

Medical Certificate for Service at Sea

As per medical standards of ILO-MLC 2006, as amended STCW 2010

Issue Date: 15th July 2013
Rev. Date: 01 November 2022
Revision No.: 01
Form #: C-43

Name: (last, first, middle)					
AHMED		MD		HREDOY	
Date of birth: (day/month/year)	04	04	2001	Gender: (male/female)	MALE
Passport / Discharge book No:	B00778488			Nationality:	BANGLADESHI
Rank:	DECK HAND			Place of Examination:	DHAKA



I have evaluated the above-named seafarer/ new entrant after establishing his identity as per the documents mentioned above. On the basis of the seafarer's/ new entrant personal declaration, my clinical examination, the diagnostic test results obtained, and in consideration of the essential requirements of the position applied for, my opinion is –

	Yes	No
a. Hearing meets the standards in STCW Code, section A-I/9:	☒	☐
b. Unaided hearing is satisfactory;	☒	☐
c. Color Vision meets the required STCW Code standards section A-I/9 (testing only required every six years)	☒	☐
d. Date of last color vision test:		
e. Fit for lookout duty	☒	☐
f. Is the seafarer free from any medical condition likely to be aggravated by Service at sea or to render the seafarer unfit for such service or to endanger the health of other persons on board :	☒	☐

This seafarer is ☐ UNFIT FOR DUTY ** / ☒ FIT FOR DUTY with / without restriction *as mentioned below.

FIT FOR DUTY ON BOARD SHIP

*This Medical Certificate is issued with following restriction

** Reasons for being unfit

Date of examination: (Day/Month/Year)	29 JAN 2024
Expiry date of certificate: (Day/Month/Year)	28 JAN 2026
Name of Medical Examiner	DR. MIR MD. RAIHAN MBBS, (DU), DFM
Signature of Medical Examiner	
Official Stamp	



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

04.2024.57.90

Medical Declaration

As per medical standards of ILO- MLC 2006, as amended STCW 2010

Medical Examination of Seafarers Examinee's Declaration

Name (last, first, middle):	AHMED MD HREDOY
Date of birth (day/month/year):	04-APR-2001
Sex: Male / Female	MALE
Home address:	TOKINAGOR, BAGATIPARA, PAKA-6410 NATORE, BANGLADESH
Passport No./Discharge book No.:	B00778488
Department (Deck/Engine/Radio/Food handling/other):	DECK
Rank:	DECK HAND
Routine and emergency duties (if known):	
Type of ship (Cargo, Tanker, Passenger):	
Trade area (coastal, tropical, worldwide):	

Seafarer's Personal Declaration

(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		✓	18 Sleep problem		✓
2 High blood pressure		✓	19 Do you smoke, use alcohol or drugs?		✓
3 Heart/vascular disease		✓	20 Operation/surgery		✓
4 Heart surgery		✓	21 Epilepsy/seizures		✓
5 Varicose veins/piles		✓	22 Dizziness/fainting		✓
6 Asthma/bronchitis		✓	23 Loss of consciousness		✓
7 Blood disorder		✓	24 Psychiatric problems		✓
8 Diabetes		✓	25 Depression/Hepatitis		✓
9 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 problem		✓
14 Infectious/contagious diseases		✓	31 Restricted mobility		✓
15 Hernia		✓	32 Back or joint problem		✓
16 Genital disorder		✓	33 Amputation		✓
17 Pregnancy	N/A		34 Fractures/dislocations		✓



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If you answered "yes" to any of the above questions, please give 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?		☒
38	Has your medical certificate even been restricted or revoked?		☒
39	Are you aware that you have any medical problems, diseases or illnesses?		☒
40	Do you feel healthy and fit to perform the duties of your designated position/occupation?	☒	
41	Are you allergic to any medication?		☒

Comments:

FIT FOR DUTY ON BOARD SHIP

42	Are you taking any non-prescription or prescription medications?		☒
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If yes, please list the medications taken, and the purpose(s) and dosage(s):

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

Signature of
Examinee:



Day
(day/month/year)

29 JAN 2024

Witnessed by:
(signature)

Name (Typed or
Printed)

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

I hereby authorize the release of all my previous medical records from any health professionals, health institutions and public authorities to Dr. Mir Md. Raihan (the approved medical practitioner)

Signature of Examinee



Day (day/month/year)

29 JAN 2024

Witnessed by: (signature)

Name (Typed or Printed)

DR. MIR. MD. RAIHAN
 MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
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File No. : L #4 (2nd/O)

Retention : 3 Years / Frequency : As Required



Page 2 of 4

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Medical Examination by Doctor

☐ Pre-sea

☒ Periodic

☐ Other

Sight

Visual Acuity					
Unaided			Aided		
Right Eye	Left Eye	Binocular	Right Eye	Left Eye	Binocular
Distance	6/6	6/6			
Near	25	25			

Visual Fields		
	Normal	Defective
Right Eye	✓	
Left Eye	✓	

Color vision:

☐ Not tested

☒ Normal

☐ Doubtful

☐ Defective

Hearing

	500 Hz	1000 Hz	2000 Hz	3000 Hz	4000 Hz	6000 Hz
Right Ear	20	20	20			
Left Ear	20	20	20			

Speech and whisper test (metres)

	Normal	Whisper
Right Ear	4	4
Left Ear	4	4

Height (cm)	175	Weight: (kg)	63
Pulse rate: (/minute)	78	Rhythm:	Regular
Blood pressure:	Systolic: (mm/Hg) 120	Diastolic: (mm/Hg)	80
Urinalysis:	Glucose:	Protein:	Blood:

	Normal	Abnormal		Normal	Abnormal
Head	✓		Skin	✓	
Sinuses, nose, throat	✓		Varicose veins	✓	
Mouth/teeth	✓		Vascular (inc. pedal pulses)	✓	
Ears (general)	✓		Abdomen and viscera	✓	
Tympanic membrane	✓		Hernia	✓	
Eyes	✓		Anus (not rectal exam)	✓	
Ophthalmoscopy	✓		G-U system	✓	
Pupils	✓		Upper and lower extremities	✓	
Eye movement	✓		Spine (C/S, T/S and L/S)	✓	
Lungs and chest	✓		Neurologic (full/brief)	✓	
Breast examination	✓		Psychiatric	✓	
Heart	✓		General appearance	✓	

Chest X-ray	Not performed	NORMAL	Performed on (day/month/year):	29 JAN 2024
			.../.../...	



Medical Declaration

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Other diagnostic test(s) and result(s):

Test	Results
BLOOD TEST	NORMAL
URINE TEST	NORMAL
ECG	NORMAL

Medical practitioner's comments and assessment of fitness, with reasons for any limitations:

No Restrictions

Vaccination status recorded:

☒ 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 look out duty

☐ Not fit for look out duty

	Deck service	Engine service	Catering service	Other services
Fit	☒			
Unfit				

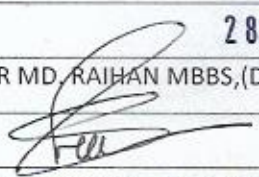
☐ Without Restriction

☐ With Restrictions

Describe restrictions (e.g., specific position, type of ship, trade area)

Action taken by Medical Examiner (e.g. referral):

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Date of examination: (Day/Month/Year)	29 JAN 2024
Expiry date of certificate: (Day/Month/Year)	28 JAN 2026
Name of Medical Examiner	DR. MIR MD. RAIHAN MBBS,(DU), DFM
Signature of Medical Examiner	
Official Stamp	DR. MIR. MD. RAIHAN MBBS (DU), DFM, CCG (Birm), PGT (Ophth) BMDC A-55144, MMC-BGD-016 DG Shipp.ng Bangladesh Approved General Physician Radical Hospitals Limited



Id No : 0542 **Date** : 29-Jan-2024 **D.Date** : 29-Jan-2024
Patient's Name : MD HREDOY AHMED **Age** : 22Y 9M 25D **Gender** : Male
Specimen : Blood
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM-T/ 35831

Haematology Report

(Relevant estimations were carried out by Mythic-One Auto Haematology Analyzer & checked manually)

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	14.8 gm/dl	M:13-18 gm/dl, F:11.5-16.5 gm/dl. Child:10-13 gm/dl. Infant: (One year):8-10 gm/dl.
ESR(Westergreen)	05 mm/1st hr	Male:0-10, F:0-20 mm/1st hr.
Total WBC Count(TC)	9,100 /cumm	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Differential WBC Count (DC)		
Neutrophils	66 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	29 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	03 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	02 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	182 /cumm	50-450/cumm
Total RBC Count	5.01 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	42 %	M: 40-54%, F:37-47%
MCV	77 fL	76 - 94 fL
MCH	33 pg	27 - 32 pg
MCHC	33.4 g/dL	29 - 34 g/dL
RDW	12.0 %	11 - 16 %
PDW	36 fL	35 - 56 fL
Total Platelete Count (PC)	2,00,000 /cumm	150,000-450,000/cumm
MPV	8.9 fL	7.0 - 11.0 fL
PCT	0.10 %	0.1 - 0.2 %
Bleeding Time(BT)	%	10 - 18 %
Cloting Time(CT)	%	0.1- 0.2 %

Checked By 
Medical Technologist


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

Bill No	DIA24010542	Received Date	29/01/2024
Patient's Name	MD HREDOY AHMED		
Patient's Age	22Y 9M 25D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	T/ 35831
Sample	BLOOD		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	5.5 mmol/l	4.2 – 6.4 mmol/l
Serum Bilirubin (Total)	0.51 mg/dl	0.2 - 1.1 mg/dl
Serum ALT (SGPT)	22.0 U/L	Up to 40 U/L

REMARKS (IF ANY)

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

Checked By

Medical Technologist.
Radical Hospital Ltd.



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

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Sample	BLOOD		

SEROLOGICAL REPORT

Test Name

Result

HBaAg (Method : (ICT)	Negative
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Checked By

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Associate Professor

Dept. of Microbiology

East West Medical College and Hospital.

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Patient's Age	22Y 09M 25D	Patient's Sex:	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO:	T/35831
Sample	Blood		

SEROLOGICAL REPORT

Test Name	Result
ICT for Syphilis	Negative
ICT for Tuberculosis(TB)	Negative

Checked By

Medical Technologist,
Radical Hospitals Ltd.

Dr. Sumaiya Khatun

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Bill No	DIA24010542	Received Date	29/01/2024
Patient's Name	MD HREDOY AHMED		
Patient's Age	22Y 9M 25D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	T/ 35831
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATIONMICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	RBC	Nil
Appearance	Clear	Pus Cells	0-2/HPF
Sediment	Nil	Epithelial	1-3/HPF

CHEMICAL EXAMINATION CASTS / LPF

Reaction	Acidic	RBC	Nil
Albumin	Nil	WBC	Nil
Sugar	Nil	Epithelial	Nil
Ex.Phosphate	Nil	Granular	Nil
		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 Ltd.

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Dept. of Microbiology

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Bill No	DIA24010542	Received Date	29/01/2024
Patient's Name	MD HREDOY AHMED		
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Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO	T/ 35831
Sample	URINE		

DRUG ABUSE TEST

METHOD: Immunochromato graphic Assay (Rapid one Step Test)

Test Name	Result
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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. Sumaiya Khatun
MBBS, MD (Microbiology)
Associate Professor
Dept. of Microbiology
East West Medical College and Hospital.

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 24010542 Receive: 29/01/2024 Print: 29/01/2024
Patient's Name : MD HREDOY AHMED
Age : 22 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

X-RAY OF CHEST (DIGITAL)

Diaphragm : Both hemidiaphragm are normal in position.
C-P angles are clear.

Heart : Normal in T.D.

Lung : Lung fields are clear.

Bony thorax : Reveals no abnormality.

Comments : Normal chest skiagram.



Prof. Dr. Md. Mojibor Rahman
MBBS, DMRD (Radiology & Imaging)
Head of the Department (Radiology & Imaging)
Sylhet Women's Medical College Hospital

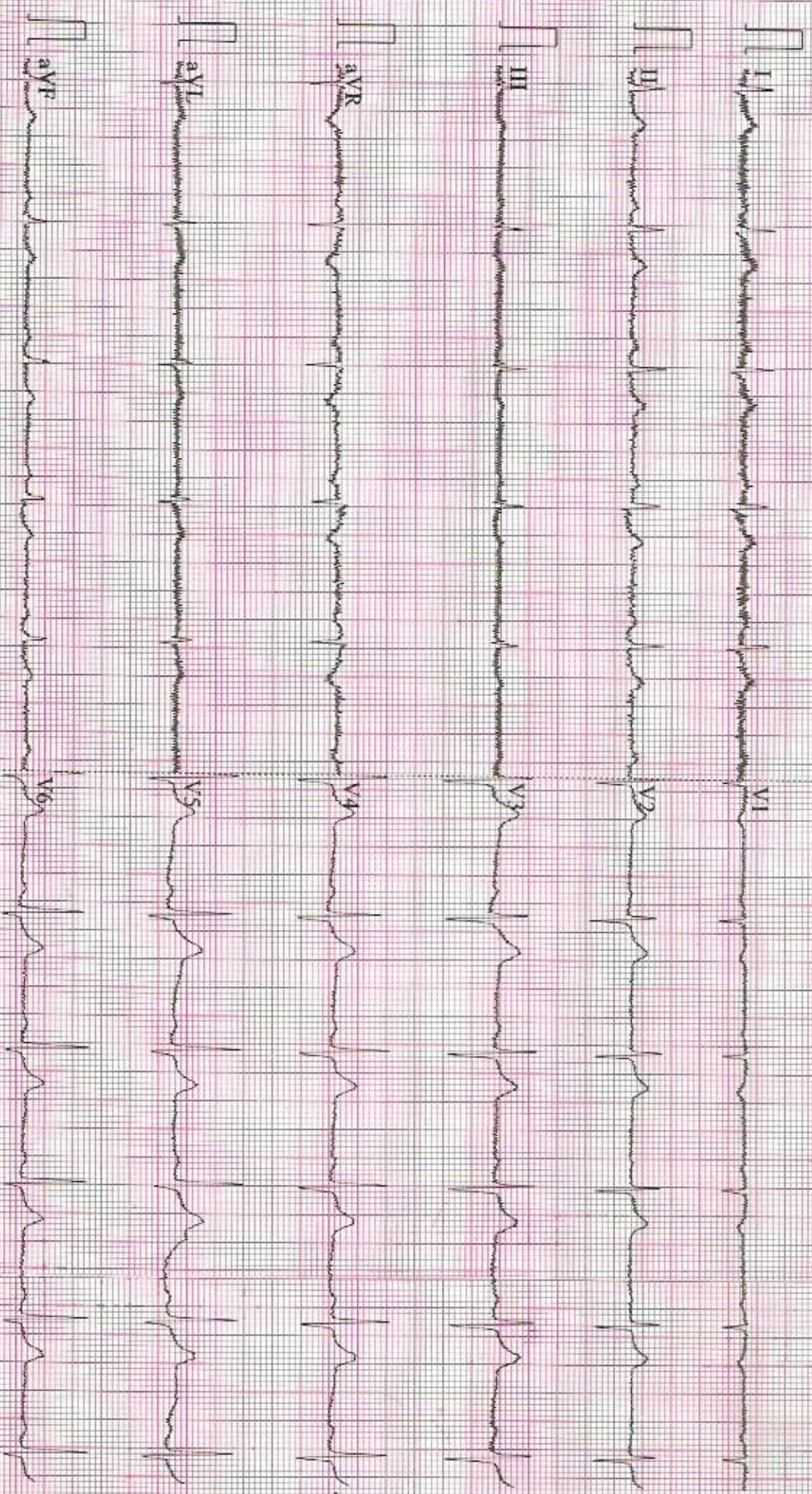
ID: 192
Mr. Hedy Ahmed
Male 22 Years

29-05-2004 09:42:11

HR : 62 bpm
P : 130 ms
PR : 196 ms
QRS : 82 ms
QT/QTc : 390/396 ms
P/QRS/T : 52/64/38 °
RV5/SV1 : 1.158/0.409 mV

Diagnosis Information:
Sinus rhythm
Normal ECG

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 24010542 Receive: Print: 29/01/2024
Patient's Name : MD HREDOY AHMED
Age : 22 YRS Sex : M
Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 62 b/min
Rhythm : Regular
P-Wave : Normal
P-R Interval : Normal
QRS Complex : Normal
ST. Segment : Is electric
T. Wave : Normal

Impression : Findings are within normal limit.

Dr. Debashish Paul
MBBS, MD (Cardiology)
Associate Professor
Department of Cardiology
Sylhet Women's Medical College Hospital