



**MARITIME AND PORT AUTHORITY OF
SINGAPORE
SHIPPING CIRCULAR TO SHIPOWNERS
NO. 13 OF 2013**

MPA Shipping Division
460 Alexandra Road
21st Storey PSA Building
Singapore 119963
Fax: 6375-6231
<http://www.mpa.gov.sg>

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Applicable to: This circular should be brought to the attention of all seafarers, medical practitioners conducting medical examination and issuing seafarers' medical certificates and owners, managers and anyone who engages the services of seafarers onboard Singapore ships.

GUIDELINES ON THE MEDICAL EXAMINATION OF SEAFARERS

1 The 2010 Manila amendments to the International Convention on Standards of Training, Certification and Watchkeeping of Seafarers, 1978 (STCW Convention) and STCW Code came into force on the 1 Jan 2012. The amendments included revision of standards of medical fitness for seafarers.

2 IMO, working together with the International Labour Organisation, has developed a set of guidelines on the medical examination and certification of seafarers to assist Parties to the convention to uniformly implement the medical requirements. Singapore is a party to STCW Convention, 1978. MPA accepts these guidelines as our national requirements for medical examination of seafarers and these requirements will come into force on 20 Aug 2013. IMO's circular STCW.7/Circular 19 on the guidelines on the medical examination and certification of seafarers is attached as Annex A.

Recognition of Medical Practitioners

3 MPA will accept valid medical certificate issued to seafarers by the following medical practitioners:

- a. Registered medical practitioners licensed to practice in Singapore and familiar with the guidelines on the medical examination and certification of seafarers. The list of registered medical practitioners in Singapore is given in the website <http://www.healthprofessionals.gov.sg>; or

- b. A medical practitioner recognised by a STCW State Party on the “STCW White List” (see IMO document MSC.1/Circ.1163/Rev.4 dated 8 June 2009, as updated from time to time); or
- c. A medical practitioner recognised by a MLC State Party and familiar with the guidelines on the medical examination and certification of seafarers; or
- d. Any other medical practitioner whose medical qualifications are accepted by the Director.

4 Part 3 of the guidelines on the medical examination and certification of seafarers provides the necessary information needed in a medical assessment and the medical certificate to be issued to seafarers. Sample formats for the “Record of Medical Examinations of Seafarer” and “Seafarer Medical Certificate” are attached in Annex B and Annex C respectively.

Medical Certificates

5 Validity. Medical certificates issued to seafarers shall be valid for not more than 2 years or not more than 1 year in the case of a seafarer under the age of 18 years. If a medical certificate expired in the course of a voyage, then the medical certificate shall remain valid until the next port of call.

6 To facilitate a smooth transition to the new medical certificates to be issued to seafarers, MPA will continue to accept medical certificates issued to seafarers under the 1995 amendments to the STCW Convention until 19 Aug 2015, or 19 Aug 2014 for seafarer under the age of 18 years at the point of issue.

7 Categories of Medical Certificates. Three categories of medical certificate may be issued:

- a. Able to perform all duties worldwide within designated department (unlimited).
- b. Able to perform some but not all routine and emergency duties or to work in limited area (e.g. within 30 miles from a port) (L - limited duration or R - limited job scope).
- c. Incompatible with the reliable performance of routine and emergency duties safely or effectively (Temporary or Permanent - unfit for sea service).

8 A seafarers who has been refused a medical certificate or has a limitation imposed in his certificate, could appeal to Director of Marine for a review by another independent medical practitioner.

9 Singapore is also a party to the Maritime Labour Convention, 2006 (MLC 2006) and MLC 2006 will come into force on 20 Aug 2013. It will require every seafarer working onboard to hold a valid medical certificate. A medical

certificate issued in accordance with the requirements of the 2010 Manila amendments to STCW Convention, 1978, will also meet the requirements of MLC 2006.

10 Ship managers and masters should ensure that seafarers are only deployed to perform duties for which they are medically fit. For example, only seafarers who are fit for the deck department - (i.e. comply with requirements for eye-sight, colour vision and hearing) should be permitted to do bridge watch keeping or lookout duties.

11 For any further query regarding this circular, please contact Capt. I.G. Sangameswar at Tel: 63756205.

CHEONG KENG SOON
DIRECTOR OF MARINE
MARITIME AND PORT AUTHORITY OF SINGAPORE

MARITIME AND PORT AUTHORITY OF SINGAPORE SHIPPING DIVISION

RECORD OF MEDICAL EXAMINATIONS OF SEAFARER

Part A – to be completed by the Seafarer who is responsible for answering each question accurately.

Seafarer's Name in Full (BLOCK CAPITALS)		Sex: Male/Female
Date of Birth: day/month/year	Place of Birth:	Nationality:
Type of ID documents: NRIC No. / Passport No.:	Dept: Deck / Engine / Catering / others Rank:	Type of ship:
Home Address:	Routine and emergency duties:	Trading area: e.g coastal / world wide

Seafarer's Declarations *(please tick)*

Have you ever had any of the following conditions?

	Yes No			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		
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. Fracture/dislocations		

If you answer "yes" to any of the above questions, please provide 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?		
42. Are you using any non-prescription or prescription medication?		

If you answer "yes", please list the medications taken, the purpose(s) and the dosage:

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

_____ Date _____ Signature of Seafarer _____ Name and Signature of Witness

I hereby authorize the release of all my previous medical records (including my last Seafarer Medical Certificate) from any health professional, health institutions and public authorities to Dr. _____.

_____ Date _____ Signature of Seafarer _____ Name and Signature of Witness

Part B – Result of medical examinations

Eyesight

Use of glasses or contact lenses

No

Yes Type Purpose

Visual Acuity

Unaided			Aided		
Right eye	Left eye	Binocular	Right eye	Left eye	Binocular
Distant			Distant		
Near			Near		

Visual fields

	Normal	Defective
Right eye		
Left eye		

Colour Vision (please tick)

Not tested Normal Doubtful Defective

Hearing

Pure tone and audiometry (threshold values in dB)				
	500 Hz	1,000 Hz	2,000 Hz	3,000 Hz
Right ear				
Left ear				

Speech and whisper test (metres)

	Normal	Whisper
Right ear		
Left ear		

Clinical Findings

Height	(cm)		Weight	(kg)	
Pulse rate	(per minute)		Rhythm		
Blood Pressure	Systolic (mm Hg)		Diastolic (mm Hg)		
Urinalysis:	Glucose :		Protein:		Blood:

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

Chest X-ray

Not performed

Performed on (day/month/year):

Results:

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

Test

Results:

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

Assessment of fitness for service at sea (please tick)

On the basis of the seafarer's personal declaration, my clinical examination and diagnostic test results recorded above, I declare the seafarer medically:

Fit for look out duty

Unfit for lookout duty

Visual aid required

Visual aid not required

	Deck Service	Engine Service	Catering Service	Other Service
Fit				
Unfit				

Without restrictions

With restrictions

Description of restrictions (e.g. specific position, type of ship, trading area etc.)

Date

Signature of
Medical Practitioner

Medical Practitioner's name, licence number, address



MARITIME AND PORT AUTHORITY OF SINGAPORE

SEAFARER MEDICAL CERTIFICATE

This certificate is issued by the undersigned recognized medical practitioner to the named seafarer on behalf of the **Maritime and Port Authority of Singapore** and meets both the requirements of the 2010 Manila amendments to the International Convention on Standards of Trainings, Certification and Watchkeeping for Seafarers, 1978 (STCW Convention) and the Maritime Labour Convention, 2006.

Seafarer's Name in Full		Sex: Male/Female
Date of Birth: day/month/year	Nationality:	Passport/NRIC No.:

Declaration of the recognized medical practitioner

		Yes	No
1	Identification documents were checked at the point of examination?		
2	Hearing meets the standards in STCW Code Section A-I/9?		
3	Unaided hearing satisfactory?		
4	Visual acuity meets the standards in STCW Code Section A-I/9?		
5	Colour vision meets the standards in STCW Code Section A-I/9?		
	Date of last colour vision test:		
6	Fit for look out duty?		
7	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 endanger the life of person onboard?		
8	No limitations or restrictions on fitness?		
	If "no" specify limitations or restrictions		
9	Date of examination: (day/month/year)		
10	Expiry of certificate: (day/month/year) <i>** Maximum two years from date of examination unless the seafarer is under the age of 18</i>		

Date	Signature of Medical Practitioner	Medical Practitioner's Official stamp (name, licence number, address etc)

I have been informed of the content of the certificate and of the right to a review.

Signature of Seafarer