

WALLEM	SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED BY AN APPROVED EXAMINER In accordance with: STCW Convention, 1978, as amended, MLC 2006, ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended (Confidential Document)	Form: OHF 48 Version: 01 Date: 18 Aug 21 Page: 1 of 7

Pre-Sea Exam: ☒	Periodic Exam: ☒	Other: ☐
---	--	---------------------------------

Examination for duty as: Master: Y/N: _____ Deck Officer: Y/N: _____ Eng Officer: ☒ Y/N: _____ Ratings: Y/N: _____ Cook: Y/N: _____ Other: Y/N: _____ Please specify _____		Fit to perform the duties he/she is to carry out.	Fit to perform the duties he/she is to carry out with the prescribed medicines which will not affect seafarer's health while onboard.	Temporarily unfit to perform the duties he/she is to carry out.	Permanently unfit to perform the duties he/she is to carry out.
		☐	☐	☐	☐



To be filled by Manning Centres

Name, Address with Contact details of Manning Centre:		UNIVERSAL SHIPPING SERVICE ROOM NO. 13, 6th Floor, 3/D Karwan Bagari Road, Kabyaks Supermarket Dhaka 1215			
Vessel to be assigned:	COLOMBIA HIGHWAY	Routine & Emergency Duties (if known):		Position Offered/ Applied for:	2/E
Type of vessel (Container, Tanker, Passenger etc):	PCTC				
Trade area (e.g. Coastal, Tropical, Worldwide):	Cosatal ☐	Tropical ☐	WorldWide ☒		

Part I - Examinee's Personal Declaration with Medical History

(Examinee is to be answer the following to the best of examinee's knowledge)

(Assistance should be offered by medical staff)

In case of any wrongful Act or misrepresentation/ suppression of material fact(s) of information or infringement the concerned seafarer shall be fully responsible/ liable for the consequences/ damages / penalties as per the provisions or the applicable laws.

Examinee's Personal Details

Name of Examinee (Family/ last, first, middle):		ISLAM MOHAMMAD SAIFUL			
Home/ Permanent Address:		VILL: SONAPUR, POST: SONAPUR, PS: SUDHARAM, DIST: NOAKHALI, BANGLADESH.			
Mailing Address:		House no. 6, ROAD: Central road, dhanmondi, Flat no. B8, dhaka-1205, BANGLADESH.			
Date of birth (day/month/year):	01 / 01 / 1974	Sex:	Male		
Place of Birth:	City: NOAKHALI Country: BANGLADESH	Nationality:	BANGLADESHI	Rank:	2/E
Civil Status:	Married				
Identity Docs/ Passport /Discharge Book No:	PP no: 65003 EDENo: 9/0/3150				

Examinee's Medical History

Is there any past / present history of any of the following	Examinee	Examiner's	Is there any past / present history of any of the following	Examinee	Examiner's
---	----------	------------	---	----------	------------

04.2023.4542

SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED BY AN APPROVED EXAMINER

In accordance with:
STCW Convention, 1978, as amended, MLC 2006,
ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and
Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended

(Confidential Document)

Form: OHF 48
Version: 01
Date: 18 Aug 21
Page: 2 of 7

	Declaration		Record			Declaration		Record	
	Yes	No	Yes	No		Yes	No	Yes	No
Loss of Consciousness/ Fits / Head Injury / Dizziness / Loss of Memory		✓		✓	Malignant Disease (Cancer) including Lymphoma, Leukaemia and related conditions Recurrence – especially Acute Complications, e.g. Harm to Self from Bleeding and to others from Seizures / Tumor		✓		✓
Neuropsychiatric diseases or Depression/ Suicidal Tendency/ Psychosis		✓		✓	Stomach / Bowel Disorders/ Digestive Disorder		✓		✓
Ear (Hearing, tinnitus) Problems / Impairment		✓		✓	Gall Stones/ Jaundice / Kidney Disorders		✓		✓
Mental Diseases, Breakdown / Sleep Disorder		✓		✓	Severe/ Frequent/ One Sided Headaches (Migraine)		✓		✓
Fractures / Dislocations / Injury / Amputation/ Restricted Mobility		✓		✓	Back / Joint Problems/ Wrist Problems/ Slipped Disc		✓		✓
Eye/ Vision Problems (Whether using Glasses/ Contact lenses)		✓		✓	Hernia / Hydrocoele / Appendicitis		✓		✓
Balance Problem		✓		✓	Piles / Varicose Veins		✓		✓
Sinuses/ Nose/ Throat Problems		✓		✓	Allergies / Rash/ Skin Disease		✓		✓
Thyroid Problem		✓		✓	Female Disorders		✓		✓
High / Low Blood Pressure/ Blood Disorder		✓		✓	Major / Minor Operation/ Surgery		✓		✓
Heart Disease, Surgery / Chest Pain/ Vascular Disease (inc. Pedal Pulses)		✓		✓	Contagious Diseases/ Gastrointestinal infection / Other Infections		✓		✓
Chronic Cough/ Asthma / Bronchitis / Tuberculosis/		✓		✓	Sexually Transmitted Disease/ Infections		✓		✓
Shortness of Breath		✓		✓	Addiction to Alcohol/Drugs/Cigarettes /Tobacco.		✓		✓
Rheumatic Fever		✓		✓	Diabetes		✓		✓
for Male Examinee	Yes	No	If "Yes", give details			for Female Examinee	Yes	No	
Prostate Problems/ Testicular Lumps		✓				Breast Lumps/ Menstrual Problems			
Penile Discharge		✓				Pregnancy			
Multiple Partners		✓				Multiple Partners			
If "Yes", to any of the above, please explain:									

Additional questions :	Yes	No
Have you ever been signed off on medical grounds, declared unfit or repatriated from a ship?		✓
Have you ever been hospitalized?		✓
Have you ever been declared unfit for sea duty?		✓
Has your medical certificate ever been restricted or revoked?		✓
Are you aware that you have any medical problems, diseases or illnesses?		✓
Do you feel healthy and fit to perform the duties of your present position/occupation?	✓	✓
Are you currently under a doctor's care/ medication?		✓
Are you allergic to any medications?		✓
Malaria, Typhoid, Viral fever (Dengue, Chikungunya etc), Chicken Pox		✓
Liver diseases (Hepatitis A,B,C,D & E, Amoebic Abscess)		✓

WALLEM

SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED BY AN APPROVED EXAMINER

In accordance with:
STCW Convention, 1978, as amended, MLC 2006,
ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and
Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended

(Confidential Document)

Form: OHF 48
Version: 01
Date: 18 Aug 21
Page: 3 of 7

Arthritis, Spondylosis (Osteoarthritis, Rheumatoid) & Gout

In the last one week have you consumed any of these Drugs/ Medication

Cough Syrup, Sleeping Tablets, Cold, Action 500 etc.

Pain Killers, If Yes, Please State name of Drug Crocin/ Aspirin/ Fortwin etc.

Corticosteroids, Anti-epileptic Drugs, Nasal Drops etc.

Any Medicine/ Injections from your family Doctor

To What Extent Do You Use: Alcohol:

Tobacco: NO

Drugs: NO

Cigarettes: NO

Are you taking any non-prescription or prescription medications?

If yes, please list the medications taken and the purpose(s) and dosage(s). Olmesartan 20mg otd, Cilip - otd

Date and contact details for previous medical examination (if known):

Are you coming from or have travelled through high risk areas? If yes, please mention the names of countries that you have been to (including ports of call in your last vessel).

Family History :

Diabetes

Blood Pressure/ Heart Disease

Mental Illness/ Epilepsy/ Seizure

Cancer

If "Yes", to any of the above, please explain:

Any other major conditions?

Would you say that your health is: Excellent * Good * Fair *

I, MR MD. SAHUL ISLAM holding Passport/Seaman Book no. 9709150 hereby declare that I have made full disclosure of all of my medical history to the doctors and staff of this clinic. I am aware that the information supplied by me forms the basis upon which I will be offered employment as a seafarer. I understand that in the event of any misrepresentation either by statement or omission I will lose the right to benefit from sick pay and / or compensation which would otherwise be due to me under the Contract of Employment or under any Collective Bargaining Agreement. I also hereby consent to my medical records being made available upon demand to my employers and / or the owners and / or Insurers of the vessel or their authorized representatives. I hereby also certify that the personal declaration above is a true statement to the best of my knowledge and I hereby authorize the release of all my previous medical records from any health professionals, health institutions and public authorities to

Dr. MR MD. RAHMAN (the approved medical practitioner carrying out the medical examinations).

Signature of Examinee:

Date(day/month/year):

09 AUG 2023

Height in cms: 173cm

Weight in Kg: 90

BMI: 30

Temperatures: 98"

Chest: Insp: 42

Exp: 41

Blood Pressure Systolic 130 (mmHg)

Diastolic 80 (mmHg)

Pulse Rate: 78

Respiratory rate 19

Rhythm: Good

Oral Health Good

General Condition Good

Part II - Medical Examination

The Company has set the following BMI limits:

A seafarer with a BMI: 18 or below; or 30 or above is considered temporarily unfit.

For seafarers from Northern Europe, the Indian subcontinent, Russia, Ukraine & Romania with a BMI of between 30 and 35 and where this, in the Government (DGS) approved medical examiner's opinion, is attributable solely to physique with broad shoulders/large muscle bulk with main muscles defined and not obscured by subcutaneous fat and no co-morbid complications (eg. Diabetes, Hypertension, Dyslipidaemia etc.), the seafarer in question MUST undergo a stress/ treadmill test.

If the results of the stress/ treadmill test are average or above, the seafarer can be considered "fit to work", however, the seafarer MUST always be counselled on weight loss and ways to improve their health.

WALLEM

SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED BY AN APPROVED EXAMINER

In accordance with:
STCW Convention, 1978, as amended, MLC 2006,
ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and
Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended

(Confidential Document)

Form: OHF 48
Version: 01
Date: 18 Aug 21
Page: 4 of 7

BMI MUST also be taken into consideration during the seafarer's pre-employment medical examination and it is the responsibility of each manning centre to instruct their accredited clinic(s) to ensure that a seafarer's BMI is taken during the medical examination, the Company standards applied and if outside the limits, the manning centre must be notified, who will then seek further guidance from the Crewing Dept.

	Visual acuity						Visual fields		
	Unaided			Aided			Right eye	Normal	Defective
	Right eye	Left eye	Binocular	Right eye	Left eye	Binocular			
Distant	6/6	6/6	✓					✓	
Near	N5	N5	✓					✓	

Are glasses or contact lenses necessary to meet the required vision standard? Yes / No
If yes, specify which type and for what purpose:

Colour vision:

Date of last colour vision test:	Type:	Book *	Lantern *	Ishihara *	CIE-43-2001 *
Yellow	*	Red	*	Green	*
Blue	*		*		*
Normal:					
Colour Vision:	Not tested	*	Normal	*	Doubtful
		*		*	Defective

Hearing:

Pure tone and audiometry (threshold values in dB)							Speech and Whisper Test (Meters)		
Audiometry	500 Hz	1,000 Hz	2,000 Hz	3,000 Hz	4,000 Hz	6,000 Hz	Normal	Whisper	
Right ear	20	20	20	20			✓		
Left ear	20	20	20	20			✓		

Speech (Deck/Navigation Officer): Is speech unimpaired for normal voice communication?

	Normal	Abnormal		Normal	Abnormal
Head	✓		Varicose Veins	✓	
Eyes	✓		Vascular (Inc. Pedal Pulses)	✓	
Eye Movement/Pupils	✓		Abdomen and Viscera	✓	
Ophthalmoscopy	✓		Hernia	✓	
Ears, Tympanic Membrane	✓		Anus (Not Rectal Exam.)	✓	
Sinuses, Nose, Throat	✓		G-U System	✓	
Mouth/Teeth/Gums	✓		Upper & Lower Extremities	✓	
Nervous System	✓		Spine (C/S, T/S and L/S)	✓	
Heart	✓		Neurologic (Full Brief)	✓	
Lung and Chest	✓		Psychiatric	✓	
Breast Examination	✓		Pupils	✓	
Skin	✓		Musculoskeletal System	✓	

Cardiovascular System:

	Normal	Abnormal		Normal	Abnormal
Ischaemic Heart Disease	✓		Hypertension	✓	
Dysrhythmia/ Pacemaker	✓		Congenital Heart Disease	✓	
Valvular Heart Disease	✓		Peripheral Circulation	✓	
Cardiomyopathy	✓		Pulmonary Circulation/ TB	✓	
Aneurysms	✓				
Chest X-ray (PA)	Not performed *				
	Performed * on (day/month/year)		Normal	Abnormal	
Result :					



WALLEM

SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED BY AN APPROVED EXAMINER

In accordance with:
STCW Convention, 1978, as amended, MLC 2006,
ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and
Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended

(Confidential Document)

Form: OHF 48
Version: 01
Date: 18 Aug 21
Page: 5 of 7

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

Test:

Result:

Investigation:

Blood	Result	Normal	Urine	Result	Additional Tests	Result	Normal
Haemoglobin "Ht"	24.5 g/dl	13 - 18 gm/dl	Colour	Nil	(HbA1c)	6.8	4.0 % - 6.5 %
Total WBC count	10.060	4,000 - 11,000 / cu.mm	Specific Gravity	Nil	RBS/ FBS (Blood test)	8.6	
Neu 95 %, Lym 38 %, Eos 03 %, Bas 00 %, Mo 02 %			pH	11.0	Total Bilirubin	0.49	0.1 - 1.0 mg/dl
Blood Group & Rh factor (tested only once, need not be repeated)			Albumin	11.0	Direct Bilirubin	11.0	0.0 - 2.5 mg/dl
BI ESR	0.5	1 - 15 mm / hr	Sugar	Nil	Indirect Bilirubin	11.0	0.0 - 0.75 mg/dl
Platelets	281000	1.50-4.00 Lakh/ul	Bile Pigment	11.0	SGPT	70	9 - 43 U/L
<u>Fasting Lipid Profile</u>			Bile Salt	11.0	SGOT	3.6	0 - 40 IU/L
S. Triglycerides	126	25-200 mg/dl	Occult Blood	11.0	SGGT	34	0 - 49 IU/L
Cholesterol Serum	183	130-220 mg/dl	RBC Cells	11.0	Blood Urea	11.0	10 - 50 mg/dl
HDL Cholesterol Serum	138	35-65 mg/dl	Leucocytes	11.0	S. Creatinine	0.76	0.8 - 1.4 mg/dl
LDL Cholesterol Serum	113	85-150 mg/dl	<u>Stool Test</u>	<u>Result</u>	BUN	25	5-23mg/dl
VLDL Cholesterol Serum	11.0	07-35 mg/dl	Bacteriological	11.0	PSA	11.0	Less than 4.00 ng/ml
Total / HDL Cholesterol	11.0	3.0-5.0	Parasitological	11.0	Malarial Parasite	11.0	
LDL / HDL Cholesterol	11.0	2.5-3.5	Others		Uric Acid	11.0	2.4 - 7.5 mg/dl
Hepatitis B	Positive	Negative	HIV I & II	negative			
Hepatitis C	Positive	Negative	VDRL	non reactive			

Drugs: Method:

Results:

negative

Detected	Amphetamines/ Urine *	Barbiturate/ Urine *	Marijuana, THC, Cannabinoids Urine *	Cocaine/ Urine *	Opiates & Morphine *
Cut Off Limit	(1000 ng/ ml)	(200 ng/ ml)	50 ng/ ml	(300 ng/ ml)	
Not Detected	Amphetamines/ Urine *	Barbiturate/ Urine *	Marijuana, THC, Cannabinoids / Urine *	Cocaine / Urine *	Opiates & Morphine *
Spirometry	normal	TMT	negative	Drugs of Abuse	negative
ECG	normal	ECHO	normal	Ultrasound (USG) of the Abdomen & Pelvis	normal

Part III - Result of Medical Examination

Is applicant vaccinated in accordance with WHO requirements? Yes / No

Vaccination status recorded: Yes / No Satisfactory * to be renewed *



WALLEM

SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED BY AN APPROVED EXAMINER

In accordance with:
STCW Convention, 1978, as amended, MLC 2006,
ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and
Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended

(Confidential Document)

Form: OHE 48
Version: 01
Date: 18 Aug 21
Page: 6 of 7

Details:

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

Action taken by medical examiner (e.g. referral):

Examination	Results of the examination		Examination	Results of the examination	
	Pass	Fail		Pass	Fail
Medical History	/		Fecalysis (food service/ handlers only)	/	
Physical Examination	/		Hep B Antigen	/	
Dental Examination	/		Hep C Antibodies	/	
Psychological Test	/		Stress Test	/	
Visual Test	/		Diabetes	/	
Colour Vision	/		Ultrasound Examination (Presence of gall & Kidney Stones)	/	
Audiometry	/		Alcohol/ Drug Test	/	
EKG	/		2D echo Doppler study (for heart patient) Psychometric evaluation	/	

If failed in any above mentioned examinations and examinations report attached to this form, please provide reasons with examination number:

This examinee is certified free of communicable disease (or viruses for cooks) Yes / No

I have evaluated the above-named seafarer after establishing his identity as per the documents mentioned above and in compliance with the medical standards of STCW Convention, 1978, as amended, MLC 2006, ILO/IMO/JMS/2011/12- Guidelines on the Medical Examinations of Seafarers and also Merchant Shipping (Medical Examination) Rules by the Government (DGS), as amended from time to time. On the basis of the examinee's history, 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

- (a) that the hearing meets the required standards for his / her rank and detect any audible alarms/ Unaided hearing is satisfactory
- (b) Visual acuity meets the required standards for his/her rank /Colour Vision meets the required standard (testing only required every 6 years unless considered necessary)/ that he / she is fit / unfit for look out duty
- (c) that he / she needs / does not need visual aids / informed to carry spares
- (d) that he/she is/is not taking regular medication & seafarer does /does not require to take same during his tenure onboard vessel that he/she is/is not taking any medication that has side effects that will impair judgment, balance, or any other requirements for effective and safe performance of routine and emergency duties onboard?
- (e) that the seafarer is not suffering from any disease, medical condition, disorder or impairment which renders him/her that will prevent the effective and safe conduct or likely to be aggravated by, or unfit for, routine and emergency service at sea or likely to endanger the health of other persons onboard ships.

	Deck service	Engine service	Catering service	Other services (training/ examination)
Fit:	*	*	*	*
Unfit:	*	*	*	*

this seafarer is UNFIT FOR DUTY**/ FIT FOR DUTY with/ without restrictions* as mentioned below,

* This Medical Certificate is issued with following restrictions (e.g. specific position, type of ship, trade area & other as applicable):

** Reasons for being unfit



WALLEM

SEAFARER'S PRE-SEA AND PERIODIC MEDICAL FITNESS EXAMINATIONS CERTIFIED

BY AN APPROVED EXAMINER

In accordance with:

STCW Convention, 1978, as amended, MLC 2006,
ILO/IMO/JMS/2011/12 Guidelines on the Medical Fitness Examinations of Seafarers and
Merchant Shipping (Medical Examination) Rules of DG Shipping, Govt. of India as amended

(Confidential Document)

Form: OHF 48
Version: 01
Date: 18 Aug 21
Page: 7 of 7

This is to certify MOHAMMAD SAIFUL ISLAM was physically examined and he/she is found to
be FIT for sea service/ look-out duty for the period from 09 AUG 2023 To 08 AUG 2025 Place of medical
examination Radical Hospital Limited Date of medical examination: 08 AUG 2023 Medical
certificate validity date (day/month/year): 08 AUG 2025 Name of Examiner (Please Print): Uttara, Dhaka, Bangladesh

(Validity should not be more than 2 years)

Degree: _____

Address: _____

Tel./Fax/Email: _____

Name of Medical Examiner/ Physician Certificate /License Issuing Authority: _____

Date of issue of Medical Examiner/Physician Certificate/ License: _____ Registration No.: _____

Examinee's Signature

(This signature is affixed in the presence of the Medical Examiner

(print name of medical examiner if not legible) and I acknowledge, that
I have been advised of the content of the medical certificate & of the
right to a review in accordance with paragraph (6) of section A-I/3 of STCW
Code and my obligations.)

Date: 09 AUG 2023

Original: Master & Crewing Dept
cc: Seafarer

Official Stamp & Signature with Govt. (DGS) Approval/
No.....of Medical Examiner

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

Remark: This form is to be uploaded in Crew Management System, Medical tab by the Manning centre.



MEDICAL CERTIFICATE FOR PERSONNEL SERVICE ON BOARD

SURNAME: ISLAM		GIVEN NAME (S): MOHAMMAD SAHUL	
DATE OF BIRTH: DAY 01 MONTH 01 YEAR 1974		PLACE OF BIRTH CITY NOAKHALI COUNTRY BANGLADESH	SEX MALE ☒ FEMALE ☐
POSITION ON BOARD: MASTER ☐ DECK OFFICER ☐ ENGINEERING OFFICER ☒ RADIO OPERATOR ☐ RATING ☐		MAILING ADDRESS OF APPLICANT: House no. 6, central road, dhanmondi dhaka-1205, flat- B8, BANGLADESH	

DECLARATION OF THE AUTHORIZED PHYSICIAN

	VISION		COLOR TEST TYPE		HEARING
	WITHOUT GLASSES	WITH GLASSES	☐ BOOK	☐ LANTERN	
RIGHT EYE	6/9	6/6	☒ YELLOW	☒ RED	RIGHT EAR ☒
LEFT EYE	6/9	6/6	☒ GREEN	☒ BLUE	LEFT EAR ☒

Confirmation that identification documents were checked at the point of examination: YES ☐ NO ☐

Hearing meets the standards in STCW Code, Section A-1/9? YES ☐ NO ☐ NOT APPLICABLE ☐

Unaided hearing satisfactory? YES ☒ NO ☐

Visual acuity meets standards in STCW Code, Section A-1/9? YES ☒ NO ☐

Colour vision meets standards in STCW Code, Section A-1/9? YES ☒ NO ☐
(the visual test it is required every six years)

Date of the last colour vision test: (Day/Month/Year) 09/AUG/2023

Are glasses or contact lenses necessary to meet the required vision standards? YES ☒ NO ☐

Able for watchkeeping? YES ☒ NO ☐

Is applicant taking any non-prescription or prescription medications? YES ☐ NO ☒

Is the seafarer free from any medical condition likely to be aggravated by service at sea or to render the seafarers unfit for such service or to endanger the health of other persons on board? YES ☐ NO ☒

Hereby I declare that I am in knowledge of the contents of the Physical Examination.

Signature of Applicant: [Signature] Name of Applicant: MOHAMMAD SAHUL ISLAM Date: 09 AUG 2023

CIRCLE APPROPRIATE CHOICE: (HE / SHE) IS FOUND TO BE (FIT / NOT FIT) FOR DUTY AS A (MASTER / DECK OFFICER / ENGINEERING OFFICER / RADIO OPERATOR / RATING) (WITH / WITHOUT ANY / WITH THE FOLLOWING) RESTRICTIONS:

FOR DUTY ON BOARD SHIP

NAME AND DEGREE OF PHYSICIAN: DR. MIR. MD. RAIHAN MBBS, DFM

ADDRESS: RAIHAN HOSPITAL LIMITED

NAME OF PHYSICIAN'S CERTIFYING AUTHORITY: DR. MIR. MD. RAIHAN BANGLADESH

DATE OF ISSUE PHYSICIAN'S CERTIFICATE: 06 MAR 2014

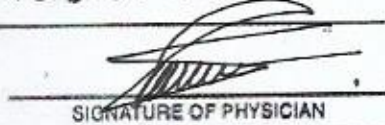
SIGNATURE OF PHYSICIAN: [Signature] STAMP OF PHYSICIAN: [Stamp] DATE: 09 AUG 2023

EXPIRY DATE OF CERTIFICATE: 08 AUG 2025

This certificate is issued in compliance with the requirements of the STCW Convention, 1978, as amended and the Maritime Labour Convention, 2006.

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

MEDICAL FITNESS CERTIFICATE

LAST NAME OF APPLICANT ISLAM		FIRST NAME MOHAMMAD		MIDDLE INITIAL
DATE OF BIRTH 01 / 01 / 1974 MONTH / DAY / YEAR		PLACE OF BIRTH CITY NOAKHALI COUNTRY BANGLADESH		
EXAMINATION FOR DUTY AS : MASTER ☐ MATE ☐ ENGINEER ☒ RADIO OFF ☐ SEAMAN ☐		MAILING ADDRESS OF APPLICANT 6, Central road, Flat no-88 Chamondi, Thaka-1205 BANGLADESH.		
MEDICAL EXAMINATION				
HEIGHT 173cm	WEIGHT 90	BLOOD PRESSURE 130/80mmHg	PULSE 78/min	RESPIRATION 24/min GENERAL APPEARANCE Good
VISION:		HEARING:		
	RIGHT EYE	LEFT EYE		
WITHOUT GLASSES	6/9	6/9	RIGHT EAR Normal LEFT EAR Normal	
WITH GLASSES	6/6	6/6		
COLOR TEST TYPE : BOOK ☒ LANTERN ☐ Check if color test is normal		YELLOW Normal RED Normal GREEN Normal BLUE Normal		
HEAD AND NECK Normal		HEART (CARDIOVASCULAR) Normal		
LUNGS Normal				
SPEECH : Is speech unimpaired for normal voice communication? Normal				
EXTREMITIES: UPPER Normal LOWER Normal				
Is applicant suffering from any disease likely to be aggravated by, or to render him unfit for service at sea or likely to endanger the health of other persons onboard? No.				
THIS IS TO CERTIFY THAT A PHYSICAL EXAMINATION WAS GIVEN TO :				
AND HE / SHE IS FOUND TO BE FIT FOR SEA SERVICE FROM				
NAME AND DEGREE OF PHYSICIAN DR. MIR. MD. RAIHAN MBBS. DFM (PLEASE PRINT)				
ADDRESS RADICAL LIMITED UTTA, DHAKA HOSPITAL				
NAME OF PHYSICIAN'S LICENSING AUTHORITY DG SHIPPING BANGLADESH				
DATE OF ISSUE OF PHYSICIAN'S LICENSE 06 MAY 2014 SIGNATURE OF PHYSICIAN 				

This certificate is issued in compliance with the requirements of the Medical Examination (Seafarers) Convention 1945 (ILO No. 73)



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 CERTIFICATE FOR FITNESS FOR SERVICE AT SEA

FIT FOR DUTY ON BOARD SHIP



Last/Family Name

ISLAM MOHAMMAD SAIFUL

First & Middle /Given Name

MOHAMMAD SAIFUL ISLAM

Position applied for

2/E

Date of Birth

01.01.1974

Sex

M

Nationality

BANGLADESHI

ID (Passport/Discharge book) No.

32004/C/03150

I have evaluated the above-named seafarer after establishing his identity as per the documents mentioned above and in compliance with the medical standards of MLC 2006 Reg 1.2; STCW 2010 & the guidance for the conduct of medical examination issued by the Directorate, as amended from time to time. On the basis of the seafarer's 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 -

- (a) that the hearing meets the required standards for his rank:-
Unaided hearing is satisfactory Yes ☒ No ☐
- (b) Visual acuity meets the required standards for his rank
Colour Vision meets the the required standard
that he is fit for look out duty Yes ☒ No ☐
- (c) that he needs visual aids / informed to carry spares Yes ☒ No ☐
- (d) that he is taking regular medication & seafarer does require
to take same during his tenure on board vessel Yes ☐ No ☒
- (e) that the seafarer is not suffering from any disease likely to be aggravated by, or render him
unfit for, service at sea or likely to endanger the health of other persons on board ships Yes ☐ No ☒
- (f) this seafarer is **FIT FOR DUTY without restrictions* as mentioned below**

** This Medical Certificate is issued with following restrictions

** Reasons for being unfit

Physician Signature:

Physician Name Printed:

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

Clinic Stamp



Date:

09 AUG 2023

Valid Till:

08 AUG 2025

Authorizing body of Medical Examiner: Directorate General of Shipping, Govt. of Bangladesh

I acknowledge, that I have been advised of the content of the medical certificate & of the rights for a review and my obligations.

Seafarers signature with Date: 09 AUG 2023

REPORT OF MEDICAL EXAMINATION OF SEAFARER BY AN APPROVED MEDICAL EXAMINER

As per Merchant Shipping (Medical Examination) Amendment Rules, 2000 and ILO IMO/JMS/2011/2012
(In Compliance with MLC 2006 & ISM/STCW 2010, Code 1/9)

Name : MOHAMMAD SAHIL ISLAM Sex : MALE Serial No. :
Date of Birth : 01.01.1974 PP/CDC No. : 06/3150 Nationality : BANGLADESHI
Rank : 2/E Vessel : COLUMBIA HIGHWAY Type : PETE Route : WORLD WIDE
Home Address : SONAPUR WARD NO. 8, POST: SONAPUR, SUDHARAM, NADIAHALI, BANGLADESH.
Company Name & Address : WALLED SHIPMANAGEMENT

Medical History : Please answer the following to the best of your knowledge

Is there any past/present history of any of the following?	Candidate Declaration		Examiner Record		Is there any past/present history of any of the following?	Candidate Declaration		Examiner Record	
	Yes	No	Yes	No		Yes	No	Yes	No
Severe one-side headaches (Migraine)		✓		✓	Hernia / Hydrocoele / Appendicitis		✓		✓
Head Injury / Concussion / Loss of Memory		✓		✓	High/Low Blood Pressure / Heart Disease	✓			✓
Fits / Epilepsy / Dizziness / Fainting		✓		✓	Asthma / Bronchitis / Tuberculosis		✓		✓
Eye / Vision / Problems (Glasses etc)		✓		✓	Allergy / Skin Disease		✓		✓
Hearing Impairment		✓		✓	Infection / Contagious Disease		✓		✓
Ear / Nose / Throat Problem		✓		✓	Addiction to alcohol / drugs / tobacco		✓		✓
Stomach / Bowel Disorders		✓		✓	Fracture / Dislocation / Injury / Amputation		✓		✓
Gall Stones / Kidney Disorders		✓		✓	Major / Minor Operation		✓		✓
Jaundice / Liver Disease		✓		✓	Diabetes		✓		✓
Piles / Varicose veins		✓		✓	Nervous / Mental disease / Sleep disorder		✓		✓
Blood Disorder		✓		✓	Malignant Disease (Cancer)		✓		✓
Female Disorders		✓		✓	Signed off on medical ground/Declared Unfit		✓		✓

Notes :

Candidate's Declaration :- My signature below acknowledges that all statements provided by me in this application are true & correct to the best of my knowledge and belief and I further authorise & consent to the release of any/all of my medical records from any source including Insurance offices, Doctors, Hospitals or other institutions and public authorities. This general medical release will also authorize the release of any/all of my psychological records. If I am being tested for HIV virus, I consent to have the result revealed to my employer. I declare the above statements to be correct.

I hereby certify that the above medical statements are true and will form the basis of my medical examination. I agree that any omission or misrepresentation shall exclude me from employment and other medical benefits.

Date : 09 AUG 2023

Candidate's Signature

Medical Examination :

Height in cms		Weight in Kgs		Blood Pressure in mm of Hg		Pulse-beats/min		Resp. Rate/min		General Appearance							
173 cm		90		120/80 mmHg		78 bpm		14 bpm		HEALTHY							
Compliant with MLC2006, STCW 2010 STANDARD A-1/9	Distant Vision (Snellen's Chart)		Uncorrected	Corrected	Field Of Vision	Audiometry Hz	500	1000	2000	3000	4000	5000	6000	8000	Compliant with MLC2006, STCW 2010 STANDARD A-1/9		
	Right Eye		6/6		Normal	Right Ear	dB	20	20	20	Not Indicated						
	Left Eye		6/6		Abnormal	Left Ear	dB	20	20	20							
	Colour Vision		Ishihara	Normal	Abnormal	*Hearing	Normal Voice				Whispered Voice						
	Others		Normal	Abnormal	Right Ear	4 METER	2 METER										
					Left Ear	4 METER	2 METER										

Systemic Examination	Norm	Abnor	Notes	Norm	Abnor
Head & Neck	✓		FIT FOR SEA SERVICE AS PER MLC 2006	Respiratory System	✓
Eyes	✓			Cardiovascular System	✓
Ear / Nose / Throat	✓			Per Abdomen	✓
Teeth / Oral Cavity	✓			Genito-urinary System	✓
Musculo-Skeletal System	✓			Others	✓
Nervous System	✓			Hernia / Hydrocoele	✓
Reflexes	✓			Varicose Veins	✓
Skin	✓			Fissure / Fistula / Piles	✓

Investigations :

Blood	Result	Normal	Urine	Result
Hemoglobin	<u>14.5</u>	M:13-17 F:12-15 gm%	Colour	<u>SLIGHT</u>
Total WBC Count	<u>10,000</u>	4000 - 10000 / cu.m	Specific Gravity	<u>1.01</u>
Neu: 65% Lym: 32% Eos: 0% Bas: 0% Mo: 0%			pH	<u>7.0</u>
ESR	<u>9.5</u>	1 - 10 mm/hr	Albumin	<u>0</u>
SGOT	<u>7.0</u>	0 - 35 IU / L	Sugar	<u>0</u>
SGPT	<u>15.3</u>	10 - 60 IU / L	Bile Pigment	<u>0</u>
S. Cholesterol	<u>158</u>	130 - 220 mg / dl	Bile Salt	<u>0</u>
S. Triglycerides	<u>8.5</u>	upto 200 mg / dl	Occult Blood	<u>0</u>
Blood Sugar	<u>8.5</u>	upto 140 mg %	RBC Cells	<u>0</u>
Creatinine	<u>0.8</u>	upto 1.5 mg / dl	Leucocytes	<u>0</u>
GSTP	<u>24</u>	upto 55 IU / L	Spirometry	<u>NOT DONE</u>
HbsAg	<u>NEGATIVE</u>		Drug of Abuse	<u>NOT DONE</u>
HIV 1 & 2	<u>NEGATIVE</u>		TMT	<u>NOT DONE</u>
VDRL	<u>NEGATIVE</u>		ECG	<u>NOT DONE</u>
Others	<u>NOT DONE</u>		USG	<u>NOT DONE</u>
Blood Group			XRay (Chest PA)	<u>NOT DONE</u>

Result Of Medical Examination

On the basis of the history, clinical examination & diagnostic tests, I,

hereby declare the above examinee has been found

Remarks / Recommendation : *Unaided Hearing : Satisfactory

I, , certify that all information required under Annexure E & F of M.S (Medical Examination) Rules 2000 are incorporated in this Certificate

Date of Medical Exam: 09 AUG 2023

Date of Medical fitness: 09 AUG 2023

Validity of Medical Certificate: 08 AUG 2025



DR. MR. MD. RAIHAN

MBBS (DU), DPM, CCD (Bircem), BCI (Coph)

BMDC 15514

Dr. Md. Raihan, General Physician

General Physician

IDENTITY OF CANDIDATE CONFIRMED WITH

04.2023.4542



WALLEM SHIPMANAGEMENT(INDIA) PVT. LTD.

REQUISITION FOR SEAFARER'S MEDICAL EXAMINATION

(Confidential Document)



From : UNIVERSAL SHIPPING SERVICES
DHAKA, BANGLADESH

(Please write Name, Address & Contact Details of Manning Centre)

RADICAL HOSPITAL LIMITED

To : Uttara, Dhaka, Bangladesh

(Please write Name, Address & Contact Details of the Doctor/ Clinic/Examiner)

Please carry out medical examination of the seafarer, the details and requirements for which are as stated below.

Date: 09 AUG 2023

(Name & Signature of Responsible Person from Manning Centre)

Examinee's Details :

Full Name : MOHAMMAD SAIFUL ISLAM Address : Sonapur, ward-8, Post: Sonapur, P.S. Sudharam, dist: Noakhali, BANGLADESH

Date of Birth : 01.01.1974 Rank : 2/E Name of vessel to be assigned COLUMBIA HIGHWAY

Type of vessel : PETC Trade area : WORLD WIDE

(Container, Tanker, Passenger etc) (e.g. Coastal, Tropical, Worldwide) :

CDC No. : C/0/3150 Passport No. : EP0485003 Crew ID.(from Compas) : 32004

Position Offered/ Applied for : 2/E Routine & Emergency Duties (if known) :

As per requirements of applicable P&I club :

- | | | |
|--|--|--|
| ☐ West of England P&I | ☐ UK P&I | ☐ Steamship Mutual Underwriting Association |
| ☐ Britannia P&I | ☐ Skuld P&I | ☐ North of England Association P&I |
| ☐ Standard P&I | ☐ Gard P&I | ☐ London Steamships P&I |
| ☐ Japan P&I | ☐ American Steamships P&I | ☐ Others : _____ |

As per requirements of applicable Flag State :

- | | | | | |
|-----------------------------------|------------------------------|--|---|--------------------------------|
| ☐ Liberian | ☐ NIS | ☒ Panamanian | ☐ Marshall Islands | ☐ Malta |
| ☐ Danish | ☐ ILO | ☐ UK | ☐ Others : _____ | |

Medical Examination Module (as applicable): A+B+C (Please refer to "Annex 1" of WSM(I)'s Quality Manual)

FOR SEAFARERS : Please write any past medical history [Injury or Illness] in detail; any history of allergy to drugs should be mentioned in the box provided below :

Please read and sign the following statement :-

"I certify that my past medical history will be/has been fully declared to the Company Doctor and any false statement or undisclosed material and/or information in regard to past or present illness and/or medical condition(s) will disqualify me from any employment benefits and claims."

Seafarer's Signature

Date : 09 AUG 2023

Doctor's Signature

Date : 09 AUG 2023

Original: Doctor & Copy : Manning Centre

Remark: The document to be uploaded into CMS under

04.2023.4542



IBN SINA DIAGNOSTIC & IMAGING CENTER

ISO 9001:2015 Certified



10

BIOCHEMISTRY REPORT



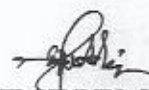
ID No : D101850 Bill on : 08/08/23, 07:20 AM Print. on : 08/08/23, 11:41 AM Deliv. on : 08/08/23, 05:00 PM
Name : MOHAMMAD SAIFUL ISLAM Age : 49 Y 0 M 0 D Sex : M
Ref.by : Universal Shipping Services.
Specimen: Blood Collected on : 08/08/23, 10:30 AM Received on : 08/08/23, 10:40 AM

Estimations are carried out by Vitros 5600/Dimension EXL 200/ Dimension EXL with LM/D-10

Parameter	Test Result	Reference Value
* Plasma Glucose Random	8.86 mmol/L	<11.11
HbA1C	6.8 %	Normal : <5.7 Prediabetes : 5.7 to 6.4 Diabetes : ≥6.5
BUN	15.51 mg/dl	7--18
* S. Creatinine	0.79 mg/dl	Male: 0.70-1.30 Female: 0.50-1.10 Child: 0.30-0.70
* S. Uric Acid	6.66 mg/dl	Male: 3.70 - 7.70 Female: 2.50 - 6.20
* S. Bilirubin (Total)	0.49 mg/dl	Adult: 0.30-1.20 Neonatal: 1.50-12.00
* S. ALT (SGPT)	70 U/L	Adult Male: <45 Adult Female: <34
S.AST (SGOT)	36 U/L	15-37
S.Gamma GT	34 U/L	Male: 15-85 Female: 5-55
S. Total Protein	7.27 g/dl	Adult: 6.40 - 8.20 Newborn: 4.40 - 7.60 Child: 6.00 - 8.00
* Lipid Profile (Fasting)		
S. Cholesterol (Total)	183 mg/dL	<200
S. Triglyceride	126 mg/dL	<150
S. HDL Cholesterol	45 mg/dL	>40*
Non-HDL-Cholesterol	138 mg/dL	<130
S. LDL Cholesterol	113 mg/dL	<100
T.Cholesterol-HDL Ratio	4.07	Low risk:<4.0 High risk:>6.0

* ISO 15189:2012 accredited parameter.

Checked by


MD. NASIR UDDIN SARKER
 B.Sc (Hons), M.Sc (Biochemistry &

IBN SINA DIAGNOSTIC & IMAGING CENTER

ISO 9001:2015 Certified



10

HAEMATOLOGY REPORT



ID No :D101850

Bill on : 08/08/2023, 07:20 AM Print. on : 08/08/2023, 11:09 AM Deliv. on : 08/08/2023, 05:00 PM

Name : MOHAMMAD SAIFUL ISLAM

Age : 49 Y 0 M 0 D Sex : M

Ref.by : Universal Shipping Services.

Specimen : Blood

Collected on : 08/08/2023, 07:47 AM Received on : 08/08/2023, 08:30 AM

Estimations are carried out by Automated Haematology Analyzer Sysmex XN2000 / XN1000 & checked manually,

Parameter	Result	Reference Value
Red Blood Cells		
* Haemoglobin	14.5 g/dl	Adult: Men: 15.0±2.0, Women: 13.5±1.5 At birth: 13.5-19.5, 3 Days: 14.5-22.5 1 Month: 11-17, 2-6 Months: 9.5-13.5 2-6 Years: 11-14, 6-12 Years: 11.5-15.5 Men: 5.0±0.5, Women: 4.3±0.5
* Total RBC	5.06 million/Cmm.	Men: 0-10, Women: 0-20
ESR	11 mm (Auto Analyzer)	Men: 0.45 ± 0.05, Women: 0.41 ± 0.05
* PCV/HCT	0.44 l/l	92±9
MCV	86 fl	29.5 ±2.5
MCH	29 pg	33.0±1.5
MCHC	33 g/dl	12.8±1.2
RDW-CV	14 %	0.0
NRBC	0.0 %	
White Blood Cells		
* Total WBC	10,060 /Cmm.	Child: 5,000-15,000 Adult: 4,000-11,000 Infant: 6000-18,000 At birth: 10,000-25,000 50-500
Circulating Eosinophils	402 /Cmm.	
Differential Count		
Neutrophils	55 %	Child: 20-50 Adult: 40-75
Lymphocytes	38 %	Child: 40-75 Adult: 20-40
Monocytes	03 %	2-10
Eosinophils	04 %	2-6
Basophils	00 %	0-1
Others	00 %	
Platelet Count:		
* Total Platelet Count	2,81,000 /Cmm	1,50,000-4,50,000
MPV	10.4 fl	8.0-9.5

* ISO 15189:2012 accredited parameter.


Md. Kamrul Islam
Medical Technologist (Lab.)
Ibn Sina Diagnostic & Imaging Center


DR. MAJ. MOHAMMAD HUMAYUN (RTD.)
MBBS, MCPS (Cl. Path), FCPS (Haematology)
Consultant Haematology
Ibn Sina Diagnostic & Imaging Center



IBN SINA

Pioneer in Health Care



10

BLOOD GROUP REPORT

ISO 9001:2015 Certified



● HOUSE # 48, ROAD # 9/A, DHANMONDI, DHAKA-1209, BANGLADESH

● PHONE : 48115270-2, 48114040-1

● E-mail : idic@ibnsinatrust.com

● Web : www.ibnsinatrust.com

ID No : D101850

Voucher Time : 08/08/2023, 07:20 AM

Reporting Time : 08/08/2023, 12:12 PM

Name : MOHAMMAD SAIFUL ISLAM

Age : 49 Y 0 M 0 D

Sex : M

Ref.by : Universal Shipping Services.

Specimen : Blood

Parameter

Test Result

Blood Group (ABO)

"B" Rh(D) Positive

MD. ELIAS HOSSAIN

Medical Technologist

Ibn Sina Diagnostic & Imaging Center

Dr. Md. Shahjahan Chowdhury

MBBS, MCPS, DCP (BSMMU)

Consultant, Pathologist

Ibn Sina Diagnostic & Imaging Center

IBN SINA DIAGNOSTIC & IMAGING CENTER

ISO 9001:2015 Certified



ID. No	: D101850	Received date : 8 Aug 2023	Printed date: 8 Aug 2023 10:07AM
Patient Name :	MOHAMMAD SAIFUL ISLAM		Age : 49 y(s)
Exam	: XR CHEST P/A VIEW DIGITAL	Sex: Male	
Ref. By	: Universal Shipping Services.		

Thanks for your kind referral.

Report:

Chest X-Ray – PA View

Diaphragm : Normal in position & outline.

Heart : Normal in TD & contour.

Trachea : Normal in position.

Lungs : Both lung fields are clear.

Bony thorax : Apparently normal.

Δ Normal findings.



Prof. Dr. Md. Iqbal Hossain
MBBS, DMRD, FCPS
Ex-Chairman
Department of Radiology & Imaging
B.S.M. Medical University
Consultant Radiologist
Ibn Sina Diagnostic & Imaging Center