

## Circular 47 / 2012

**To: all ship owners, masters, managing owners, filing agents and crewing companies and other interested parties**

**Subject: Medical Examination Certificate required to be carried by all Seafarers on Cook Islands Vessels**

**Date: 22 August 2012 (revised 08.05.13)**

### Summary

The STCW Convention 1978, as amended, as well as the Maritime Labour Convention, establishes that all seafarers are required to have on board a valid medical certificate and it is the responsibility of the ship's Master to verify that all seafarers, on joining the vessel have valid medical certificates.

The Conventions mandate that such a certificate is valid for a maximum of two years and must be issued by a medical practitioner authorised in his/her country for the issue of seafarer's medical certificates.

Cook Islands requires that medical practitioners issuing medical certificates to seafarers making an application for endorsement of CoC be -

- (i) Be a licensed physician with independence from employers, workers and their representatives in exercising medical judgment with respect to examination procedures;
- (ii) Be experienced in general and occupational medicine or maritime occupational medicine;
- (iii) Have knowledge of the living and working conditions on board ships, gained either through special instruction or through personal experience of seafaring; and
- (iv) Be familiar with the IMO/WHO publications, *Guidelines for Conducting Pre-Sea and Periodic Medical Fitness Examinations for Seafarers (ILO/WHO/D.2/1997)* available [here](#) or by using the address below

<http://ilo-mirror.library.cornell.edu/public/english/dialogue/sector/techmeet/ilowho97/index.htm>

Below is a sample of the medical examination certificate template made available to seafarers intending to work on Cook Islands flagged vessels. Alternatively templates may be requested from [stcw@maritimecookislands.com](mailto:stcw@maritimecookislands.com) or the Deputy Register of the vessel, or in your area. For a list of Deputy Registers see [here](#) or use the full address below

<http://www.maritimecookislands.com/maritime-cook-islands/deputy-registrars.html>

For further information or clarification please contact the Registrar of Ships, a Deputy Registrar or Fleet Manager at Maritime Cook Islands; alternatively you may contact Maritime Cook Islands Head Office at +682 23848 Phone, +682 23846 Fax, [info@maritimecookislands.com](mailto:info@maritimecookislands.com)

Please ensure this has been forwarded to interested parties.



# COOK ISLANDS PHYSICAL EXAMINATION REPORT / CERTIFICATE

Ship  
Registration  
**FORM. 31**  
v.2

Surname		Given Name(s)	
Date of Birth	Day	Month	Year
Place of birth	City		County
Examination for Duty As		Mailing Address of Applicant	
Master	<input type="checkbox"/>	<i>(affix photo of applicant here)</i>	
Deck Officer	<input type="checkbox"/>		
Engineering Officer	<input type="checkbox"/>		
Radio Officer	<input type="checkbox"/>		
Rating	<input type="checkbox"/>		

### Medical Examination

See reverse side of medical requirements

Height	Weight	Blood pressure	Pulse	Respiration	General appearance
Vision	Right Eye	Left Eye	Hearing	Right Ear	Left Ear
With Glasses					
Without Glasses					

### Dental

The applicant is free from visual infections of the mouth cavity or gums      Yes       No

### Colour Test

Book <input type="checkbox"/>	Lantern <input type="checkbox"/>
Red <input type="checkbox"/>	Yellow <input type="checkbox"/>
Blue <input type="checkbox"/>	Green <input type="checkbox"/>

Are glasses or contact lenses required to meet the required vision standard      Yes       No

Head and Neck	Heart (Cardiovascular)
Lungs	Speech Deck/Navigation – Officer/Radio Officer Speech must be unimpaired for normal voice communication
Upper extremities	Lower extremities

Is applicant vaccinated in accordance with WHO requirements **	Yes <input type="checkbox"/>	No <input type="checkbox"/>
--	------------------------------	-----------------------------

Is the applicant suffering from any disease likely to be aggravated by working aboard a vessel, or to render him/ her unfit for service at sea or likely to endanger the health of other persons on board?

Is the applicant taking any non-prescription or prescription medications If yes please describe below	Yes <input type="checkbox"/>	No <input type="checkbox"/>
--	------------------------------	-----------------------------

\_\_\_\_\_  
Signature of Applicant

\_\_\_\_\_  
Date

To be affixed in the presence of the examining physician

THIS IS TO CERTIFY THAT A PHYSICAL EXAMINATION WAS GIVEN TO:

\_\_\_\_\_ who is / not\* certified to be free of communicable disease  
Name of applicant

She / he\* is found to be fit / not fit\* for duty as a Master / Deck Officer / Engineering Officer / Radio Officer / Rating \* without / with the following restrictions:\*

\*delete as appropriate

PHYSICIAN NAME :

ADDRESS:

PHYSICIANS CERTIFICATING AUTHORITY:

LICENCE NUMBER:

DATE OF ISSUE:

OTHER:

\_\_\_\_\_  
Signature of Physician

\_\_\_\_\_  
Date

## INSTRUCTIONS

All applicants for an officer certificate, endorsement, seaman's book or certification of special qualifications shall be required to have a physical examination, by a certified physician.

The completed medical certificate must accompany the application for officer certificate, endorsement, seaman's book or certification of special qualifications.

The physical examination must be carried out not more than 12 months prior to the date of making an application for officer certificate, endorsement, and certification of special qualifications or seaman's book.

The examination shall be conducted in accordance with the International Labour Organization, World Health Organization *Guidelines for Conducting Pre-Sea and Periodic Medical Fitness Examinations for Seafarers (ILO/WHO/D.2/1997)*. Such proof of examination must establish that the applicant is in satisfactory physical and mental condition for the specific duty assignment undertaken by the applicant, and that he/ she is generally in possession of all body faculties necessary in fulfilling the requirements of the seafaring profession.

In conduction the examinations, the certified physician should, where appropriated, examine the seafarers previous medical records (including vaccinations) and information on occupational history, noting any diseases, including alcohol or drug related problems and/or injuries. In addition, the following minimum requirements shall apply:

### 1) Hearing

- a) All applicants must have hearing unimpaired for normal sounds and be capable of hearing a whispered voice in better ear at 15 feet (4.57m) and in poor ear at 5 feet (1.52m)

### 2) Eyesight

- a) Deck officer applicants must have (either with or without glasses) at least 20/20 (1.00) vision in one eye and at least 20/40 (0.50) in the other eye. If the applicant wears glasses, he must have vision without glasses of at least 20/160 (0.13) in both eyes.
- b) Deck officer applicants must also have normal colour perception and be capable of distinguishing the colours red, green, blue and yellow
- c) Engineer and radio officer applicants must have (either with or without) glasses at least 20/30 (0.63) vision in one eye and at least 20/50 (0.40) in the other. If the applicant wears glasses, he must have vision without glasses of at least 20/200 (0.10) in both eyes. Engineer and radio officer applicants must also be able to perceive the colours red, yellow and green.

### 3) Dental

- a) Seafarers must be free from infections of the mouth cavity or gums

### 4) Blood Pressure

a) An applicant's blood pressure must fall within an average range

5) Voice

a) Deck /Navigational officer applicants and radio officer applicants must have speech which is unimpaired for normal voice communications.

6) Vaccinations

a) All applicants shall be vaccinated according to the requirements indicated in the WHO publication, International travel and Health, Vaccinations and Requirements and Health Advice (Available at [http://www.who.int/ith/chapters/ith2012en\\_chap6.pdf](http://www.who.int/ith/chapters/ith2012en_chap6.pdf)) and shall be given advice by the certified physicians on immunizations. If new vaccinations are given these shall be recorded.

7) Disease or Conditions

a) Applicants afflicted with any of the following disease or conditions shall be disqualified: epilepsy, insanity, senility, alcoholism, tuberculosis, acute venereal disease or neurosyphilis, AIDS, and / or the use of narcotics.

8) Physical Requirements

- a) Applicants for able seafarer, bosom, GP-1 ordinary seafarer and junior ordinary seafarer must meet the physical requirements for a deck/navigational officer's certificate.
- b) Applicants for fire/water tender, oiler/motor, pump technician, electrician, wiper, tanker rating and survival craft/rescue boat crewmember must meet the physical requirements for an engineer officers certificate.