

Medical Declaration

As per medical standards of ILO- MLC 2006, as amended STCW 2010

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	6/6			
Near	✓	✓	✓			

	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	✓	✓	✓	✓	✓	✓
Left Ear	✓	✓	✓	✓	✓	✓

Speech and whisper test (metres)

	Normal	Whisper
Right Ear	✓	✓
Left Ear	✓	✓

Height (cm)	5'8"	Weight: (kg)	72	
Pulse rate: (/minute)	72	Rhythm:	REGULAR	
Blood pressure:	Systolic:(mm/Hg)	120	Diastolic: (mm/Hg)	80
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 N/A			Psychiatric	✓	
Heart	✓		General appearance	✓	

Chest X-ray	Not performed		Performed on (day/month/year):	30 DEC 2020	NORMAL CLEAR
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