

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: 01st November 2018
Revision No.: 01
Form #: C-43



Signature: *মির মাহাবুবুর রহমান*
Examinee:

Name: (last, first, middle)			
NIROB		AL	
RIFAT			
Date of birth: (day/month/year)	10 11 1997	Gender: (male/female)	MALE
Passport / Discharge book No:	A00935341	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)	06 OCT 2023
Expiry date of certificate: (Day/Month/Year)	05 OCT 2025
Name of Medical Examiner	DR. MIR. MD. RAIHAN
Signature of Medical Examiner	<i>[Signature]</i>
Official Stamp	MBBS (DU), DFM, CCD (Birdem), PGT (Opth) BMDC A-55144, MMC-BGD-016 DG Shipping Bangladesh Approved General Physician Radical Hospitals Limited



04.2023.4907

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):	NIROB AL RIFAT
Date of birth (day/month/year):	10. 11. 1997
Sex: Male / Female	MALE
Home address:	KHARKHARIA NANDINA - 2001, JAMALPUR SADAR, JAMALPUR
Passport No./Discharge book No.:	A00035341
Department (Deck/Engine/Radio/Food handling/other):	DECK HAND
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		/	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?		☒

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:

আল মিরদাত রাইহান

Day
(day/month/year)

06 OCT 2023

Witnessed by:
(signature)

Name (Typed or
Printed)

DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
BMDG-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. DR. MIR. MD. RAIHAN (the approved medical practitioner)

Signature of Examinee

আল মিরদাত রাইহান

Day (day/month/year)

06 OCT 2023

Witnessed by: (signature)

Name (Typed or Printed)

DR. MIR. MD. RAIHAN
MBBS (DU), DFM, CCD (Birdem), PGT (Ophth)
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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 15	15	/			

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	20		
Left Ear	20	20	20	20		

Speech and whisper test (metres)

	Normal	Whisper
Right Ear	/	
Left Ear	/	

Height (cm)	165	Weight: (kg)	68
Pulse rate: (/minute)	80	Rhythm:	Regular
Blood pressure:	Systolic: (mm/Hg) 100	Diastolic: (mm/Hg)	70
Urinalysis:	Glucose: Nil	Protein: Nil	Blood: Nil

	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	Nil		Psychiatric	/	
Heart	/		General appearance	/	

Chest X-ray	Not performed	Performed on (day/month/year):	06 OCT 2023
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Medical Declaration

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

Test	Results
Blood Test	Normal
Urine Test	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):

Date of examination: (Day/Month/Year)	06 OCT 2023
Expiry date of certificate: (Day/Month/Year)	05 OCT 2025
Name of Medical Examiner	
Signature of Medical Examiner	
Official Stamp	



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



Id No : 23100170

Date : 05-Oct-2023

D.Date : 05-Oct-2023

Patient's Name : AL RIFAT NIROB

Age : 25Y 0M 0D

Gender : Male

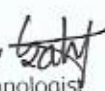
Specimen : Blood

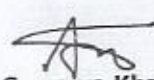
Doctor Name : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM CDC NO:T/35062

Haematology Report

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

Parameter Name	Results	Reference Range
Hemoglobin (Hb)	15.6 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. Male:0-10, F:0-20 mm/1st hr.
ESR(Westergreen)	05 mm/1st hr	Adult: 4000 - 11000/cumm. Children: 5,000-15,000/cumm Infant(One Year): 6,000-18,000/cumm
Total WBC Count(TC)	5,600 /cumm	
Differential WBC Count (DC)		
Neutrophils	64 %	Child: 25-66 %, Adult: 40-75 %
Lymphocytes	30 %	Child: 52-62 %, Adult: 20-50 %
Monocytes	04 %	Child: 03-07 %, Adult: 02-10 %
Eosinophils	02 %	Child: 01-03 %, Adult: 01-06 %
Basophils	00 %	Adult: 00-01 %
Total Cir. Eosinophils	112 /cumm	50-450/cumm
Total RBC Count	5.31 m/ul	M: 4.5-6.5, F:3.8-5.8 m/ul
HCT/PCV	42.1 %	M: 40-54%, F:37-47%
MCV	79.3 fL	76 - 94 fL
MCH	29.4 pg	27 - 32 pg
MCHC	37.1 g/dL	29 - 34 g/dL
RDW	12.9 %	11 - 16 %
PDW	13.6 fL	35 - 56 fL
Total Platelete Count (PC)	1,68,000 /cumm	150,000-450,000/cumm
MPV	8.5 fL	7.0 - 11.0 fL
PCT	0.143 %	0.1 - 0.1 %

Checked By 
Medical Technologist


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

Bill No	DIA23100170	Received Date	05/10/2023
Patient's Name	AL RIFAT NIROB		
Patient's Age	25Y 0M 0D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO:	T/35062
Sample	BLOOD		

BIOCHEMISTRY REPORT

Test Name	Result	Reference Range
Random Blood Sugar (RBS)	5.5 mmol/l	4.2 – 6.4 mmol/l
Serum ALT (SGPT)	27.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 CHEMICALS.

Checked By


Medical Technologist
Radical Hospitals Ltd.


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

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Patient's Age	25Y 0M 0D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:T/35062
Sample	BLOOD		

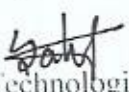
SEROLOGICAL REPORT

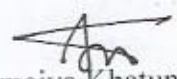
Test Name

Result

HBsAg (Method : (ICT)	Negative
HIV 1 & 2 (Method : (ICT)	Negative

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Radical Hospitals Ltd.


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

Bill No	DIA23100170	Received Date	05/10/2023
Patient's Name	AL RIFAT NIROB		
Patient's Age	25Y 0M 0D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS, (DU), CCD(BIRDEM), PGT(Eye), DFM		CDC NO: T/35062
Sample	URINE		

URINE ROUTINE EXAMINATION

PHYSICAL EXAMINATION MICROSCOPIC EXAMINATION

Quantity	Sufficient	CELLS / HPF	
Color	Straw	R B C	Nil
Appearance	Clear	Pus Cells	0-1/HPF
Sediment	Nil	Epithelial	0-1/HPF

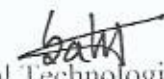
CHEMICAL EXAMINATION CASTS / LPF

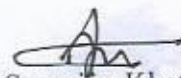
Reaction	Acidic	R B C	Nil
Albumin	NIL	W B C	Nil
Sugar	NIL	Epithelial	Nil
Ex. Phosphate	Nil	Granular	Nil
		Hyaline	Nil

ON REQUEST CRYSTALS & 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


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 Associate Professor
 Dept. of Microbiology
 East West Medical College and Hospital



Bill No	DIA23100170	Received Date	05/10/2023
Patient's Name	AL RIFAT NIROB		
Patient's Age	25Y 0M 0D	Patient's Sex	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM		CDC NO:T/35062
Sample	URINE		

DRUG ABUSE TEST

METHOD: Immunochromatographic 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 Hospitals Ltd.


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

DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23100170 Receive: 06/10/2023 Print: 06/10/2023
Patient's Name : **AL RIFAT NIROB**
Age : 25 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: 23091399

05-10-2023 11:57:06

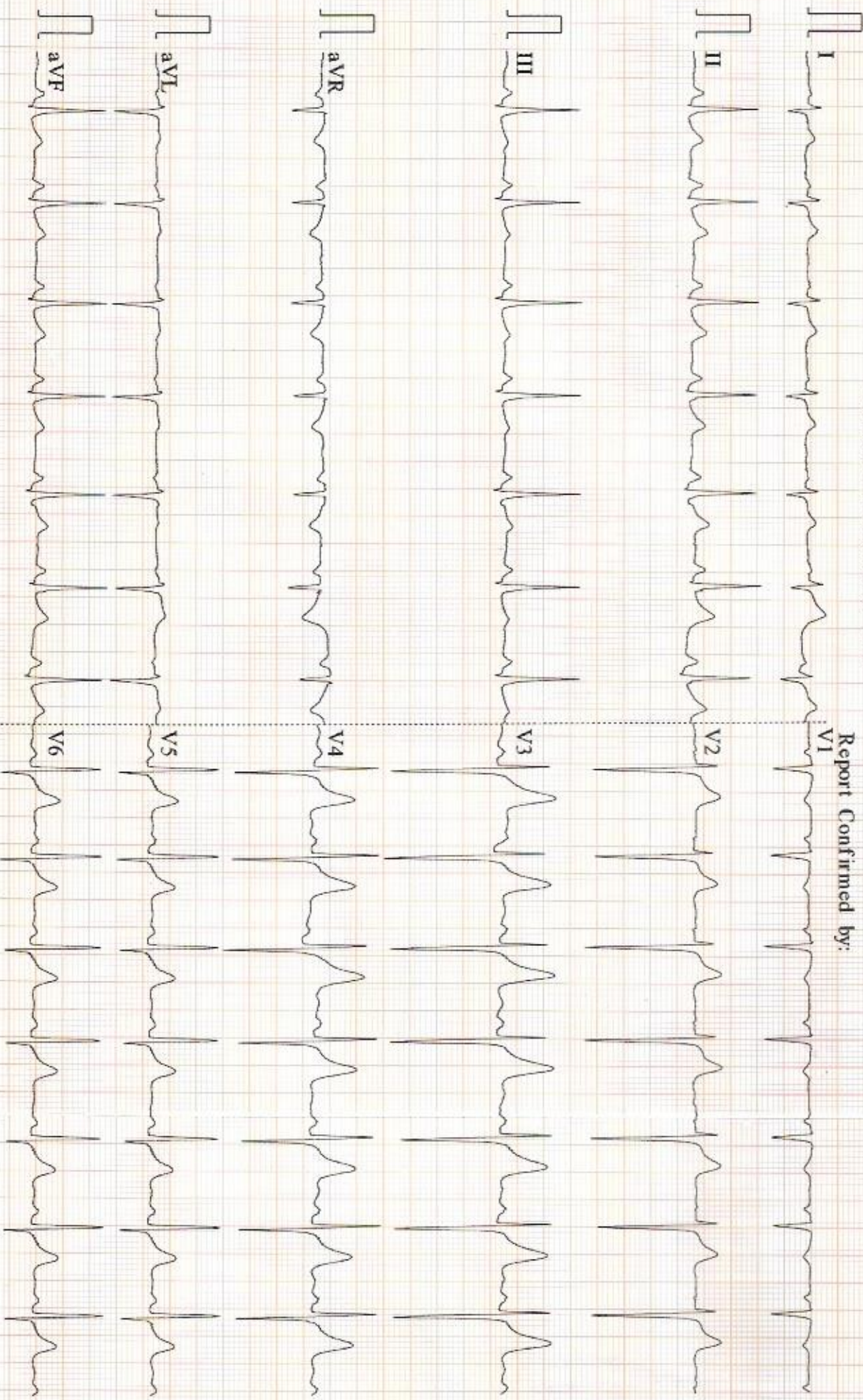
Dr. [Signature]
Male 33 Years

Diagnosis Information:

Sinus rhythm
Rightward axis
Borderline ECG

HR : 86 bpm
P : 96 ms
PR : 132 ms
QRS : 88 ms
QT/QTc : 350/419 ms
P/QRS/T : 75/95/55 °
RV5/SV1 : 1.284/0.734 mV

Report Confirmed by:



DEPARTMENT OF RADIOLOGY & IMAGING

ID. No. : 23100170 Receive: Print: 06/10/2023
 Patient's Name : **AL RIFAT NIROB**
 Age : 25 YRS Sex : M
 Refd. by : Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM

ELECTROCARDIOGRAM (E.C.G) REPORT

Rate : 86 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.

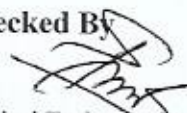

Dr. Debashish Paul
 MBBS, MD (Cardiology)
 Associate Professor
 Department of Cardiology
 Sylhet Women's Medical College Hospital

Bill No	DIA23100170	Received Date	05/10/2023
Patient's Name	AL RIFAT NIROB		
Patient's Age	25Y 0M 0D	Patient's Sex:	Male
Ref. by	Dr. Mir Md. Raihan MBBS,(DU),CCD(BIRDEM),PGT(Eye),DFM	CDC NO:	T/35062
Sample	Blood		

SEROLOGICAL REPORT

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

Checked By


Medical Technologist,
Radical Hospitals Ltd.
Uttara, Dhaka.


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Assistant Professor
Dept. of Microbiology
East West Medical College and Hospital