



## Seafarers Medical Examinations (ENG11) Advice Beforehand

Please review the below carefully to minimise the likelihood of delays and increased costs associated with retesting where same is required.

### 1. Previous Certification

- a. If you have a previous Seafarers Certificate(s) please ensure to bring same.

### 1. Identification

- a. Please ensure to bring either a discharge book or passport as photographic proof of identity.

### 2. Role

- a. Please ensure you are aware of your specific role as same will appear on the certificate as applicable.

### 3. Medication

- a. If you take any medications, please bring a list of medication(s).

### 4. Audiometry

- a. You will be booked to have a hearing test please avoid loud noise for 16 hours before hand.
- b. Please also ensure that your ears are free from wax.

### 5. Glasses

- a. Please bring all types of glasses worn to improve vision.

### 6. Fitness test

- a. You may be required to complete a fitness test.
- b. Please wear comfortable and loose clothing.
- c. Please wear shoes with good grip and flexibility.
- d. Please do not eat, smoke nor drink coffee nor tea for 2 hours before the test.
- e. Avoid heavy exercise 24 hours before the test.
- f. It is required to be in general good health before a fitness test.

### 7. Please arrive with a full bladder and able to give a urine test.