



NYK SHIPMANAGEMENT PTE LTD

1 HarbourFront Place #15-01 HarbourFront Tower One Singapore 098633
Tel: 65-6416 7500 Fax: 65-6416 9922

REPORT OF MEDICAL EXAMINATION OF SEAFARER BY AN APPROVED MEDICAL EXAMINER

As per ISM / STCW code 1/9, ILO convention 147 and MLC 2006

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

Seafarer's Name in Full (BLOCK CAPITALS) HOSEN SHAHID.		Sex: <input checked="" type="radio"/> MALE <input type="radio"/> FEMALE
Date of Birth: day / month / year 12-01-1989	Place of Birth: CHATDARAM	Nationality: BANGLADESHI
Type of ID documents: C/O/5439 SB No. / Passport No: A14013707	Dept: Deck <input checked="" type="radio"/> (Engine) Catering / Others Rank:	Type of Ship:
Home Address: 119, S.B KHAAR, AMBAGAN. KHULSHI CTG.	Routine and emergency duties: BOTH	Trading area: e.g. coastal / <input checked="" type="radio"/> worldwide

Seafarer's Declarations (please tick) – Have you ever had any of the following conditions?

	Yes	No		Yes	No		Yes	No
1. Eye Vision Problem		<input checked="" type="checkbox"/>	13. Allergies		<input checked="" type="checkbox"/>	25. Depression		<input checked="" type="checkbox"/>
2. High Blood Pressure		<input checked="" type="checkbox"/>	14. Severe Headaches		<input checked="" type="checkbox"/>	26. Attempted Suicide		<input checked="" type="checkbox"/>
3. Heart Vascular Disease		<input checked="" type="checkbox"/>	15. Hernia		<input checked="" type="checkbox"/>	27. Loss of Memory		<input checked="" type="checkbox"/>
4. Hear Surgery		<input checked="" type="checkbox"/>	16. Genital Disorder		<input checked="" type="checkbox"/>	28. Balance Problem		<input checked="" type="checkbox"/>
5. Varicose Veins / Piles*		<input checked="" type="checkbox"/>	17. pregnancy N/A			29. Infectious / Contagious Diseases*		<input checked="" type="checkbox"/>
6. Asthma / Bronchitis		<input checked="" type="checkbox"/>	18. Sleep Problem		<input checked="" type="checkbox"/>	30. Ear (Hearing, Tinnitus / Nose / Throat Problem)		<input checked="" type="checkbox"/>
7. Blood Disorder		<input checked="" type="checkbox"/>	19. Restricted Mobility		<input checked="" type="checkbox"/>	31. Do you smoke, use alcohol or drugs?		<input checked="" type="checkbox"/>
8. Diabetes		<input checked="" type="checkbox"/>	20. Operation / Surgery*		<input checked="" type="checkbox"/>	32. Back or Joint Problem		<input checked="" type="checkbox"/>
9. Thyroid Problem		<input checked="" type="checkbox"/>	21. Epilepsy / Seizures*		<input checked="" type="checkbox"/>	33. Amputation		<input checked="" type="checkbox"/>
10. Digestive Disorder		<input checked="" type="checkbox"/>	22. Dizziness / Fainting*		<input checked="" type="checkbox"/>	34. Fracture / Dislocations*		<input checked="" type="checkbox"/>
11. Kidney Problem		<input checked="" type="checkbox"/>	23. Loss of Consciousness		<input checked="" type="checkbox"/>	35. Chicken Pox / Chicken Pox Vaccine		<input checked="" type="checkbox"/>
12. Skin Problem		<input checked="" type="checkbox"/>	24. Psychiatric Problems		<input checked="" type="checkbox"/>			<input checked="" type="checkbox"/>

If you answer "yes" to any of the above questions, please provide details:

36. Have you ever been signed off as sick or repatriated from a ship?		<input checked="" type="checkbox"/>
37. Have you ever been hospitalized?		<input checked="" type="checkbox"/>
38. Have you ever declared unfit for sea duty?		<input checked="" type="checkbox"/>
39. Has your medical certificate ever been restricted or revoked?		<input checked="" type="checkbox"/>
40. Are you aware that you have any medical problems, diseases or illnesses?		<input checked="" type="checkbox"/>
41. Do you feel healthy and fit to perform the duties of your designated position / occupation?	<input checked="" type="checkbox"/>	
42. Are you allergic to any medication?		<input checked="" type="checkbox"/>
43. Are you using any non-prescription or prescription medication?		<input checked="" type="checkbox"/>

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.

Also, I hereby authorize the release of all my medical records (including my last Seafarer Medical Certificate) from any health professional, health institutions and public authorities to relevant maritime agencies, examining/authorized physician, employer, manning agent.

VALID FOR TWO YEARS

Fit For Duty on Board Ship

27 SEP 2025

Date

Signature of Seafarer

Name and Signature of Witness

DR. MD. Ayubur Rahman
M.B.B.S. P.G.T (Medicine)

Part B – Result of Medical Examinations

EYESIGHT:
Use of glasses or contact lenses No Yes Type Purpose

VISUAL ACUITY

Unaided			Aided			VISUAL FIELDS		
Right eye	Left eye	Binocular	Right eye	Left eye	Binocular	Right eye	Normal	Defective
Distant 6/6	6/6	6/6	Distant			Right eye	<input checked="" type="checkbox"/>	
Near			Near			Left eye	<input checked="" type="checkbox"/>	

COLOUR VISION (Please tick)
Type of Test (Please specify):
 Not tested Normal Doubtful Defective

CLINICAL FINDINGS

Height (cm)	170	Weight (kg)	64	BMI	22.1
Pulse rate (per minute)	72	Rhythm	REGULAR		
Blood Pressure systolic (mm Hg)	120	Diastolic (mm Hg)	80		
Urinalysis: Glucose:	NIL		Protein:	NIL	
Blood:	NIL				

HEARING

Pure tone and audiometry (threshold values in dB)

	500 Hz	1,000 Hz	2,000 Hz	3,000 Hz	Speech and Whisper Test (metres)	
					Normal	Whisper
Right ear	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>
Left ear	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>	<input checked="" type="checkbox"/>

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

CHEST X-RAY
 Not performed Performed on (day/month/year): **27 SEP 2025**
Results: **NORMAL & CLEAR**

TREADMILL TEST (45 YEARS OLD & ABOVE)
NOT DONE

Part C – Investigations

Hepatitis B ¹ HB (ab) +ve -ve HB (ag) +ve -ve

Bacteriological stool test ² not performed negative positive

Parasitological stool test ³ not performed negative positive

ECG ⁴ **NORMAL**

¹ required by the Company for all crew from endemic areas
² required by the Company for all food handlers
³ required by the Company for all food handlers from tropical climates
⁴ compulsory

Blood	Result	Normal
Hemoglobin	14.9 gms/dl	13.5 – 18.0 gms/dl
Total WBC count	9,000 cells / cu.mm	4000 – 10000 / cu.mm
ESR	10 mm	Up to 15mm
Blood Sugar (FBS) R	115.0 mg/dl	80 – 140 mg/dl
HIV ² (+ve or -ve)	NEGATIVE	
VDRL	NON-REACTIVE	
Others	NORMAL	
Blood Group		

Spirometry
 Normal With Finding

USG Abdomen
 Normal With Finding

Creatine Test
 Normal With Finding

Pregnancy Test
N/A

Kidney Test
 Normal With Finding

DR. MD. Ayubur Rahman
M.B.B.S, P.G.T (Medicine)
Taher Chamber,
10, Agrabad C/A, Chittagong
BMDG Reg. No. A-11820
AND APPROVED BY
DG Shipping
Govt. of Bangladesh

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
 Without restrictions With restrictions

	Deck Service	Engine Service	Catering Service	Other service
Fit		<input checked="" type="checkbox"/>		
Unfit				

Description of restrictions (e.g. specific position, type of ship, trading area etc.)
NO RESTRICTIONS

VALID FOR TWO YEARS

27 SEP 2025
Date of Issue

07, 2025/1339
Medical Certificate Number

Signature of Medical Practitioner: **DR. MD. Ayubur Rahman**
M.B.B.S, P.G.T (Medicine)
Taher Chamber,
10, Agrabad C/A, Chittagong
BMDG Reg. No. A-11820
AND APPROVED BY
DG Shipping
Govt. of Bangladesh

Medical Practitioner's name, licence number, address
As Per **MLC-2006** SEAL
Department of Shipping
Govt. of Bangladesh

This medical certificate shall remain valid for a maximum period of two years unless the seafarer is under the age of 18 or sailing on a vessel less than one year.



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1 HarbourFront Place #15-01 HarbourFront Tower One Singapore 098633
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SEAFARER MEDICAL CERTIFICATE

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

Seafarer's Name in Full HOSEN SHAHID.		Sex: <input checked="" type="radio"/> Male / Female
Date of Birth: day/month/year 12-01-1989	Nationality BANGLADESHI	Passport/NRIC No: A14013707

Declaration of the recognized medical practitioner

		Yes	No
1	Identification documents were checked at the point of examination?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2	Hearing meets the standards in STCW Code Section A-I/9?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
3	Unaided hearing satisfactory?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
4	Visual acuity meets the standards in STCW Code Section A-I/9?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
5	Colour vision meets the standards in STCW Code Section A-I/9?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	Date of last colour vision test: 27 SEP 2025		
6	Fit for look out duty?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
8	No limitations or restrictions on fitness?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
	If "no" specify limitations or restrictions NO RESTRICTIONS		
9	Date of examination: (day/month/year)	27 SEP 2025	

VALID FOR TWO YEARS

Fit For Duty on Board Ship

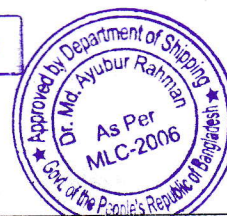
27 SEP 2025

Date

Signature of Medical Practitioner

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

DR. MD. Ayubur Rahman
M.B.B.S., P.G.T (Medicine)
Taher Chamber
10, G.P.O. Road, Dhaka-1000
BMDG Reg. No. A-11820
AND APPROVED BY
DG Shipping
Govt. of Bangladesh



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

Signature of Seafarer

This medical certificate shall remain valid for a maximum period of two years unless the seafarer is under the age of 18 or sailing on a Japanese Flag vessel, in which case the maximum period of validity shall be one year.