



GOVERNMENT OF PAKISTAN
MINISTRY OF MARITIME AFFAIRS
08TH FLOOR, KOHSAR BLOCK, PAK
SECRETARIAT ISLAMABAD



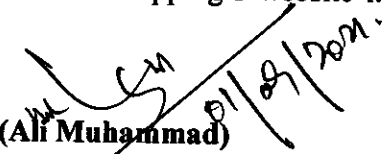
Subject: **MERCHANT SHIPPING (MEDICAL EXAMINATION) RULES, 2021.**

Kindly refer to the subject noted above and to state that this Ministry has, duly approved by the Federal Cabinet, framed the subject rules under Pakistan Merchant Shipping Ordinance, 2001.

2. Printing Corporation of Pakistan has issued the gazette notification of said rules vide S.R.O No.1056 (1)/2021 dated 11th August, 2021. The said Rules are forwarded for information and onward circulation amongst all concerned departments / organizations under your administrative control.

3. It is further stated that the above referred rules are also being uploaded on Ministry's website i.e. moma.gov.pk and Directorate General, Ports & Shipping's website i.e dgps.gov.pk.

Encl: **As Above**


(Ali Muhammad)
Section Officer (P&S)
Tel # 9212519

- i. The Secretary, Cabinet Division, Government of Pakistan, **Islamabad.**
- i. The Secretary, Establishment Division, Government of Pakistan, **Islamabad.**
- ii. The Secretary, M/o Commerce and Textile, Government of Pakistan, **Islamabad.**
- iii. The Secretary, M/o National Food Security & Research, Government of Pakistan, **Islamabad.**
- iv. The Secretary, M/o Planning Development and Reforms, Government of Pakistan, **Islamabad.**
- v. The Secretary, M/o Law and Justice, Government of Pakistan, **Islamabad.**
- vi. The Secretary, M/o Interior, Government of Pakistan, **Islamabad.**
- vii. The Secretary, M/o Defence, Government of Pakistan, **Islamabad.**
- viii. The Secretary, M/o Inter Provincial Coordination, Government of Pakistan, **Islamabad.**
- ix. The Secretary, M/o Foreign Affairs, Government of Pakistan, **Islamabad.**
- x. The Secretary, M/o Interior, Government of Pakistan, **Islamabad.**
- xi. The Secretary, M/o Information Technology, Government of Pakistan, **Islamabad.**
- xii. The Secretary, M/o Science and Technology, Government of Pakistan, **Islamabad.**
- xiii. The Secretary, M/o Climate Change, Government of Pakistan, **Islamabad.**

Cont--P/2

- xiv. The Secretary, M/o Information and Broadcasting, Government of Pakistan, **Islamabad.**
- xv. The Secretary, M/o Industries and Production, Government of Pakistan, **Islamabad.**
- xvi. The Secretary, M/o Finance, Government of Pakistan, **Islamabad.**
- xvii. The Secretary, M/o Economic Affairs Division, Government of Pakistan, **Islamabad.**
- xviii. The Chief Secretary, Government of Punjab, **Lahore.**
- xix. The Chief Secretary, Government of Sindh, **Karachi.**
- xx. The Chief Secretary, Government of Khyber Pakhtunkhwa, **Peshawar,**
- xxi. The Chief Secretary, Government of Baluchistan, **Quetta.**
- xxii. The Additional Secretary, President House, **Islamabad.**
- xxiii. The Additional Secretary, Prime Minister Office, **Islamabad.**
- xxiv. The Secretary, Fisheries, Wildlife and Forestry, Government of Punjab, **Lahore.**
- xxv. The Secretary, Fisheries and Livestock, Government of Sindh, **Karachi.**
- xxvi. The Secretary, Fisheries and Livestock, Government of KP, **Peshawar.**
The Secretary, Coastal Development and Fisheries, Government of Balochistan, **Quetta.**
- xxvii. The Director General, Ports and Shipping, Ports and Shipping Wing, **Karachi.**
- xxviii. The Chairman, Karachi Port Trust, **Karachi.**
- xxix. The Chairman, Port Qasim Authority, **Karachi.**
- xxx. The Chairman, Pakistan National Shipping Corporation, **Karachi.**
- xxxi. The Chairman, Gwadar Port Authority, **Gwadar.**
- xxxii. The Managing Director, Korangi Fisheries Harbour Authority, **Karachi.**
- xxxiii. The Director General, Marine Fisheries Department, **Karachi.**
- xxxiv. The Director General, Pakistan Maritime Security Agency, **Karachi.**
- xxxv. The Principal Officer, Mercantile Marine Department, **Karachi.**
- xxxvi. The Commandant, Pakistan Marine Academy, **Karachi.**
- xxxvii. The Shipping Master, Government Shipping Office, **Karachi.**

The Gazette  **of Pakistan**

EXTRAORDINARY
PUBLISHED BY AUTHORITY

ISLAMABAD, MONDAY, AUGUST 23, 2021

PART II

Statutory Notifications (S. R. O.)

GOVERNMENT OF PAKISTAN
MINISTRY OF MARITIME AFFAIRS

NOTIFICATION

Islamabad, the 11th August, 2021

S. R. O. 1056(I)/2021.—In exercise of the powers conferred by Section 123(2) of the Pakistan Merchant Shipping Ordinance, 2001 (LII of 2001), the Federal Government is pleased to make the following rules, namely:—

1. **Short title and commencement.**—(1) These rules shall be called Merchant Shipping (Medical Examination) Rules, 2021.

(2) These rules shall come into force with immediate effect.

2. **Definitions.**—(1) In these rules, unless the context otherwise requires:

1243 (1—38)

Price: Rs. 60.00

[1212(2021)/Ex.Gaz.]

- (a) "administrative Division" means the Division to business maritime affairs stands allocated;
- (b) "approved" means approved by the Directorate General of Ports and Shipping;
- (c) "appellate authority" means Secretary of the administrative Division.
- (d) "competent authority" means the Director General of Ports and Shipping;
- (e) "Convention" means the Standards of Training, Certification and Watch Keeping (STCW) convention 1978, as amended and Maritime Labor Convention, 2006 (MLC 2006);
- (f) "examinee" means any person taking certificate of competency or proficiency examination and seeking medical certificate under the STCW 1978, as amended and/or MLC 2006;
- (g) "guidelines" means guidelines developed by the Directorate General Port and Shipping (DGPS) concerning the medical examination of seafarer and person, the medical guide for ships and all other purposes under these rules;
- (h) "Medical Examiner" means a qualified Medical Practitioner registered under Pakistan Medical and Dental Council and authorized by the Competent Authority;
- (i) "Merchant shipping notice" means a notice issued by the Directorate General Ports and Shipping;
- (j) "new entrant" means any person undergoing any training at the maritime training Institute, in the public or private sector, or has not joined any ship as an employee;
- (k) "Ordinance" means the Merchant Shipping Ordinance, 2001 (LII of 2001);
- (l) "organization" means:—
 - (i) "International Maritime Organization (IMO)" or
 - (ii) "International Labor Organization (ILO)" or
 - (iii) "World Health Organization (WHO)" as the case may be;
- (m) "Person" means new entrant, master, seafarer, apprentice, young person, seaman, examinee, medical examiner, and supernumerary;
- (n) "Schedule" means Schedule appended to these rules;

- (o) "seafarer" means any person who is employed or engaged or works in any capacity on board Pakistani ships or other than Pakistani ships; and
- (p) "supernumerary" means any person who is part of ship's complement on board but NOT employed or engaged or works in any capacity on the business of Pakistani ships, or other than Pakistani ships; and

(2) All other words and expressions, that have not been defined in these Rules, shall have the meanings as defined in the Ordinance and the Convention.

3. **Application.**—These rules shall apply to "the person" as defined in these Rules;

4. **Exemptions in respect of the validity of Medical Certificate.**—The competent authority as deemed necessary may permit the person not more than three months to work or stay onboard without a valid medical certificate or until the next port of call where the person concerned can obtain a medical certificate from a qualified medical examiner.

5. **Approval of medical examiner.**—(1) The competent authority shall under these rules approve such numbers of medical examiners at the ports or places, as it thinks fit, from time to time;

(2) The competent authority shall approve medical examiner who shall fulfill the conditions as specified in Schedule III, Schedule IV and Schedule V of these rules. The competent authority shall issue approval letter to the medical examiner as per format specified in Schedule VI;

(3) The medical examiner shall apply in the prescribed format as specified in Schedule I and Schedule II for the initial approval and renewal approval and pay the fee prescribed in rule 14 for the type of approval requested;

(4) The approved medical examiner shall conduct the medical examination conforming to the medical standards as specified in Schedule — VII/X and XI of these rules.

6. **Type of medical examination.**—The persons shall be subjected to the following types of medical examinations, namely;

- (a) a pre-sea medical examination, those conducted before the person embarks upon a seafaring career (*i.e.* entry into private and public training institutes); and
- (b) a periodic medical examination, those conducted either before the person reports to a ship or at periodic interval during the person's seafaring career.

7. Functions of medical examiners.—(1) The medical examiner shall perform the following functions, namely:—

- (a) verify whether the person is fit after return from illness, or continuing health problems, conducts the examination accordingly;
- (b) verify the identity of the persons to be examined through the number of his seaman service book (SSB) and seaman identification document (SID) issued by the government shipping office;
- (c) verify whether the person is medically fit to perform duties onboard a ship or ashore consistent with the skills required in the discharge of his functions;
- (d) collect information from the person on his previous medical history;
- (e) take a declaration from the person in the prescribed format as specified in Schedule VIII;
- (f) review the medical history of the person or medical records and the declaration made by the person as specified in Schedule VIII and thereafter proceed for medical examination;
- (g) based on expert opinions relating to medical problems, further investigation and treatment may be prescribed;
- (h) verify the results of clinical tests, if conducted;
- (i) conduct medical examinations of the persons as per the medical standard's specified in Schedule VII, X, and XI;
- (j) issue medical certificate in English to the persons in the prescribed format as specified in Schedule IX;
- (k) mark the medical examination documents "CONFIDENTIAL" and retain the duplicate copy of the same for ten years; and
- (l) comply under the Act about the Merchant Shipping Ordinance, 2001, and these rules including the merchant shipping notices or circulars issued by the competent authority from time to time and submit periodical returns in the prescribed format as specified in Schedule XII.

8. Validity of medical examination certificate.—(1) Subject to the conditions specified by the medical examiner, a medical certificate including color visions test, conducted at mercantile marine department (MMD) Karachi, shall be valid for a maximum period of twelve months in respect of:-

- (a) a person under the age of eighteen years for pre-sea or periodical examination as the case may be; and
- (b) Supernumerary undergoing a periodical examination to join the ship.

(2) Subject to the conditions specified by the medical examiner, a medical certificate including color vision, conducted at MMD Karachi, the test shall be valid for a maximum period of two years in respect of:-

- (a) new entrant undergoing pre-sea medical examination;
- (b) person undergoing periodical examination for the purpose of engagement on board a ship; and
- (c) person undergoing periodical examination for the certificate of competency or Proficiency and other endorsements.

(3) A copy of valid medical certificate including the color vision test, conducted at MMD Karachi, shall be acceptable by Director General, ports & shipping for the certificate of competency examination or endorsements;

(4) If the medical certificate of a person expires in the course of the voyage, such certificate shall continue to remain in force or valid until the vessel arrives at the next port of call wherever the facility of qualified medical examiner available provided that the period shall not exceed three months.

9. Validation of medical certificate.—The medical examination certificate issued to the person shall be deemed to be valid for all the purposes, under these rules.

10. Appointment of appellate committee for re-examination.—(1) The appellate authority shall, by an order in writing constitute an appellate committee at such ports or places, as it thinks fit comprising of not less than three specialists in any branch of Medical Science and an assessor having knowledge and understanding of maritime field and ship's operations if considered necessary.

(2) The panel of specialist constituting the Appellate Committee shall be drawn by the Appellate Authority in consultation with the competent authority; and

(3) The appellate authority shall nominate a member of the appellate committee as the convenor of the committee.

11. Appeal and Procedure for re-examination and review.—(1) The aggrieved person may, within sixty days from the date on which he is declared

unfit by the medical examiner, lodge an appeal against such decision to the appellate committee through the shipping master. Provided that an appeal may be admitted after the expiry of the period of sixty days if the appellant satisfies the appellate committee that he had sufficient cause for not making such appeal within the prescribed period.

(2) Every appeal made under this rule shall be accompanied by a copy of the order appealed against and the original receipt of the prescribed fee.

(3) On receipt of the appeal, the shipping master shall refer it to the appellate committee within five working days and if ordered, inform the person and the competent authority of the place of his examination by the appellate committee. The date and time of his examination shall be decided by the appellate committee.

(4) The appellate committee, before disposing of an appeal, shall give a reasonable opportunity of being heard to the appellant.

(5) An appeal shall be disposed of as expeditiously as possible but within sixty days from the date of filing of the appeal.

(6) The decision of the appellate committee shall be binding on the person as well as owner or agent of the ship or the training institute or others concerned as the case may be;

(7) The person may apply through shipping master with the prescribed fee within one year from the date on which the appellate committee had declared him permanently unfit for reviewing his case if he has obtained a certificate of fitness from a medical specialist in that branch of medical science to which his ailment relates. A copy of such application shall be endorsed to the competent authority and the concerned ship-owner or his agent or the training institute or other concerned entity as the case may be:

Provided that the shipping master in consultation with the competent authority may admit any such review application made after the said period of one year, if he is satisfied that the person had sufficient cause for not making the application within the same period.

(8) The shipping master in consultation with the competent authority shall refer the review application to the appellate committee. The shipping master and the appellate committee shall follow the same procedure as applicable to the appeal cases.

12. Maintenance of medical records and periodical returns by the approved medical examiner.—(1) The approved medical examiner shall maintain medical records of the medical examinations conducted by him with copies of medical certificate issued.

(2) The medical examiner shall also send half-yearly returns to the competent authority in the prescribed format as specified in Schedule XII.

13. Suspension and cancellation of approval.—(1) The competent authority upon receipt of any complaint in writing from any person, ship-owner, his agent, training institute or other entity concerned including the medical examiner relating to the conduct of medical examination and any other contravention of the provisions of these rules shall investigate into such complaints.

(2) The competent authority may authorize Principal Officer, mercantile marine department to investigate such complaints. In doing so, he may request a member of the Pakistan Medical and Dental Council or other official authorized by the competent authority or recognized bodies to accompany the principal officer, Mercantile Marine department entrusted with the investigation;

(3) A report of the investigation shall be submitted by the Principal officer, Mercantile Marine department Karachi, to the competent authority along with findings and recommendations at the earliest but not later than sixty working days from the date of completion of the investigation.

(4) Approved medical examiners involved in the conduct or process of medical examination who are found to be observing unethical means or committing professional misconduct or having mala-fide intentions shall be dealt with the provisions of the Ordinance. Medical examiners shall have their approval either suspended or withdrawn by the competent authority if proved to have committed such acts. For any inquiry or appeal, the competent authority shall give such medical examiner, an opportunity of making a defense in person;

(5) The aggrieved medical examiner or others may appeal against the decision of the competent authority within fifteen days from the date of passing of such order of suspension or cancellation of approval or other disciplinary or legal action to the appellate authority.

(6) The appellate committee shall dispose of such cases as per the procedure set out in rule 11 and his decision shall be binding on the medical examiner or others involved in such complaints.

14. Fee structure.—(1) The ship-owner or his agent or the person shall pay the following fee to the medical examiner for the type of medical examination conducted by him, namely:—

- (a) medical examination or investigation and issuance of medical certificate not more than Rupees two thousand per person;

- (b) physical clinical examination with medical certificate not less than Rupees five hundred per person; and
 - (c) issuance of duplicate certificate- Rupees three hundred per person
- (2) The person making an application for appeal or review shall submit the amount as set out below:—
- (a) the appeal against the decision of the medical examiner-Rs.5,000/- per case; and
 - (b) application for the Review case — Rs. 3,000/- per case
 - (c) the Medical Examiner seeking approval of the Competent Authority shall submit the amount set out below;
 - (i) initial approval - Rs.25,000/- per case;
 - (ii) renewal approval - Rs.10,000/- per case; and
 - (iii) issuance of duplicate letter of approval - Rs.1,000/- per copy.

15. **Penalties and disciplinary actions.**—Whoever contravenes section 123 of the Ordinance in respect of medical examination shall be liable to punishment as specified in section 139 of the Ordinance.

16. **Review of the provisions of these Rules.**—The Competent Authority in consultation with ship-owner or his agent, and seafarers representative and other entities shall review these rules from time to time and may issue Merchant Shipping Notice to achieve purposes of these rules.

17. **Repeal and savings.**—(1) All medical reports and certificates issued under any other rules shall be deemed to have been issued under the corresponding provisions of these rules, provided such certificates shall be renewed within six months from the date of promulgation of these rules.

(2) The approved medical examiners shall be deemed to have been approved under the corresponding provisions of these rules, provided such approval shall be renewed within six months from the date of promulgation of these rules.

[No. 5(6)/2020-P&S.]

RIZWAN AHMED,
Secretary.

Schedule I
[See rule 5(2)]



Application for Initial Approval and Renewal

Photograph Blue back
Ground and Front view
(size)
3.5cm
3.5cm

To
Director General (Ports & Shipping)
Ports and Shipping Wing
Ministry of Maritime Affairs
Government of Pakistan
Karachi.

Date _____

Place _____

Subject: Initial / Renewal Approval to Medical Examiner.

Sir,

I, Dr. _____ wish to apply for the initial / renewal approval to conduct medical examination at _____ facility(s)[details of each facility attached herewith]. A copy of my Bio-data along with other relevant documents pertaining to academic and professional qualification, experience, previous letter of approval, if issued, proof of age etc and check list duly self certified and filled in are enclosed.

2. I declare that no legal cases or complaints from the persons are pending against me in any Pakistani and overseas in the competent courts of Jurisdiction.

3. I also confirm to extend all co-operation to the authorized official of the Approving Authority in the course approval process or thereafter and the arrangement to inspect for approval shall be at my cost and risk.

4. You are, therefore, requested to issue a letter of approval to enable me to perform the function of Medical examiner at the facility(s) stated above for medical examination.

Yours faithfully,

(Dr. _____)

Name: _____

Pakistan Medical & Dental Council Registration No. _____

Date of issue: _____

(delete as applicable)

Enclosures:

1. Copy of valid Pakistan Medical & Dental Council Registration Certificate;
2. Copy of bio-data with supporting documents including an affidavit of 100 rupees;
3. Copy of checklist duly filled in and self-attested with relevant information;
4. Copy of proof of age;
5. Copy of the previous letter of approval, if applicable; [Note:- A copy of the above-mentioned documents shall be duly self-certified]
6. Two passport size photograph (3.5 cm x 3.5 cm) and blue background, front view;
7. 3-specimen signature on clinic printed letterhead (furnishing full style);
8. A proof for medical fitness issued by any Government Hospital or by the approved medical examiner whose approval and registration is valid;
9. Proof of submission of periodical returns;
10. Declaration that no outstanding disciplinary action and legal action is pending in any jurisdiction in Pakistan and overseas; and
11. Confirmation with evidence that the applicant is continuously up-graded/updated in current medicines & medical science as per the best medical practices in Pakistan and overseas.
12. Affidavit – as per Schedule II of these Rules.

Schedule II

[See rule 5(3)]



AFFIDAVIT

I, Dr. _____, Regn. No. _____ of Pakistan Medical & Medical Council, valid till _____, age _____ years, operate medical facility(s) at _____, do hereby make oath and solemn affirmation as under:

1. I am fully conversant with the applicable Pakistani Maritime Laws relating to shipboard operations and medical examination's entire process of examination of the person and have a good understanding in the following areas:

- (i) Living and working conditions on board sea-going merchant ships of various types gained through special instructions/attended occupational/Maritime medicine/health-related courses or other means as prescribed by the Pakistan Medical & Dental Council relevant association or through self-efforts or others means(delete as applicable);
- (ii) Medical publications "The International Medical Guide for ships or an equivalent national medical guide for use on ships or others;
- (iii) Conventions on Standard of Training, Certification, and Watch-keeping (STCW)1978, as amended, Regulation, I/9-Medical Examination & Maritime Labour Convention,2006- Regulation 1.2 - Medical Certificate and Standard A1.2;
- (iv) Guidelines on "Medical Examination of Seafarers" issued by ILO/IMO/WHO etc;
- (v) Relevant provisions of Merchant Shipping Ordinance, 2001;
- (vi) Merchant Shipping (Medical Examination) Rules and DG, P&S Merchant Shipping Notices on Medical Examination and Sight test issued from time to time;
- (vii) Procedure to deal with appeal cases.

2. I state that the contents of this affidavit are true and correct to the best of my knowledge and belief.

Solemnly affirmed in _____ on dd/mm/yyyy

DEPONENT

(Place)

Before me

Attested

Schedule III

[See rule 5(2)]

Conditions for approval to Medical Examiners

1. Medical examiners seeking approval shall fulfill the following conditions:-
 - 1.1. Be a qualified medical examiner currently accredited by the Pakistan Medical & Dental Council registration authority for the place where he is working and his age not to exceed 75 years on the date of submission of the application;
 - 1.2. Be experienced (minimum 5 years) in general and occupational medicine or maritime occupational medicine for conducting medical fitness examination of persons, however, competence in maritime health is desirable as it improves the quality of assessment;
 - 1.3. Have the requisite clean declared medical facilities and equipment as specified in Schedule V within the limits of city or town to carry out medical fitness examination, which is conveniently situated for easy access by the persons;
 - 1.4. Confirm that he enjoys professional independence from ship-owners, the person and their representatives in exercising their medical judgment in terms of the medical examination procedures;
 - 1.5. Submit along with the application with the prescribed fee, an affidavit confirming the means used in acquiring the understanding of knowledge of shipboard activities, in the prescribed form as in Schedule -II; and
 - 1.6. Submits all supporting documents duly self-attested.

Schedule IV

[See rule 5(2)]

Conditions for Renewal of approval to Medical Examiners

- 1. Medical examiners seeking renewal of approval shall fulfill the following conditions:-**
 - 1.1 Age shall be below 75 years on the date of submission of the application;**
 - 1.2 Certificate of Registration shall be valid;**
 - 1.3 Periodical returns for the previous years submitted;**
 - 1.4 No disciplinary or legal proceedings are pending in any jurisdiction;**
 - 1.5 Conditions specified in the letter of approval, if issued are complied with;**
 - 1.6 Continuously up-gradation/up-date with current medicines & medical science as per the best medical practices in Pakistan and overseas; and**
 - 1.7 Applications with the prescribed fee, an affidavit as specified in Schedule II, and checklist as specified in Schedule V, and other documents are submitted.**

Schedule V

[See rule 5 (2)]

Check List for Approval of Medical Examiner

(To be duly filled in by the applicant)

PART A

- 1 Name of the applicant _____
- 2 Date of birth _____
- 3 Name & address of medical facility at which medical examination to be conducted

PART B

- 4 Educational qualification with certified copies, as attachment
- 5 Professional qualification with certified copies, as attachment
- 6 PMDC registration number _____
- 7 Details of experience including experience on ships or in lieu adequate knowledge on living and working condition on board merchant ships, as attachment
- 8 Details of qualified support staff having adequate experience in providing medical services to the person, as attachment
- 9 Details of other Consultants doctors, managerial, Para-medical and clerical staff, as attachment
- 10 Details of the clinic(numbers) and laboratory facilities(numbers) – adequate area to accommodate medical officers, staff, record room, waiting area for person & list of medical examination facilities at the clinic , as attachment
- 11 List of clients giving evidence of integrity, goodwill and understanding of seafaring profession:-
 - 11.1 _____
 - 11.2 _____
 - 11.3 _____

(For official purpose (only) - to be filled by the inspecting team)

(Note: The inspecting team is advised to give clear recommendations for approval or specify the reasons for rejection or re-inspection).

Names of inspecting team

1. Team leader _____
2. Member _____
3. Member _____

Remarks of the Inspecting Team-

Recommendations of the Inspecting team-

Sign of the Team Member _____

Sign of the Team Member _____

Sign of the Team Leader _____

Date _____

Place _____

Official Seal

Schedule VI
[See rule 5 (2)]



Format for Letter of Approval

(No.DG/Medical/_____)

Reference No. _____

To,

Dr. _____

Sub: Letter of Approval to Dr. _____ Registration No. _____

Dear Sir,

In response to your application No. _____ dated _____ and subsequently fulfilling the conditions/requirements for the approval as specified in Schedule III/IV as the case may be, the Competent Authority is pleased to accord approval to you as Medical Examiner under the Section 123 of Merchant Shipping Ordinance, 2001 and Merchant Shipping (Medical Examination) Rules 2021.

2. You are, therefore, granted permission to conduct medical examination in accordance with the Merchant Shipping (Medical Examination) Rules 2021 and other national and International laws applicable, including any notification issued by Competent Authority from time to time, in this regard for the following facility:-

2.1 Name & full style of the facility: _____

3. Your name along with contact details given by you in the application/checklist shall be displayed on the Website of Mercantile Marine Department at the earliest. This approval shall remain valid for Two years till _____ subject to compliance with the following conditions.

1. _____
2. _____
3. _____

4. The Competent Authority in the event of non-compliance with the conditions has the right to suspend or cancel this letter of approval or convey any adverse report against you to the concerned authorities after allowing you to defend. However, you have the right to appeal to the Appellate Authority against such a decision.

Yours faithfully,

Director of Shipping
Directorate General, Ports and Shipping
Ministry of Maritime Affairs
Karachi - Pakistan
Tel/Fax: +9221 XXXXXXXX

cc:

1. Principal Officer, Mercantile Marine Department, Karachi;
2. Shipping Master, Government Shipping Office, Karachi;
3. The Chairman, Pakistan National Shipping Corporation;
4. All Manning Agents; and
5. All maritime training institutes.
6. PS to Secretary Ministry of Maritime Affairs (Appellate Authority), Islamabad.

Schedule -VII

[See rule 7(1)(i)]

Medical standards for medical examination of Seafarer

1. Pre-sea/Periodical Medical Examination- The person shall undergo the following physical clinical examination before obtaining a medical certificate from the medical examiner:-

1.1. Physical Examination: which may inter-alia include an examination of organ or organ systems with available applicable tools/equipment with a medical facility of the approved medical examiner such as;

1.1.1 Anatomy- Head, eyes, ears, nose, mouth, throat, neck, chest, abdomen, skin, and limbs;

1.1.2 Vital signs - Blood pressure, pulse rate, and body temperature;

1.1.3 Vital Systems- Respiratory, cardiovascular/circulatory, endocrine, nervous/sense organs, digestive, gastrointestinal, musculoskeletal, and genitourinary;

1.1.4 Other Observations- Infectious (HIV/AIDS)/DNA if requested by the applicant and Parasitic Diseases, Allergy, Malignant Neoplasm, Immunity disorders, diseases of blood and forming organs, mental disorders, oral health, pregnancy and skin;

1.1.5 General appearance- Posture, expression, restlessness, speech (impairment), behavior and sweating tendency of the body including weight and height.

1.2 Prescribed physical fitness Standards - The medical examiner shall be guided by the following standards -

1.2.1- For New Entrant and the person desiring to join a particular department for the first time, the minimum requirements shall be as follows:-

1.2.1.1 Height 157 cms (5'2");

1.2.1.2 Weight 48 kgs (105lbs);

(i) Provided that weight shall be proportionate to height and in conformance to the best practices in the medical field and 10% reduction may be acceptable by the Competent Authority on merit of the case; and

1.2.1.3- Chest-minimum 74cm (29") with expansion range of 5cm (2");

1.2.1.4- Age - minimum age shall be 18 years;

1.2.1.5-Skin- There shall be no evidence of acute or chronic skin disease or chronic/coriation;

- 1.2.1.6- Speech- speech shall be without impediment or loss of speech is not acceptable;
- 1.2.1.7- Alimentary system- shall have number of natural teeth (in healthy state) for mastication; spleen shall not be enlarged, liver not tender, no oral sepsis, no hernia;
- 1.2.1.8- Cardio Vascular System- There shall be no sign of any cardio vascular disease. Blood pressure shall not exceed 85 diastolic and 140 systolic, cases of low blood pressure (i.e systolic below 100) shall be rejected;
- 1.2.1.9- Respiratory System- There shall be no deformity of chest which may cause impediment to breathing. The person shall be free from all diseases of respiratory system;
- 1.2.1.10- Genitourinary - There shall be no evidence of Genitourinary disease or any abnormality;
- 1.2.1.11-Skeletal System- The functions of all limbs shall be within normal limits and there shall be no evidence of serious deformity of the spinal column of the extremities;
- 1.2.1.12- Nervous System- There shall be no evidence of any disease of nervous system or of any mental disease;
- 1.2.1.13-Glandular system- There shall be no evidence of tuberculosis or other disease of the glandular system including the endocrine glands

1.2.2- For the person joining ship subsequent to the first entry, the standards of physical fitness for examination shall be as follows;

- 1.2.2.1- Chest-minimum 74cm (29") with expansion range of 5cm (2");
- 1.2.2.2- Age - maximum age of retirement shall be 60 years above this age necessary requirements of the flag administration shall be followed; (case to case basis extendable subject to medical fitness)
- 1.2.2.3-Skin- cases of acute skin diseases, chronic active skin disease and chronic ulceration should be declared "temporarily unfit". Cases of non-infectious and non active skin diseases should be considered;
- 1.2.2.4- Speech- In case of gross impediment to speech, caused as a result of some disease, the person should be declared temporarily unfit. Minor defects in speech not effecting his efficiency may be considered;
- 1.2.2.5- Alimentary system- should have number of natural teeth (in healthy state) for mastication; spleen should not be enlarged and no evidence of tenderness be present, liver may

be palpable, but no evidence of tenderness be present, no evidence of gross oral sepsis be present, should not be suffering from diabetes;

1.2.2.6- Cardio Vascular System- There should be no sign of gross arteriosclerosis and evidence of enlargement of heart or chronic heart disease. The blood pressure should be as follows-Systolic in principle 100 plus age, 150 up to 35 years and 170 for above 35 years of age. Maximum diastolic should be 100;

1.2.2.7- Respiratory System- There shall be no deformity of chest which may cause impediment to breathing. The person shall be free from all diseases of respiratory system. In the event of any such disease the person should declared temporarily unfit;

1.2.2.8- Genitourinary - There shall be no evidence of Genitourinary disease or any abnormality In the event of any such disease the person should declared temporarily unfit;

1.2.2.9-Skeletal System- The functions of all limbs shall be within normal limits and there shall be no evidence of serious deformity of the spinal column of the extremities;

1.2.2.10- Nervous System- There shall be no evidence of any disease of nervous system or of any mental disease In the event of any such disease the person should declared temporarily unfit;

1.2.2.11-Glandular system- There shall be no evidence of tuberculosis or other disease of the glandular system including the endocrine glands.

Notwithstanding anything contained in these rules, Competent Authority may relax requirements of standards if the person concerned is considered physically fit to perform his assigned functions ashore or on ship and is constitutionally fit with no physical defects.

1.3- Mandatory Clinical Tests

1.3.1 Minimum clinical tests to include pulse rate and blood pressure and the following:-

- 1.3.1.1- Complete Blood Count (Hb, TWBC, ESR);
- 1.3.1.2- Routine Urine (Albumin, Sugar and microscopic);
- 1.3.1.3- Blood Sugar;
- 1.3.1.4- Eudiometry;
- 1.3.1.5- Vision Test (Distant, Near, Color);
- 1.3.1.6- Chest X-ray (Large Plate);
- 1.3.1.7- Electrocardiogram (ECG); and
- 1.3.1.8- Pregnancy tests for female person if applicable

1.4 Vision Standards for Pre-sea Medical Examination- There shall be no evidence of any morbid condition of either eye or of the lids of either eye which may be liable to risk of aggravation or recurrence. The persons under this category shall fulfill following standards-

1.4.1- Deck Department personnel's performing Navigation, Cargo, Ship, Operations and emergency functions including Officers Trainees/Apprentice, Deck and General Purpose (GP) Rating and others discharging such functions in this Department shall maintain:

1.4.1.1 Distance form vision (unaided 1.0 *(6/6) in better eye and 0.67*(6/9) in other eye; and

1.4.1.2 Normal color vision shall be tested by Ishihara test chart.

1.4.2- Engine Department Personnel's performing marine engineering, electrical, electronic, control engineering and maintenance and repair including Officers Trainees/Apprentice, GP Rating in the capacity of Engine Room Rating and others discharging such functions in this Department shall maintain:

1.4.2.1 Distance form vision (unaided 0.5 *(6/12) in each eye or 0.67*(6/9) in better eye and 0.33 *(6/18) in other eye; and

1.4.2.2 Normal color vision shall be tested by Ishihara test chart.

1.4.2.3 Catering/Hospitality Department personnel's performing cooking and husbandry functions including Officers Trainees/Apprentices, GP ratings in the capacity of saloon ratings and others discharging such functions in this Department shall maintain:

1.4.3- 1.4.3.1 Distance form vision (unaided 0.33 *(6/18) in each eye or 0.5*(6/12) in better eye and 0.25*(6/24) in other eye; and

1.4.3.2 Normal color vision shall be tested by Ishihara test chart.

1.4.4- Radio Officers or Audio officers, Electrical Officer/Electronic Officer and other personnel's performing Radio communication functions including Officers Trainees and others discharging such functions shall maintain:

1.4.4.1 Distance form vision (unaided 0.5 *(6/12) in each eye or 0.67*(6/9) in better eye and 0.33*(6/18) in other eye; and

1.4.4.2 Normal color vision shall be tested by Ishihara test chart.

- 1.5 Vision Standards for Periodical Medical Examination-** As per Appendix A of ILO/IMO/JMS/2011/12 & STCW Code table A-1/9 - Testing of distance vision, near vision, color vision, visual field & limitation to night visions shall be verified;
- 1.6 General Hearing standards for Pre Sea and Periodical medical Examination -** As per Appendix B of ILO/IMO/JMS/2011/12 - Use of audiometer, standardized tests that measure impairment to speech recognition shall be employed; the following specific standards may be taken into consideration during such examination:
- 1.6.1- Pre Sea Examination-**
- 1.6.1.1- un aided average threshold at least 30db in the better ear and an average of 40db(unaided) in the less good ear within the frequencies 500, 1000, 2000 and 3000hz(approximately equivalent to speech-hearing distances of 3 meters and 2meters respectively) and/or functional speech discrimination less than 90% at 55db in both ears; and
- 1.6.1.2- Hearing shall be good in both ears and no sign of supportive disease are present in either of the ears. No hearing aid shall be permitted.
- 1.6.2-Periodical Examination-**
- 1.6.2.1- un aided average threshold at least 30db in the better ear and an average of 40db(unaided) in the less good ear within the frequencies 500, 1000, 2000 and 3000hz(approximately equivalent to speech-hearing distances of 3 meters and 2meters respectively) and/or functional speech discrimination less than 80% at 55db in both ears;
- 1.6.2.2- seafarers undertaking deck/bridge duties shall be able to hear whispered speech at a distance of 3 meters and others at a distance of 5 meters on each side;
- 1.6.2.3- There shall be no sign of supportive disease present in either of the ears and hearing aids shall not be permitted but in exceptional cases with the approval of the competent authority and recommendation of the medical examiner/owner, it may be considered with conditions specified, taking into account the age, operational area of the vessel and position on board the vessel etc.
- 1.6.3- Other requirements-**
- 1.6.3.1- Hearing examination shall be made by a pure tone audiometer. Other effective assessment method using the validated and standardized tests that measure impairment to speech recognition may also be supplemented if deemed necessary. In addition, speech and whisper testing assessment shall also be used for practical assessment.
- 1.7 Physical capability requirements-** As per Appendix C of ILO/IMO/JMS/2011/12 & STCW Code table B-1/9/ (Table A-1/9-2 physical abilities for seafarers) the functioning of vital system of the human body demonstrates the state of good health of persons and therefore, the medical examiner shall also be guided by the standards specified in para 1.2 above;
- 1.8 Testing for the presence of Drug and Alcohol-** As per guiding procedures of ILO-WHO for maritime Industry and should be conducted if the ship-owner or his agent or training institute requests;

- 1.9 **Application of Tests-** In addition to the minimum tests prescribed in para 1.3, the shipowner or his agent or the training institutes or other entity may conduct tests stated in Appendix A-E of ILO/IMO/JMS/2011/12 at their own cost and risk as per the requirements of the relevant contract of employment/ Collective Bargaining Agreement [CBA].
2. **Additional medical examination for the person concerned-**
 - 2.1 Person onboard tankers engaged in the carriage of cargsergenic cargoes namely Benzene (F), Butane, Diesel oil for marine engines as prescribed by the organization (IMO) upon sign off or seafarers arrival in Pakistani Ports shall undergo a medical examination at ship owners cost that may include blood and liver function tests including blood count evaluation.
3. **Vaccination requirements for the person-**
 - 3.1. **Obligatory vaccination -** Seafarers shall be vaccinated according to the requirements indicated in the WHO publication, International Travel & Health; vaccination requirement, and health advice updated periodically.
 - 3.2. **Yellow fever vaccination-** This requirement is often strictly enforced for persons arriving from Asia, Africa or South America. The period of validity of the certificate is only valid if it conforms to the WHO model if the vaccine has been approved by the WHO, and if it is administered by an approval Yellow Fever Vaccination Centre. The period of validity of the certificate against yellow fever is 10 years, beginning 10 days after vaccination. If the person is revaccinated before the end of this period, the validated is extended for a further 10 years from the date of the vaccination. If the vaccination is recorded on a new certificate, the person should be advised to retain the old certificate for 10days while the new certificate becomes valid. Responsibility to provide immunization shall rest with either with the ship owner or his agent or training institute others as the case may be;
 - 3.3 **Non-obligatory voluntary immunization for person-(i)** these immunizations are not required according to the International Health Regulations of the WHO. The following immunizations are recommendatory in nature and should be taken at the request of the ship owner or his agent or the training institute or others as the case may be,-
 - 3.3.1 - Viral Hepatitis Type A (infectious hepatitis, epidemic hepatitis)
 - 3.3.2 - Viral Hepatitis Type B (serum hepatitis) with booster at 12 months;
 - 3.3.3 - Tetanus with booster doses is required every 8-10 years; and
 - 3.3.4 - Poliomyelitis with reimmunization, by a booster dose of the oral polio vaccine is recommended every 5 years.