR. EOSIONOPHIL COUNT	213	% /cumm	0-1 % 40 - 450 /cumm	
TOTAL PLATELET COUNT(PC) MPV PDW-CV	251,000 10.6 16.6	/cumm fL %	1,50,000-4,50,000 /cumm 7.0 -11.0 fL 10 - 18 %	
PCT P-LCR P-LCC	0.27 31.3 79	% % x10^3/uL	0.10 - 0.28 9.00 - 45.00% 13 - 129 x10^3/uL	PLT CURVE
RBC COUNT HCT/PCV MCV	4.17 39.0	m/ul %	M: 4.5-6.5, F: 3.8-5.8 m/ul M: 40-54%, F: 37-47%	
MCH MCHC RDW SD	93.5 29 31 46	fL pg g/dL fL	76-94 fL 27-32 pg 29-34 g/dL 30.0-57.0 fL	RBC CURVE

10-16%

Checked By....... Medical Technologist. Redical Hospital Ltd. Uttara, Dhaka.

RDW CV

Dr. Sunaiya Khatun MBBS,MD (Gold Medilist) (BSMMU) Associate Professor Dept.Of Microbiology East West Medical College & Hospital.



Bill No	DIA24040313	Received Date	16/04/2024
Patient's Name	SAIMA RASUL		1317 112021
Patient's Age	21Y 7M 23D	Patient's Sex	Female
Ref. by	Dr. Mir Md. Raihan MBBS,(DU)	,CCD(BIRDEM),PGT(Eye),DFM	CDC NO:C/O/11376
Sample	Blood		

BIOCHEMISTRY REPORT

Test NameResultReference RangeRandom Blood Sugar (RBS)4.7 mmol/l4.2 – 6.4 mmol/l

REMARKS (IF ANY)

IN VIEW OF THE LIVER FUNCTION TEST RESULT, HIS BLOOD IS FREE FROM TOXIC EFFECT OF CHEMICALS.

Checked By

Medical Technologist Radical Hospitals Ltd. Dr. Sumaiya Khatun MBBS, MD(Microbiology) Associate Professor Dept. of Microbiology East West Medical College and Hospital.



Bill No	DIA24040313	Received Date	16/04/2024
Patient's Name	SAIMA RASUL	7.0000	10/04/2024
Patient's Age	21Y 7M 23D	Patient's Sex	Female
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD	(BIRDEM),PGT(Eye),DFM	CDC NO:C/O/11376
Bill No	DIA24040313		

SEROLOGICAL REPORT

Test Name

Result

HIV 1 & 2 (Method : (ICT) Negative

RADICAL

Checked By

Medical Technologist. Radical Hospital Ad. Dr. Surhaiya Khatun

MBBS, MD (Microbiology)

Associate Professor

Dept. of Microbiology

East West Medical College and Hospital.



Bill No	DIA24040313	Received Date	16/04/2024
Patient's Name	SAIMA RASUL		10/01/2021
Patient's Age	21Y 7M 23D	Patient's Sex	Female
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRD	EM),PGT(Eye),DFM	CDC NO:C/O/11376
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	RBC	Nil
Appearance	Clear	Pus Cells	1-2/HPF
Sediment	Nil	Epithelial	0-1/HPF

CHEMICAL EXAMINATION CASTS / LPF

Reaction	Acidic	RBC	Nil
Albumin	Nil	WBC	Nil
Sugar	Nil	Epithelial	Nil
Ex.Phosphate	Nil	Granular	Nil
	ZAI)	Hyaline	Nil

ON REQUESTCRYSTALS & OTHERS

Bile Salt	Not Done	Urates	Nil
Bile Pigment	Not Done	Uric Acid	Nil
Ketones	Not Done	Calcium oxalate	Nil
Urobilinogen	Not Done	Amor, Phos	Nil
B.J. Protein	Not Done	Hippurate crystal	Nil

Checked By

Medical Technologist. Radical Hospital td. Dr. Sumaiya Khatun MBBS, MD (Microbiology) Associate Professor Dept. of Microbiology

East West Medical College and Hospital.



Bill No	DIA24040313	Received Date	16/04/2024
Patient's Name	SAIMA RASUL		
Patient's Age	21Y 7M 23D	Patient's Sex	Female
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO:C/O/11376
Sample	URINE		

SEROLOGICAL REPORT

Test Name

Result

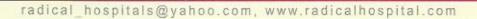
Urine for pregnancy (ICT)

Negative

RADICAL

Checked By

Medical Technologist. Radical Hospitals Ltd. Dr. Sunaiya Khatun MBBS, MD (Microbiology) Associate Professor Dept. of Microbiology East West Medical College and Hospital.





Bill No	DIA24040313	Received Date	16/04/2024
Patient's Name	SAIMA RASUL		10/0 1/2024
Patient's Age	21Y 7M 23D	Patient's Sex	Female
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:C/O/11376
Sample	URINE		

DRUG ABUSE TEST

METHOD: Immunochromato graphic Assay (Rapid one Step Test)

Test Name	Result
Drug Level of Urine	
Cocaine	Negative
Morphine	Negative
Marijuana	Negative
Barbiturates	Negative
Amphetamines	Negative
Phencyclidine	Negative
Alcohol	Negative
Benzodiazepines	Negative
Methadone	Negative
Propoxyphene	Negative

Checked By

Medical Technologist Radical Hospital Ltd. Dr. Supralya Khatun
MBBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital.

RADICAL HOSPITAL

radical_hospitals@yahoo.com, www.radicalhospital.com

Patient's Name	:	SAIMA RASUL	ID NO	:	24040313	
Age	:	21 Yrs	Date		16/04/2024	
Sex	:	Female				
Referred by	:	Dr. Mir Md. Raihan MBBS,(DU),CCD (BIRDEM),PGT(Eye),DFM				

Dental Examination Reports

On Examination

1. Dental Caries : Absent

2. Calculus : Absent

3. Missing : Absent

4. Gum Condition : Normal

5. Filling : No

6. Root Canal Treatment : No

7. Any Bridge/Denture/Crown: No

8. Oral Hygine : Normal

Comments: Normal

Dr. Mir Md. Raihan

MBBS (DU), DFM, CCD (Birdem), PGT(opth) Reg- A55144 BGD-016(MMC) DG Shipping Bangladesh Approved Malaysian Medical Council Approved General Physician

Radical Hospitals Limited

OR PROPHYLAXIS INTERNATIONAL CERTIFICATE OF VACCINATION

nationality Bengladeshi This is to certify that [name] SAIMA PASUL

national identification documents, if applicable Not applicable whose signature follows Saima Rasul

(name of disease or condition) has on the date indicated been vaccinated or received prophylaxis against

in accordance with the International Health Regulations.

Vac

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	ed ed	EN 7265	Fabricant du vaccine ou de l'agent prophylactique et numéro du lot	Manufacturer and Batch no. of vaccine or prophylaxis	Vicini
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OU DE PROPHYLAXIE CERTIFICATE INTERNATIONAL DE VACCINATION

Nous certifions que [nom] Né(e) le

et de nationalité

document d'identification national, le cas échéant

don't la signature suit

contre: (nom de la maladie ou de l'affection) a été vaccine(e) ou a recu des agents prophylactiques à la date indiquée

Conformement au Règlement sanitaire international

INTERNATIONAL CERTIFICATE OF VACCINATION OR REVACCINATION AGAINEST CHOLERA CERTIFICAT INTERNATIONUAX DE VACCINATION OU DE REVACCINATION CON IRE LE CHOLERA

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