



भारत सरकार / GOVERNMENT OF INDIA

पोत परिवहन मंत्रालय / MINISTRY OF SHIPPING

नौवहन महानिदेशालय / DIRECTORATE GENERAL OF SHIPPING

“बिटा बिल्डिंग”, 9 वी मंजिल / “BETA BUILDING”, 9th FLOOR

आई-थिंक टेक्नो कैम्पस / I-THINK TECHNO CAMPUS

कांजुर गाँव रोड / KANJUR VILLAGE ROAD

कांजुर मार्ग (ईस्ट) / KANJUR MARG (EAST)

मुंबई - 400 042 / MUMBAI - 400 042

टेलीफोन: 022 - 25752040/1/2/3

फैक्स: 022 - 25752029 / 35

ई-मेल: dgship-dgs@nic.in

वेब: www.dgshipping.gov.in

Tele: 022 - 25752040/1/2/3

Fax: 022 - 25752029 / 35

E-mail: dgship-dgs@nic.in

Web: www.dgshipping.gov.in

F. No. 7-NT (18)/2014

Dated: 16.01.15

Merchant Shipping Notice No. 01 of 2015

Sub.: Revised procedure for approval of Medical Examiners of seafarers as per Rule 4 of the MS Medical Examination Rules, 2000-reg.

1. Section 98 of the Merchant Shipping Act, 1958 deals with the qualification for, and medical examination of, seamen. Section 98(2) of Merchant Shipping Act, 1958 provides that no person shall engage or carry to sea any seaman to work in any capacity in any ship, or in any class of ships, unless the seaman is in possession of a certificate to the effect that he is physically fit to be employed in that capacity (i.e. Certificate of Physical Fitness).
2. Under the provisions of Section 98(3) of the Merchant Shipping Act, 1958 the Merchant Shipping (Medical Examination) Rules, 2000 were notified on 19th January 2000. Rule 4 deals with the approval of Medical Examiners.
3. The Maritime Labour Convention (MLC) 2006 at Regulation 1.2, Standard A1.2 and Guideline B1.2 has addressed the issue of 'Medical Certificate'. The International Convention on Standards of Training, Certification and Watch-keeping for seafarers, 1978 (STCW Convention) as amended by the 2010 amendments at Manila has addressed the issue of Medical standards at Regulation I/9 of the STCW Convention and Section A-I/9 & Section B-I/9 of STCW Code.
4. Different procedures were followed at different points of time for the approval of Medical Examiner of Seafarers. M.S. Notices were also issued on the subject including M.S. Notice 17 of 2002, M.S. Notice No. 23 of 2010 & M.S. Notice 13 of 2013. In addition, letters were issued at different points of time regarding other aspects including letter no. 7-NT(5)/ 2001 dated 28.01.2003 regarding guidelines to assess in interpretation of the M.S. (Medical Examination) Rules, 2000.

5. Noting the fact that a large number of Indian seafarers are gainfully employed on foreign flag ships and this number is likely to increase further in light of the various facilitation process initiated by the Directorate and since MLC 2006 has already come into force internationally, a need has been felt to increase the number of Medical Practitioner in the panel of the approved list in a proactive and pragmatic manner.

6. To increase the number of Medical Examiners and to bring about uniformity in the conduct of medical examination of seafarers by the approved Medical Examiners and to ensure that all approved Medical Examiners have domain awareness about merchant ships and about the living and working conditions of seafarers, it has been decided to introduce a **Familiarization Course for Medical Examiners of Seafarers**. This familiarization course for Medical Examiners is a one day course and needs to be attended by all medical practitioners seeking approval as Medical Examiners of Seafarers. Existing Medical Examiners need to undergo a half day **Refresher Course**.

7. The practice of issuing specific letters of approval to the Medical Examiner of seafarers from this Directorate is henceforth discontinued. Instead, the Directorate General of Shipping is pleased to issue the revised procedure for approval and appointment of Medical Examiners at such ports or places in terms of Rule 4 of Merchant Shipping (Medical Examination) Rules 2000, as specified in **Annex-I** of this M.S. Notice.

8. Medical Examiners contravening provisions of Merchant Shipping Act/Rules/M.S. Notice/Order of the Directorate etc., issued from time to time, shall be dealt with as per M.S. Notice 9 of 2011.

9. All existing Medical Examiners are required to complete the refresher course within a period of 1(one) year from the date of issue of this Notice.

10. In view of the expected increased pool of approved Medical Examiners, all shipping companies are required to ensure that they have **large number** of approved Medical Examiners on their panel.

11. Seafarers aggrieved by the decision of an approved Medical Examiner may appeal against the decision of the approved Medical Examiner to the Appellate Authority through the Director, Seamen's Employment Office as provided under Rule 14 of the M.S. (Medical Examination) Rules, 2000.

12. M.S. Notice 17 of 2002 dated 5th August 2002 – F. No 33(1)/CR/2001, M.S. Notice 23 of 2010 dated 4th November 2010 – F. No.70-NT (1)/2008-PT and M.S. Notice of 13 of 2013 dated 11th June 2013 – F.No. 7-NT(8)/2010-IX; letter no. 7-NT (5)/2001 dated 28th January 2003 on the subject of approval of Medical Examiner and interpretation, clarification regarding conduct of Medical Examination as per Merchant Shipping (Medical Examination) Rules 2000 and previous circulars, guidelines and letters on the subject of approval of Medical Examiners of Seafarers **are hereby superseded by this M.S. Notice.**

13. This is issued with the approval of the Competent Authority.


(Capt. K.P. Jayakumar)

Dy. Nautical Adviser to the Govt. of India

Encl: Annex-I

**Revised procedure for approval and appointment of Medical
Examiners at such ports or places in terms of Rule 4 of Merchant
Shipping (Medical Examination) Rules, 2000**

1. All Medical Practitioners having minimum qualification of Bachelor Degree of Medicine & Bachelor Degree of Surgery (MBBS) or, equivalent are eligible to be enrolled as an approved Medical Examiner of Seafarers at such port or place.
2. The Medical Practitioner should have valid registration with the applicable Medical Council.
3. The Medical Practitioner should be less than 65 year of age.
4. The Medical Practitioner is required to have adequate knowledge of the living and working conditions of seafarers on board Merchant Ships. This knowledge is to be obtained by undergoing the one day DGS approved Familiarization Course for Medical Examiners of Seafarers.
5. The DGS approved Familiarization/Refresher Course for Medical Examiners will be conducted by DGS approved Maritime Training Institute. The initial courses are planned to be held at the MASSA Maritime Academy, Navi Mumbai on Saturday and/or Sunday to facilitate working medical practitioners to be able to attend the course. All DGS approved Maritime Training Institutes located in any part of India desiring to conduct the Familiarization/Refresher Course for Medical Examiners of Seafarers may apply to the Directorate General of Shipping for approval to conduct the course with all the required details along with the requisite fee.
6. The Course Framework and specimen certificate to be issued by the Maritime Training Institute is attached herewith as Appendix- I & Appendix -II respectively to this M.S. Notice.
7. The DGS approved Maritime Training Institute conducting the Familiarization/Refresher Course for Medical Examiners of Seafarers will be responsible to obtain the specified information and declaration from the Medical Practitioner undergoing the course as provided in Appendix -III.

8. On completion of the DGS approved Familiarization Course for Medical Examiners, the Medical Practitioners are approved Medical Examiners of seafarers under Rule 4 of M.S. (Medical Examination) Rules, 2000 from the date of completion of familiarization course.
9. The approval shall be valid for 5(five) years from the date of completion of the familiarization course, or the date when the Medical Examiner reaches the age of 65 years, whichever is earlier.
10. The approval of Medical Examiners can be renewed after the expiry of five years by the Medical Examiner undergoing the refresher course.
11. Medical Examiners who attain the age of 65 years and desire to renew their approval may apply to the Directorate General of Shipping. The Directorate General of Shipping may consider the renewal of approval up-to the age of 75 years depending on the circumstances.
12. On completion of each batch of Familiarization/Refresher Course for Medical Practitioner/Examiner, the DGS approved Maritime Training Institute will place the name, address and contact details of the Medical Practitioner/Examiner who have completed the course on the website of the Institute as they are approved/renewed Medical Examiner of seafarers after they have completed the course. The DGS approved Maritime Training Institute is thereafter required to forward the original Annex-III along-with its relevant enclosures to the Directorate General of Shipping so that the information of approved Medical Examiner of seafarers can also be uploaded in the website of the Directorate. The DGS approved Maritime Training Institute is required to maintain copy of Appendix -III along-with its enclosures.
13. The approved Medical Examiner shall comply with the following at all times.
 - 13.1 Maintain the premises where medical examination of seafarers is carried out in a clean and hygienic condition at all times.
 - 13.2 Maintain the copies of the following publications at all times. (Soft copies of the publications are acceptable).

13.2.1 International Health Regulations 2005, as amended.

13.2.2 Merchant Shipping (Medical Examination) Rules 2000, as amended and all applicable M.S. Notices, Orders, instructions, etc., of the Directorate.

13.2.3 Merchant Shipping (Medicines, Medical Stores and Appliances) Rules 1994, as amended.

13.2.4 International Medical Guide for Ships (3rd edition) including addendum.

13.2.5 Guidelines on the Medical Examination of Seafarers, as amended (ILO/IMO Sectoral Activities Programme)

13.3 Issue Medical certificate to seafarers only in the format specified at Appendix-IV of this M.S. Notice. The Medical Certificate shall be valid for a maximum period of 2(two) years unless the seafarers is under the age of 18, in which case the maximum period of validity of the Medical Certificate shall be 1 year. If the period of validity of the medical certificate expires in the course of voyage, then the medical certificate shall continue to be in force until the next port of call where an approved Medical Examiner of Seafarers is available and the seafarers can obtain a medical certificate, provided that period of extension shall not exceed 3 months.

13.4 Medical Investigations, x-ray, pathological tests, etc., of seafarers are kept to the minimum required to assess the medical fitness of the seafarers as per the professional judgement of the Medical Examiner.

13.5 All medical investigations and tests shall only be carried out at Medical laboratories/facilities having approval of the appropriate health authorities. The medical laboratories/facilities may be at a different location than the premises of the Medical Examiner.

13.6 The minimum in-service eyesight standards for seafarers shall be as specified at Table A-I/9 of the STCW Code (Copy Annexed as Appendix-VI to this M.S. Notice). The eye-sight standards for pre-sea medical examination shall be as specified in Appendix VII. While carrying out the Eye Sight Test, the Medical Examiner of Seafarers shall ensure that the provision of M.S. Notice 25 of 2011 dated 05.10.2011

(File No. 3-NT(9)/2006 *regarding delegation of Eye Sight Test Assessment to approved Medical Examiners*) are also complied with and the Eye Test Certificate is issued as specified in Appendix-V.

13.7 The assessment of minimum entry level and in-service physically ability of seafarers shall be carried out as per the standards provided in Table –B-I/9 of the STCW Code. Copy attached as Appendix-VIII to this M.S. Notice.

13.8 Maintain records of all Medical Examination of Seafarers in electronic format and it should be available for inspection/verification whenever required by the personnel of the Directorate /MMD. The records need to be maintained for a period of 5 years from the date of medical examination of the seafarer.

COURSE FRAMEWORK

1. Scope:

- a. The course, called the **FAMILIARISATION COURSE FOR MEDICAL EXAMINER OF SEAFARERS** is intended for Medical Practitioners seeking approval as Medical Examiner of Seafarers.

It comprises a training programme regarding seafarers living and working condition on board Merchant Ships, including types of Merchant ships, varying environments in which ships operate and their associated hazards, typical injuries and diseases affecting seafarers, applicable National and International Medical regulations, and responding to shipboard medical emergencies.

- b. The course, called the **REFRESHER COURSE FOR MEDICAL EXAMINER OF SEAFARERS** is intended for Medical Examiner seeking renewal of approval as Medical Examiner of Seafarers

The Refresher Course comprises the course outline from Sr. No. 7 to Sr. No.10 of the course outline of the familiarization course for Medical Examiner of Seafarers. No assessment is required for the Refresher Course

2. Entry Standards:

This course is open to Registered Medical Practitioners having minimum qualification of MBBS or, equivalent seeking approval as Medical Examiner of Seafarers and existing approved Medical Examiners.

3. Course duration: *[The course may also be conducted on Sunday, if required]*

One day (08 Hours) for Familiarisation course

Half day (04 hours) for Refresher Course

4. Intake Capacity:

16 Candidates

5. Course Faculty:

The course will be conducted by faculty with Certificate of Competency as Master (FG) [to impart information on topics marked (X) in course outline] and approved Medical Examiner of Seafarers with at-least 5 years experience as DGS approved Medical Examiner of seafarers [to impart information on topics marked (Y) in course outline]

6. Assessment:

The training Institute will carry out continuous assessment by way of work book and final assessment after completion of the course.

The refresher course will not require assessment.

7. **Course Certificate:**

On successful completion of the course, the participant will be issued a Certificate, by the training Institute, stating that the participant has completed the course. 100% attendance is required.

8. **Non refundable processing fee for approval of Course payable by the DGS approved Maritime Training Institute :**

Rs 5000/- (Five Thousand Only)

9. **Fees to Governemnt :**

As per Directorate General of Shipping order No 9 of 2013

10. **Course Outline:**

Sr. No.	Subject	Time (hours)	Type of session	Responsibility
1	Types of Merchant Ships a. Trade and Cargoes b. Area of operation and zones c. Different flags state regulations	0.5	IA Lecture with Presentation	X
2	The different environments in which the ship operates a. International voyages, within Port limits, in Coastal waters, in Shipyard/Dry-dock, within Inland Waters, River-Sea etc., b. Climate and weather c. Sea states & Visibility	0.5	IA Lecture with Presentation	X
3	The organization structure of shipping a. Organization ashore b. Organization on Board	0.5	IA Lecture with Presentation	X
4	The job description of different seafarers a. Nautical Discipline (with special emphasis on <u>eye sight requirement</u> for Watch-keeping Officials) b. Engineering Discipline c. Catering Discipline	0.5	IA Lecture with Presentation	X
5	a. Typical injuries and disease faced by seafarers. b. Risks and Hazards of Pre-existing medical condition.	1	With Videos and Case study	X/Y
6	a. Control systems on board to prevent loss or injury b. STCW Safety Training and on board Familiarization c. Training of Shipboard officers (BFA/ MFA/ MEDICARE)	0.5	With Videos and Case study	X/Y

7	• Applicable Indian & International regulations and expected future regulations. • Merchant Shipping (Medical Examination) Rules, 2000 as amended. • M.S. Notice concerning Medical examination and Sight test • MLC 2006 requirements on Medical certificate. • STCW 78 as amended in 1995 and 2010 requirements on Medical Standards. • International Medical Guide by World Health Organization [WHO] latest edition • Ships Captain's Medical Guide • Any other aspect that will be useful for the Doctor in deciding medical fitness of seafarers depending on area of operation of the vessel (Drug & Alcohol policy, etc.,)	1.5	IA Lecture with Presentation	X/Y
8	Type of Medical Examination • Pre sea medical examination • Periodic medical examination • Vaccination requirement for seafarers • Post Employment Medical ashore, where applicable • Declaring a seafarer permanently / temporarily unfit for sea service in view of its impact on the entire family of the seafarer • Appeal procedures under the M.S. (Medical Examination) Rules, 2000	1	IA Lecture with Presentation	Y
9	a. Medicines and medical equipment available on board ships as per Indian Rules as well as the International Standards (Medical chest on Board) b. Merchant shipping (Medicine, Medical stores and appliances) Rules 1994 on different types of ships	1		Y
10	Responding to ship board medical emergency and radio-medical requests (RMA)	0.5	Case study	Y
11	Assessment and feedback	0.5		Y
Total		8.0		

Name and Address of Institute

CERTIFICATE NO: _____

THIS TO CERTIFY THAT Dr. _____

Date of Birth _____ **Holder of MEDICAL REGISTRATION No.** _____

Issued by _____

has successfully completed

**FAMILIARISATION*/ REFRESHER* COURSE FOR MEDICAL EXAMINER
OF SEAFARERS**

Held on _____ **At** _____

**The course has been designed as per M.S. Notice No _____ of 2014, dated _____ of the
Directorate General of Shipping**

**Colour
Photograph**

40 mm X 30 mm

Signature of Candidate

Course Officer

Principal

Issued at _____ **this** _____ **Day of** _____ **«MM_YYYY»**
«DD»

*** Strikethrough as applicable.**

Appendix -III

PARTICULARS OF MEDICAL EXAMINER OF SEAFARERS

Colour
Photograph

40 mm X 30 mm

Sr. No	Requirement	Compliance	Remarks
A. Details of the Medical Examiner			
1	Name of Medical Practitioner		
2	Qualification of Medical Practitioner (Minimum Qualification MBBS or equivalent)		Copy of Medical qualification certificates to be attached
3	<u>Age</u> (Age should not exceed 65 years)	_____ years	To be verified from any appropriate document such as birth certificate/ passport/ school certificate, etc. (Copy of document to be attached)
4	a. Registration with Medical Council		Copy of Medical Council registration certificate to be attached
	b. Renewal of Registration with Medical Council	Renewal valid till _____	Copy of renewal document to be attached
5	Familiarization course for Medical Examiner of Seafarers		Copy of course certificate to be attached
6	Address for correspondence		
	Telephone no		
	Mobile no		
	e-mail id		
	Fax no (if applicable)		
7	Specimen signature of Medical Examiner		

Declaration by Medical Practitioner:

I Dr. _____, hereby declare that all the information furnished in the **Appendix-III** is true and complete to the best of my knowledge and belief and nothing has been concealed or misrepresented.

I undertake:

- 1) To comply with the requirements stipulated in M.S. (Medical Examination) Rules, 2000, M.S. Notices and Guidelines issued by Directorate General of Shipping from time to time with regard to conduct of Medical Examination of Seafarers.
- 2) To dispose of the bio-medical waste with the approval of the Appropriate Authority as per the applicable environmental Rules.
- 3) To carry out pathological test and other medical investigation of Seafarers only from medical laboratories/facilities having approval of the Appropriate Health Authority of the State.
- 4) To maintain all the required publication at all times.

I am aware that it is an offense under the Indian Civil & Criminal Law to furnish any false information, or to suppress any material information. I am also aware that in the event of false information having been submitted by me or, in case of non-compliance with the Rules & Regulations, my approval as Medical Examiner of Seafarers is liable to be cancelled immediately and any other action under the applicable statute could be initiated against me.

Signature of the Medical Examiner

Medical Certificate for Service at Sea

Colour
Photograph

40 mm X 30 mm

(Seafarer's Last name, First name and Middle name)

(Number of: CDC/ Passport/other valid identification document – with type of document)

has been examined by _____
(Name of Medical Examiner)

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

- (a) The hearing and sight of the seafarer concerned, and the colour vision in the case of a seafarer to be employed in capacities where fitness for the work to be performed is liable to be affected by defective colour vision, are all satisfactory; and
- (b) The seafarer concerned is not suffering 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.
- (c) The Seafarer complies with the requirements specified in Table A-I/9 of STCW Code (i.e. Minimum in service eyesight standards for seafarers), Table B-I/9 of the STCW Code (i.e. Assessment of minimum entry level and in-service physical abilities for seafarers) and Regulation 1.2, Standard A-1.2 & Guideline B-1.2 of the Maritime Labour Convention 2006.

(Date & Place of Medical Examination)

(Signature of the Medical Examiner)

(Serial number of the Certificate)

(Address with E-mail ID & Contact No.
of Medical Examiner)

This Certificate expires on* _____
(Day, Month, Year)*

Official Stamp of the Medical Examiner

(* Not more than 2 years from the date of issue, unless the seafarers is under the age of 18, in which case the maximum period of validity of the Medical Certificate shall be 1 year).

If the period of validity of the medical certificate expires in the course of voyage, the medical certificate shall continue in force until the next port of call where an approved Medical Examiner is available and the seafarer can obtain a medical certificate, provided that period of such extension shall not exceed 3 months.

SIGHT TEST CERTIFICATE

New Entry*/Periodic*

Reference No. _____

Full Name _____

Rank _____

PP/CDC/ ID No. _____

Date & Place of Birth _____

Colour of Eyes _____

Identification Notes _____

Form B :

Photograph

		Right Eye	Left Eye	Both Eyes	Result
Distance Vision	Unaided				
	Aided				
Near Vision	Unaided				
	Aided				
Field of Vision	Horizontal Plan				
	Vertical Plan				
Colour Vision	Ishihara				
	Lantern / Others				

I, Dr. _____ hereby certify that the above mentioned candidate has met/not met*, the eye sight standard for his/her designated rank / position as set out in Annex-II* /Annex-III* for seafaring occupation.

Candidate's Signature

Signature of the Medical Examiner

Date _____ at _____

Note:

- 1) This certificate is valid for two years from the above date. New entry sight test certificates should be retained by the candidate till his active sea career.
- 2) Seafarer aggrieved by the decision of the Medical Examiner may appeal as per the provision of the M.S. (Medical Examination) Rules, 2000 as amended.

* Delete if not applicable.

Appendix-VI

Table A-I/9 of STCW Code

Minimum in service eyesight standards for seafarers

STCW Convention regulation	Category of seafarer	Distance vision aided		Near/ immediate vision	Colour vision	Visual fields	Night blindness	Diplopia (double vision)
		One eye	Other eye	Both eyes together, aided or unaided				
I/11 II/1 II/2 II/3 II/4 II/5 VII/2	Masters, deck officers and ratings required to undertake look-out duties	0.5	0.5	Vision required for ship's navigation (e.g. chart and nautical publication reference, use of bridge instrumentation and equipment, and identification of aids to navigation)	See Note 6	Normal Visual fields	Vision required to perform all necessary functions in darkness without compromise	No significant condition evident
I/11 III/1 III/2 III/3 III/4 III/5 III/6 III/7 VII/2	All engineer officers, electro- technical officers, electro- technical ratings and ratings or other forming part of an engine-room watch	0.4	0.4 (see Note5)	Vision required to read instruments in close proximity, to operate equipment, and to identify systems/ components as necessary	See Note 7	Sufficient visual fields	Vision required to perform all necessary functions in darkness without compromise	No significant condition evident
I/11 IV/2	GMDSS Radio operators	0.4	0.4	Vision required to read instruments in close proximity, to operate equipment, and to identify systems/ components as necessary	See Note 7	Sufficient visual fields	Vision required to perform all necessary functions in darkness without compromise	No significant condition evident

Note :-

- 1) Values given in Snellen decimal notation.
- 2) A value of at least 0.7 in one eye is recommended to reduce the risk of undetected underlying eye disease.
- 3) As defined in the International Recommendations for Colour Vision Requirements for Transport by the Commission Internationale de l'Eclairage (CIE-143-2001 including any subsequent versions).
- 4) Subject to assessment by a clinical vision specialist where indicated by initial examination findings.
- 5) CIE colour vision standard 1 or 2.
- 6) CIE colour vision standard 1, 2 or 3.

Appendix-VII

Eye Sight Standards for Pre-sea Medical Examination

The Pre-sea Eye Sight standards for medical examination are as given below. There shall be no evidence of any morbid condition of either eye or of the lids of either eye which may be liable to risk of aggravation or recurrence.

1. Nautical Department (Deck Department) includes GP Crew:

- a. Distance vision (unaided 1.0 *(6/6) in better eye and 0.67*(6/9) in other eye; and
- b. Normal colour vision shall be tested by Ishihara test chart.

2. Engine Department :

- a. Distance vision (unaided 0.5 *(6/12) in each eye or 0.67*(6/9) in better eye and 0.33 *(6/18) in other eye; and
- b. Normal colour vision shall be tested by Ishihara test chart.

3. Catering/Hospitality Department (including Bhandaries and Utility Hands):

- a. Distance vision (unaided 0.33 *(6/18) in each eye or 0.5*(6/12) in better eye and 0.25*(6/24) in other eye; and
- b. Normal colour vision shall be tested by Ishihara test chart.

4. Radio Officers or Audio officers, Electrical Officer/Electronic Officer:

- a. Distance form vision (unaided 0.5 *(6/12) in each eye or 0.67*(6/9) in better eye and 0.33*(6/18) in other eye; and
- b. Normal colour vision shall be tested by Ishihara test chart.

Appendix-VIII

Table B-I/9 of the STCW Code

Assessment of minimum entry level and in-service physical abilities for seafarers

Shipboard task, function, event or condition	Relative physical ability	A medical examiner should be satisfied that the candidate
Routine movement around vessel: - on moving deck - between levels - between compartments Note 1 applies to this row	Maintain balance and move with agility climb up and down vertical ladders and stairways step over coamings (e.g., load Line Convention requires coaming to be 600 mm high) open and close watertight doors	Has no disturbance in sense of balance. Does not have any impairment or disease that prevents relevant movements and physical activities. Is, without assistance, able to: - climb vertical ladders and stairways - step over high sills - manipulate door closing system
Routine tasks on board: - Use of hand tools - Movement of ship's stores - Overhead work - Valve operation - Standing a four-hour watch - Working in confined spaces - Responding to alarms, warnings and instructions - Verbal communication Note 1 applies to this row	Strength, dexterity and stamina to manipulate mechanical devices Lift, pull and carry a load (e.g., 18 kg) Reach upwards Stand, walk and remain alert for an extended period Work in constricted spaces and move through restricted openings (e.g., SOLAS regulation II-1-3-6.5.1 requires openings in cargo spaces and emergency escapes to have the minimum dimensions of 600mm x 600mm) Visually distinguish objects, shapes and signals Hear warnings and instructions Give a clear spoken description	Does not have a defined impairment or diagnosed medical condition that reduces ability to perform routine duties essential to the safe operation of the vessel Has ability to: - work with arms raised - stand and walk for an extended period - enter confined space - fulfil eyesight standards (table A-I/9) - fulfil hearing standards set by competent authority or take account of International guidelines - hold normal conversation

Emergency duties on board: - Escape - Fire-fighting - Evacuation Note 2 applies to this row	Don a lifejacket or immersion suit Escape from smoke-filled spaces Take part in fire-fighting duties, including use of breathing apparatus Take part in vessel evacuation procedures	Does not have a defined impairment or diagnosed medical condition that reduces ability to perform emergency duties essential to the safe operation of the vessel. Has ability to: - don lifejacket or immersion suit - crawl - feel for differences in temperature - handle fire-fighting equipment - wear breathing apparatus (where required as part of duties)
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Notes:

- 1) Rows 1 and 2 of the above table describe (a) ordinary shipboard tasks, functions, events and conditions, (b) the corresponding physical abilities which may be considered necessary for the safety of a seafarer, other crew members and the ship, and (c) high level criteria for use by Medical practitioners assessing medical fitness, bearing in mind the different duties of seafarers and the nature of shipboard work for which they will be employed.
- 2) Rows 3 of above table describes (a) ordinary shipboard tasks, functions, events and conditions (b) the corresponding physical abilities which should be considered necessary for the safety of a seafarer, other crew members and the ship, and (c) high-level criteria for use by Medical practitioners assessing medical fitness, bearing in mind the different duties of seafarers and the nature of shipboard work for which they will be employed.
- 3) This table is not intended to address all possible shipboard conditions or potentially disqualifying medical conditions. Parties should specify physical abilities applicable to the category of seafarers (such as "Deck officer" and "Engine rating"). The special circumstances of individuals and for those who have specialized or limited duties should receive due consideration.
- 4) If in doubt, the medical practitioner should quantify the degree or severity of any relevant impairment by means of objective tests, whenever appropriate tests are available, or by referring the candidate for further assessment.
- 5) The term "assistance" means the use of another person to accomplish the task.
- 6) The term "emergency duties" is used to cover all standard emergency response situations such as abandon ship or fire fighting as well as the procedures to be followed by each seafarer to secure personal survival.