



# COOK ISLANDS PHYSICAL EXAMINATION REPORT / CERTIFICATE

Ship  
Registration  
**FORM. 31**  
v.3

Surname		Given Name(s)	
Date of Birth	Day	Month	Year
Place of birth	City		County
Examination for Duty As		Mailing Address of Applicant	
Master	<input type="checkbox"/>	<i>(affix photo of applicant here)</i>	
Deck Officer	<input type="checkbox"/>		
Engineering Officer	<input type="checkbox"/>		
Radio Officer	<input type="checkbox"/>		
Rating	<input type="checkbox"/>		

## Medical Examination See reverse side of medical requirements

Height	Weight	Blood pressure	Pulse	Respiration	General appearance
Vision	Right Eye	Left Eye	Hearing	Right Ear	Left Ear
With Glasses					
Without Glasses					
Dental					
The applicant is free from visual infections of the mouth cavity or gums				Yes <input type="checkbox"/>	No <input type="checkbox"/>
Colour Test					
Book <input type="checkbox"/>			Lantern <input type="checkbox"/>		
Red <input type="checkbox"/>	Yellow <input type="checkbox"/>	Blue <input type="checkbox"/>	Green <input type="checkbox"/>		
Are glasses or contact lenses required to meet the required vision standard				Yes <input type="checkbox"/>	No <input type="checkbox"/>
Head and Neck			Heart (Cardiovascular)		
Lungs			Speech Deck/Navigation – Officer/Radio Officer Speech must be unimpaired for normal voice communication		
Upper extremities			Lower extremities		

Is applicant vaccinated in accordance with WHO requirements **	Yes <input type="checkbox"/>	No <input type="checkbox"/>
Is the applicant suffering from any disease likely to be aggravated by working aboard a vessel, or to render him/ her unfit for service at sea or likely to endanger the health of other persons on board?		
Is the applicant taking any non-prescription or prescription medications If yes please describe below	Yes <input type="checkbox"/>	No <input type="checkbox"/>

<div style="display: flex; justify-content: space-between;"> <div>_____</div> <div>_____</div> </div> <div style="display: flex; justify-content: space-between;"> <div>Signature of Applicant</div> <div>Date</div> </div>
To be affixed in the presence of the examining physician
THIS IS TO CERTIFY THAT A PHYSICAL EXAMINATION WAS GIVEN TO:
<div style="display: flex; justify-content: space-between;"> <div>_____</div> <div>who is / not* certified to be free of communicable disease</div> </div> Name of applicant
She / he* is found to be fit / not fit* for duty as a Master / Deck Officer / Engineering Officer / Radio Officer / Rating * without / with the following restrictions:*

\*delete as appropriate

PHYSICIAN NAME :
ADDRESS:
PHYSICIANS CERTIFICATING AUTHORITY:
LICENCE NUMBER:
DATE OF ISSUE*:
DATE OF EXPIRY*:
*of this certificate
<div style="display: flex; justify-content: space-between;"> <div>_____</div> <div>_____</div> </div> <div style="display: flex; justify-content: space-between;"> <div>Signature of Physician</div> <div>Date</div> </div>

## INSTRUCTIONS

All applicants for an officer certificate, endorsement, seaman's book or certification of special qualifications shall be required to have a physical examination, by a certified physician.

The completed medical certificate must accompany the application for officer certificate, endorsement, seaman's book or certification of special qualifications.

The physical examination must be carried out not more than 12 months prior to the date of making an application for officer certificate, endorsement, and certification of special qualifications or seaman's book.

The examination shall be conducted in accordance with the International Labour Organization, World Health Organization *Guidelines for Conducting Pre-Sea and Periodic Medical Fitness Examinations for Seafarers (ILO/WHO/D.2/1997)*. Such proof of examination must establish that the applicant is in satisfactory physical and mental condition for the specific duty assignment undertaken by the applicant, and that he/ she is generally in possession of all body faculties necessary in fulfilling the requirements of the seafaring profession.

In conduction the examinations, the certified physician should, where appropriated, examine the seafarers previous medical records (including vaccinations) and information on occupational history, noting any diseases, including alcohol or drug related problems and/or injuries. In addition, the following minimum requirements shall apply:

### 1) Hearing

- a) All applicants must have hearing unimpaired for normal sounds and be capable of hearing a whispered voice in better ear at 15 feet (4.57m) and in poor ear at 5 feet (1.52m)

### 2) Eyesight

- a) Deck officer applicants must have (either with or without glasses) at least 20/20 (1.00) vision in one eye and at least 20/40 (0.50) in the other eye. If the applicant wears glasses, he must have vision without glasses of at least 20/160 (0.13) in both eyes.
- b) Deck officer applicants must also have normal colour perception and be capable of distinguishing the colours red, green, blue and yellow
- c) Engineer and radio officer applicants must have (either with or without) glasses at least 20/30 (0.63) vision in one eye and at least 20/50 (0.40) in the other. If the applicant wears glasses, he must have vision without glasses of at least 20/200 (0.10) in both eyes. Engineer and radio officer applicants must also be able to perceive the colours red, yellow and green.

### 3) Dental

- a) Seafarers must be free from infections of the mouth cavity or gums

### 4) Blood Pressure

- a) An applicant's blood pressure must fall within an average range

5) Voice

- a) Deck /Navigational officer applicants and radio officer applicants must have speech which is unimpaired for normal voice communications.

6) Vaccinations

- a) All applicants shall be vaccinated according to the requirements indicated in the WHO publication, International travel and Health, Vaccinations and Requirements and Health Advice (Available at [http://www.who.int/ith/chapters/ith2012en\\_chap6.pdf](http://www.who.int/ith/chapters/ith2012en_chap6.pdf)) and shall be given advice by the certified physicians on immunizations. If new vaccinations are given these shall be recorded.

7) Disease or Conditions

- a) Applicants afflicted with any of the following disease or conditions shall be disqualified: epilepsy, insanity, senility, alcoholism, tuberculosis, acute venereal disease or neurosyphilis, AIDS, and / or the use of narcotics.

8) Physical Requirements

- a) Applicants for able seafarer, bosom, GP-1 ordinary seafarer and junior ordinary seafarer must meet the physical requirements for a deck/navigational officer's certificate.
- b) Applicants for fire/water tender, oiler/motor, pump technician, electrician, wiper, tanker rating and survival craft/rescue boat crewmember must meet the physical requirements for an engineer officers certificate.