

DANISH MARITIME AUTHORITY

Parts A and B to be completed by the seafarer

Medical certificate for examination of seafarers

To be used only for persons of 16 years of age or older

A	Surname	First name(s)	Date of birth in format "day-month-year"	Sex (M/F)
	Occupation		Nationality	
	Home address (street, house number)		Postal code and town/city	Country

B	OWN DECLARATION	No	Yes	When (year)	OWN DECLARATION – cont.	No	Yes	When (year)
		Have you previously served in Danish ships					Eye diseases	
	Have you previously undergone a medical examination for seafarers				Pain in the back including lumbago and sciatica			
	Have you been declared unfit for sea service or fit subject to limitations at any previous medical examination				Epilepsy or other convulsive fits			
	Have you been admitted to hospital				Mental disorders for which you have received medical treatment			
	Have you within the last two years had unbroken periods of sick leave of more than 30 days				Alcohol- and drug abuse for which you have been treated			
	Do you have difficulties in orientating yourself under reduced lighting				Hypersensitive reactions, including asthma			
	Do you suffer or have you suffered from any of the following diseases				Do you use medicine regularly			
	Lung diseases, including pulmonary tuberculosis (TB)				I hereby give my consent that information about any previous diseases may be obtained from doctors, hospital, other treatment centres and public authorities			
	Stomach and intestinal diseases including gastric ulcer				Date: _____ Seafarer's signature: _____			
	Heart and circulatory diseases							
	Kidney and bladder diseases							
	Diabetes							
	Ear diseases							

Part C to be completed by the doctor

C Doctor's examination (see list of diseases and conditions)														
Is the person examined known to you and does he/she use you as a doctor?					<input type="checkbox"/> No <input type="checkbox"/> Yes									
The person examined is unknown to me, but has satisfied me as to his identity by showing me					<input type="checkbox"/> Danish discharge book <input type="checkbox"/> Driving licence <input type="checkbox"/> Passport									
Height (cm)			BMI		Examination of vision and hearing									
Weight (kg)					Colour vision (Ishihara) Colour blindness <input type="checkbox"/> No <input type="checkbox"/> Yes									
Urine	Alb.		Heart		Field of vision Normal.....		<input type="checkbox"/> No <input type="checkbox"/> Yes							
	Sugar		Lungs		Vision acuity (See list par. V4)		without correction	with correction normally used						
Blood pressure			Abdomen		Right eye.....									
Teeth			Skin		Left eye.....									
Eyes			Extremities		Both eyes simultaneously									
Oral cavity			Hernia		Hearing (see V1)	Normal speech	Normal speech at a distance of 4 m	Otoscopy						
Reflexes			Spinal column		Without hearing aid			Right ear						
Special remarks (if any)					With hearing aid			Left ear						
					Result:					<input type="checkbox"/> Fit for look-out duty	<input type="checkbox"/> Unfit for look-out duty	<input type="checkbox"/> Unfit for look-out duty and engine-room duty		
					Is the examined in your opinion fit for duty?.....					<input type="checkbox"/> No <input type="checkbox"/> Yes				
					If "no", please state the reason									
					If fitness is conditional, state limitations in regard to					a) Time	b) Field of work	c) Trading area		
Place and date, doctor's stamp and signature														
The certificate should be forwarded to the Danish Maritime Authority by the master or the shipping company.														

Guidelines for Medical Practitioners on Medical Certificates for Seafarers (form S-803E-2000)

These guidelines are intended for use by non-Danish medical practitioners performing medical examinations of seafarers to serve onboard Danish ships

According to the Order on Medical Examination of Seafarers and Fishermen any person serving on board a Danish ship must periodically undergo medical examination where they are to be found fit for service on board, possibly fit with limitations.

For persons younger than 18 years old the medical examination is valid for one year. For persons of 18 years of age or older the period of validity is two years. However, if the medical examination is valid on the date when the holder turns 18, the validity period is prolonged to two years counted from the date of the most recent medical examination.

If the seafarer or fisherman has previously been examined, the next examination shall at the earliest be undergone three months before the expiry of the period of validity.

The Medical Certificate

The attached medical certificate shall always be used for registration of the results of the medical examination.

The medical certificate is divided into parts A, B and C. The seafarer or fisherman completes parts A and B carefully before the medical examination is conducted. The medical practitioner must obtain proof about the identity of the seafarer before beginning the examination.

The examination must cover all matters referred to in part C of the certificate.

The medical practitioner must – based inter alia on guidelines in the attached list of diseases and conditions – judge whether the person undergoing examination is fit or unfit for service on board Danish ships, or whether fitness for service should be limited in regard to

Time by restricting validity of the examination to less than the normal two years (or one year for persons younger than 18 years old). Normally the period of validity shall be at least three months.

Field of work may be used in cases, where health considerations militate against performing certain kinds of work on board, or getting in contact with certain substances.

Trading area by restricting the seafarer or fisherman to work only in a specified area. The most frequently used restrictions are:

- Coastal Trades (Danish home trade and a part of the North Sea and the Baltic Sea)
- Limited Waters (The North Sea and the Baltic Sea, the English Channel, the British Isles and up to Faroe Islands).

Look-out Duty and Engine-room Duty

On the attached list of diseases and conditions the requirements concerning hearing, eyesight and sense of colour are specified in paragraph V "Diseases of the Sensory Organs". The result of the examination has to be registered in the medical certificate as:

- fit for look-out duty
- unfit for look-out duty
- unfit for look-out duty and engine-room duty.

The Health Certificate

A health certificate for seafarers and fishermen may be issued by the Danish Maritime Authority, by a medical practitioner (only in Denmark), or by the ships master (only in foreign countries).

The medical practitioner in foreign countries is not allowed to register in the health certificate. It is the duty of the master of the ship to register the result of the medical examination in the health certificate in accordance with the medical certificate. The master or the shipping company shall hereafter send the original medical certificate to the Danish Maritime Authority as soon as possible.

The Danish Maritime Authority may require a seafarer or fisherman holding a valid health certificate to undergo a new medical examination conducted by a medical practitioner or specialist appointed by the Danish Maritime Authority if, based on available information on health it is considered doubtful whether the seafarer or fisherman is still fit for his or her field of work on board.

Complaint

If a medical practitioner make a decision which has implications for the seafarer or fisherman's possibilities to work aboard a ship due to his or her audio or visual capacity, a complaint may be brought before the Danish Maritime Authority by the seafarer, fisherman, or shipping company. The Danish Maritime Authority will then make the final administrative decision. Complaints should normally be submitted within 4 weeks.

Complaints to be submitted to Danish Maritime Authority
Fjordvaenget 30
DK-4220 Korsøer
Denmark

Complaints against any other results of the medical examination may by the seafarer, fisherman or shipping company be brought before the Shipping Tribunal which shall make the final administrative decision. The Shipping Tribunal also makes the decision in cases where the Danish Maritime Authority has required a special medical examination as mentioned above. Complaints should normally be submitted within 4 weeks.

Complaints to be submitted to Danish Shipping Tribunal - The Secretariat
Danish Appeals Boards Authority
Toldboden 2
DK-8800 Viborg
Denmark

Before considering the case the Shipping Tribunal will obtain any necessary medical information.

List of diseases and conditions which may lead to rejection by way of absolute or conditional (part) prohibition of signing on.

Introduction

The basic purpose of the health examinations is to ensure the health of the individual seafarer and fisherman and the safety of the ship. When evaluating the fitness of the individual seafarer and fisherman before embarking, the following should always be taken into account:

1. Does the disease or condition result in an increased risk of acute complications which cannot be treated by layman in a ship and thereby create a serious risk to the seafarer himself?

2. May a seafarer or fisherman suffering from an acute disease constitute a risk for the safety of the ship or place other crewmembers in an unnecessarily difficult situation?

3. May the disease or medical condition cause difficulties for the seafarer or fisherman in case of an emergency situation on board?

When evaluating entry level seafarers and fishermen, special focus should be given to whether the disease or condition may be a hindrance when working on board merchant ships or fishing vessels in the future.

In case of conditional prohibition of signing on, permission to sign on can be given in regard to a) time, b) field of work on board and/or c) trading area of the ship, including specific shipping routes, according to individual evaluation.

	<i>Column A</i>	<i>Column B</i>
	Entry level seafarers and fishermen, i.e. anyone who goes to sea for the first time or have not been working at sea within the last five years and all seafarers and fishermen younger than 18 years of age.	Professional seafarers, i.e. seafarers and fishermen 18 years of age or older, who have been working at sea within the last five years and where the occupation must be regarded as their principal occupation.
I. TUMOURS		
1. Tumours, malignant, including lymphoma and leukaemia	Absolute rejection in cases, where the disease, its consequences and risk of recurrence result in immediate danger or risk of inability to work. Otherwise, possible limitation in time and trading area.	Absolute rejection in cases, where the disease, its consequences and risk of recurrence result in immediate danger or risk of inability to work. Otherwise, possible limitation in time and trading area.
II. ENDOCRINE DISORDERS		
1. Hyper- or hypothyroidism		
- well-controlled	Possible limitation in time and trading area.	Possible limitation in time and trading area.
- not well-controlled	Absolute rejection.	Absolute rejection.
2. Diabetes mellitus - insulin dependent	Well-regulated, no hypoglycaemic episodes with influence on consciousness within the last two years. The treatment should be under regular supervision by a doctor and the seafarer must have the necessary understanding of his disease and be able to perform blood sugar measurements.	Well-regulated, no hypoglycaemic episodes with influence on consciousness within the last two years. The treatment should be under regular supervision by a doctor and the seafarer must have the necessary understanding of his disease and be able to perform blood sugar measurements.

<p>- tablet treated (treatment with oral hypoglycaemic agents)</p> <p>- treated with diet only</p>	<p>Limitations: Time – no more than one year, and field of work on board – not in a position as watchkeeping personnel in the deck department or the engine department, or in a training position leading to such a charge. Duty on board fishing vessels not accepted.</p> <p>Well-regulated, no hypoglycaemic episodes with influence on consciousness within the last two years. The treatment should be under regular supervision by a doctor and the seafarer must have the necessary understanding of his/her disease.</p> <p>Limitations: Time – no more than one year, and field of work on board – not in a position as watchkeeping personnel in the deck department or the engine department, or in a training position leading to such a charge.</p> <p>The condition shall be stable without substantial symptoms. The treatment should be under regular supervision by a doctor. Possible limitation in time.</p>	<p>Limitations: Time – no more than one year, and possibly in field of work on board.</p> <p>Well-regulated, no hypoglycaemic episodes with influence on consciousness within the last two years. The treatment should be under regular supervision by a doctor and the seafarer must have the necessary understanding of his/her disease.</p> <p>Limitations: Time – no more than one year, and possibly in field of work on board.</p> <p>The condition shall be stable without substantial symptoms. The treatment should be under regular supervision by a doctor. Possible limitation in time.</p>
<p>3. Adiposity, considerably Body Mass Index (BMI)>40 kg/m² shall cause a concrete evaluation.</p>		
<p>If the conclusion of the evaluation is that the fat and muscle distribution is a severe limitation for mobility</p>	<p>Absolute rejection</p>	<p>Possible limitation in time, field of work on board and trading area.</p>
<p>III. MENTAL DISORDERS¹</p>		
<p>1. Psychoses and serious mood (affective) disorders (F20-F29, F30-F39).</p>		
<p>- Present and former with less than 2 years since last episode.</p>	<p>Absolute rejection.</p>	<p>Absolute rejection.</p>
<p>- Former, with at least 2 years without symptoms with or without treatment.</p>	<p>Possible limitation in time, field of work on board and trading area.</p>	<p>Possible limitation in time, field of work on board and trading area.</p>

<p>2. Milder cases of mood (affective) disorders (F30-F39), neurotic, stress-related and somatoform disorders (F40-48), behavioural syndromes associated with physiological disturbances and physical factors (F50-F59) and disorders of personality and behaviour (F60-F69) causing insufficient working capability or disabling symptoms.</p> <p>- Former, with at least 2 years without symptoms with or without treatment.</p>	<p>Absolute rejection.</p> <p>Possible limitation in time, field of work on board and trading area.</p>	<p>Absolute rejection.</p> <p>Possible limitation in time, field of work on board and trading area.</p>
<p>3. Organic, including symptomatic, mental disorders, including dementia (F00-F09), mental retardation (F70-F79), pervasive developmental disorders (F84) and hyperkinetic disorders (F90)</p>	<p>Absolute rejection.</p>	<p>Absolute rejection.</p>
<p>4. Abuse of psychoactive substances, including regularly use of psychoactive substances which possibly may have a negative influence on the examined person in relation to safety and health at sea. Beyond this, dependence syndromes, abuse or psychic disorders caused by psychoactive substances. By psychoactive substances is understood alcohol and other psychoactive substances, including opiates, sedatives or hypnotics, cocaine and other stimulants, cannabinoids, hallucinogens and volatile solvents (F10-F19)</p> <p>- Former, with at least 2 years of abstinence from drug use confirmed by a doctor.</p>	<p>Absolute rejection.</p> <p>Possible limitation in time, field of work on board and trading area.</p>	<p>Absolute rejection.</p> <p>Possible limitation in time, field of work on board and trading area.</p>
<p>IV. DISEASES OF THE NERVOUS SYSTEM</p>		
<p>1. Epilepsy</p> <p>- with attacks within the last two years with or without treatment</p> <p>- with attacks within the last 10 years, but not within the last two years, with or without treatment</p>	<p>Absolute rejection.</p> <p>Absolute rejection for all positions as watchkeeping personnel, including trainees, in the deck department or the engine department.</p>	<p>Absolute rejection.</p> <p>Absolute rejection for all positions as watchkeeping personnel, including trainees, in the deck department or the engine department.</p>

- without attacks for at least 10 years, of which the last five years should be without medical treatment	For a position as watchkeeping personnel in the deck department or the engine department, a declaration on the risk of attacks should be requested from a specialist in neurological diseases.	For a position as watchkeeping personnel in the deck department or the engine department, a declaration on the risk of attacks should be requested from a specialist in neurological diseases.
2. Cerebrovascular diseases	Absolute rejection the first 6 months after the disease initiated. Hereafter individual assessment of the risk of recurrence. There must not be sequelae of any importance and any underlying disease shall be treated. Possible limitation in time, field of work on board and trading area.	Absolute rejection the first 6 months after the disease initiated. Hereafter individual assessment of the risk of recurrence. There must not be sequelae of any importance and any underlying disease shall be treated. Possible limitation in time, field of work on board and trading area.
V. DISEASES OF THE SENSORY ORGANS		
1. Hearing		
<i>All services</i> Ability to hear normal speech at a distance of four metres, possibly by the use of hearing aid	If not: Absolute rejection.	If not: Possible limitation in field of work on board.
<i>Look-out duty</i> Ability to hear normal speech at a distance of four metres, both ears tested simultaneously, without the use of hearing aid	If not: No look-out duty.	If not: No look-out duty.
2. Meniere's disease	Absolute rejection.	Possible limitation in time and field of work on board.
3. Chronic infection of the middle ear	Limitation in time and trading area.	Possible limitation in time and trading area.
4. Vision ²		
<i>All services</i> Visual acuity, possibly with correction, shall on either right or left eye or both eyes measured simultaneously, be at least 0,3	If not: Absolute rejection.	If not: Absolute rejection.
<i>Engine-room duty</i> Visual acuity, possibly with correction, shall on each eye be at least 0,5 and test of field of vision, using the finger method, must not unveil defects in the field of vision	If not: No service in the engine-room.	If not: No service in the engine-room.

<i>Look-out duty</i> Visual acuity without correction shall on each eye be at least 0,1. Visual acuity with correction shall on each eye be at least 0,5. Field of vision shall be normal and the examined must not have recognised any difficulties in sense of locality under reduced lighting	If not: No look-out duty.	If not: No look-out duty.
5. Serious and possibly recurrent diseases in inner and outer eye (iridocyclitis, glaucoma and similar diseases)	Absolute rejection.	Limitations in time and field of work on board.
6. Diplopia	Absolute rejection.	Limitations in time and field of work on board.
7. Colour vision ³ Colour blindness	No look-out duty.	No look-out duty.
VI. CARDIOVASCULAR DISEASES		
1. Ischaemic heart disease with symptoms, significant cardiac incompensation	Absolute rejection if treatment cannot normalise the condition. Possible limitation in time and trading area.	Absolute rejection if treatment cannot normalise the condition. Possible limitation in time and trading area.
2. Cardiac arrhythmia with considerable risk of acute symptoms	Absolute rejection if treatment cannot normalise the condition. Possible limitation in time and trading area.	Absolute rejection if treatment cannot normalise the condition. Possible limitation in time and trading area.
3. Hypertension, <u>diastolic</u> blood pressure >110 mmHg, <u>systolic</u> blood pressure >180-200 mmHg.	Absolute rejection until well-regulated. Possible limitation in time.	Absolute rejection until well-regulated. Possible limitation in time.
4. Acute myocardial infarction (AMI), bypass operation, Percutaneous Transluminal Coronary Angioplasty (PTCA), implantation of pacemaker	Absolute rejection the first two months after AMI and/or intervention. Hereafter careful individual assessment of physical performance and the risk of late complications. Possible limitation in time and trading area.	Absolute rejection the first two months after AMI and/or intervention. Hereafter careful individual assessment of physical performance and the risk of late complications. Possible limitation in time and trading area.
5. Diseases demanding anti-coagulant therapy	Absolute rejection for all positions as watchkeeping personnel in the deck department or the engine department, or in a training position leading to such a charge. For others, absolute rejection in a period after initiating the treatment. After the condition has been stabilised limitations in time, field of work on board and trading area served, depending on the cause of the treatment and the prognosis of the disease.	Absolute rejection in a period after initiating the treatment. After the condition has been stabilised limitations in time, field of work on board and trading area served, depending on the cause of the treatment and the prognosis of the disease.

VII. DISEASES OF THE RESPIRATORY SYSTEM		
1. Pulmonary diseases causing major reduction in physical performance and/or with serious attacks demanding medical treatment (for example asthma) within the last two years	Absolute rejection.	Absolute rejection.
2. Less severe pulmonary diseases	Limitation in field of work on board and trading area.	Possible limitation in field of work on board and trading area.
VIII. INFECTIOUS DISEASES		
1. Tuberculosis - in infectious stage or suspicion of activity or insufficient treatment - not in infectious stage but under treatment	Absolute rejection. Absolute rejection.	Absolute rejection. Possible limitation in time and trading area.
2. Other infectious diseases in infectious stage	Absolute rejection.	Individual evaluation based on symptoms and danger of infection.
3. HIV-positive with complications of importance or AIDS	Absolute rejection but may pass if trading area is limited to coastal trade.	Absolute rejection but may pass if trading area is limited to coastal trade.
IX. GASTROINTESTINAL DISEASES		
1. Dental and gingival diseases, if unsatisfactorily or insufficiently treated	Limitation in trading area.	Limitation in trading area.
2. Gastric and duodenal ulcers	Limitation in time and trading area.	Limitation in time and trading area.
3. Chronic enteritis or colitis in a pronounced stage	Absolute rejection.	Possible limitation in time and trading area.
4. Hernia with risk of incarceration	Limitation in field of work on board and trading area.	Limitation in trading area and possibly field of work on board.
5. Gallstones giving symptoms	Absolute rejection.	Absolute rejection.
6. Pancreatitis giving symptoms	Absolute rejection.	Absolute rejection.
X. UROGENITAL DISEASES		
1. Kidney stones - with acute symptoms - recurring, with acute symptoms within the last two years	Absolute rejection. Limitation in trading area and possibly field of work on board.	Absolute rejection. Limitation in trading area and possibly field of work on board.
2. Chronic and subchronic nephritis and nephroses	Absolute rejection.	Possible limitation in time and trading area depending on declaration from specialist in renal diseases.
XI. SKIN DISEASES		
1. Infectious or allergic skin reactions of importance	Possible limitation in field of work on board and trading area.	Possible limitation in field of work on board and trading area.

XII. CONGENITAL DISEASES IN THE SKELETON, ORGANS OF LOCOMOTION AND CONNECTIVE TISSUE, OR CONSEQUENCES OF ACCIDENTS AND INFECTIONS		
1. Resulting in reduced performance important for performing work and in case of an emergency situation	Absolute rejection.	Possible limitation in time, field of work on board and trading area.
2. Polyarthritis, chronic	Absolute rejection.	Possible limitation in time, field of work on board and trading area.
3. Artroses, spondylosis, severe	Absolute rejection.	Possible limitation in time, field of work on board and trading area.
4. Slipped disc (prolapsed intervertebral disc) with serious radicular symptoms	Absolute rejection.	Absolute rejection.
XIII. PREGNANCY		
1. Pregnancy, uncomplicated	Up to the end of the 6 th month limitation in field of work on board and trading area. Hereafter absolute rejection.	Up to the end of the 6 th month limitation in field of work on board and trading area. Hereafter absolute rejection.
XIV. OTHER DISEASES OF IMPORTANCE FOR SEAFARERS AND FISHERMEN		
1. Other conditions which may cause a significant risk for own health, or cases where an acute disease contracted by the seafarer or fisherman have importance for the safety of the ship	Individual assessment of risk. May result in absolute rejection or possibly limitation in field of work on board and trading area.	Individual assessment of risk. May result in absolute rejection or possibly limitation in field of work on board and trading area.

- 1) The codes used in section III refer to the Tenth Edition of the *International Classification of Diseases* (ICD-10).
- 2) Eye sight is indicated according to Snellen decimal notation and should be measured at a distance of 6 metres.
- 3) Colour vision is to be examined according to Ichihara's "Tests for Colour Blindness. Complete Edition". One misreading is accepted.