

ABOUT YOUR ENG SEAFARER MEDICAL

Please take a few minutes to read the information below and the attached “**What to expect at your medical**”, even if you have done many ENG1 medicals before as things do change from time to time. Please pay particular attention to the section on what to wear/bring to help ensure that your medical runs smoothly.

Your medical will take approximately 45 minutes, and will include some initial tests with our nurse/Health Care Support Worker before seeing the doctor.

You will need to bring the following with you:

1. Suitable clothing – please note that you will be asked to undress down to your underwear during the examination and may be asked to do an exercise step test if your body mass index is above 30. (see notes below for more information)
2. Discharge book or current passport (if you do not have either of these you will need to bring some other form of photo ID such as a photo driving licence);
3. **Your previous ENG 1 certificate if this is not your first medical examination (this must be the original, not a copy, and will be retained by the examining doctor as a requirement before you can be issued with a new certificate);**
4. Job description if you have one (this can be helpful if there are any issues that may affect your medical fitness to carry out all of your duties);
5. Spectacles (if you wear them). If your employment requires lookout or bridge watch keeping duties and you wear soft contact lenses, you will need to leave these out for at least 3 hours before your medical. If you wear rigid lenses please check with your optician before attending the medical.
6. A list of any medication prescribed.

Please be prepared to provide a sample of urine for testing.

The price of the basic ENG1 medical is £80.00. If you have not paid in advance we can accept payment by cash, cheque or credit/debit cards, unless your company will be invoicing us.

If you have any questions or concerns, please do not hesitate to call us or e-mail us as above.

What to expect at your ENG1 medical

Your medical will usually take approximately 30 – 45 minutes.

What to wear/bring with you:

Any comfortable clothing is suitable but please be aware that:

- you will be asked to undress down to your underwear during the examination;
- if your body mass index is above 30 you may be asked to carry out an exercise step-test (see below) so you may wish to ensure that you are wearing or have available suitable loose/cool clothing and footwear for this.

- Glasses/spare lenses/contact lens case and fluid if you wear these (including any near vision or reading glasses)
- List of any medications
- Photo ID (Discharge book or passport preferred)
- Old ENG1 certificate if you have one. This needs to be the original, not a copy. We need to retain your old ENG1 certificate before issuing you a new one.
- Means of payment if not invoicing or being paid directly by employer
- Evidence of colour testing if you have previously failed a colour vision test but been assessed by the lantern test (deck) or City or Farnsworth tests (engine).
- Letters/reports from doctor/specialists if you are undergoing any medical treatment if you have any (this is particularly useful if you are undergoing more complex treatment or if the condition or treatment is likely to affect your fitness as occasionally we do need to seek further from other doctors involved in your care).

When you arrive:

Please report to the receptionist on arrival. You will be given a specimen bottle and asked to pass a urine sample to take into your medical with you. If you are also doing a urine drug test as part of your medical requirements of your employer you will not be asked to do this before the medical, but this will be done during your medical with the doctor.

Preliminary examinations:

You will usually have an initial assessment with our nurse/health care support worker to check your height, weight, pulse, blood pressure and eyesight.

The eye test will need to be done with and without glasses/contact lenses. If you wear contact lenses you will be asked to remove these during the test so please bring your contact lens case/fluid, or a spare pair of spectacles if they are disposable lenses.

Examination with the doctor

The doctor will need to see your photographic ID (usually your discharge book, passport or photocard driving licence) and go through your personal details, details of your family history and your personal medical history and review the results of your urine tests and checks made by the nurse.

Further vision tests will include checking your near vision (with and without spectacles if you wears them for reading), and your colour vision using coloured number plates unless we have done this in the previous 2 or 3 years. If you know that you have problems with colour vision and this is critical to your job (eg deck/engine) then please ensure that you bring copies of any reports/certificates from lantern, City, Farnsworth or other tests with you.

For the medical examination you will be asked to remove your clothing down to your underwear. A medically trained chaperone is available if you wish one to be present. Seafarers of the opposite sex to the doctor (ie females) will always automatically be offered a chaperone but any seafarer may request one to be present.

This examination will include checking ears, eyes, mouth, examination of the neck, chest, abdomen (including checking for hernias) and upper/lower limbs and spine. No intimate examination is required or carried out.

Hearing test:

A hearing test is required every 10 years. We use a computer based hearing test developed by Action on Hearing Loss This involves entering numbers into a computer programme. The test is available on-line at <http://www.actiononhearingloss.org.uk/your-hearing/look-after-your-hearing/check-your-hearing/take-the-check.aspx>

if you wish to see what this will involve before your medical. Occasionally, or if there is any particular concern we may carry out a more formal hearing test using headphones and an audiometer.

Exercise testing:

We may need to establish the level of your physical fitness, this is particularly relevant to seafarers who are overweight and have a BMI of other 30. This involves a step test. The test requires you to step on and off of a step for 5 minutes and we then measure your pulse and recovery rate. If you are overweight or feel that a test may be required please ensure you are wearing or bring suitable clothing and footwear for this. Although we have a fan available you may find the test more difficult if wearing layers of warm clothes, tight jeans or heels!

Other tests:

Other tests, including blood tests, X-rays etc are not routinely required for the ENG1 medical but are required by some employers. Please ensure that we are aware of these at the time of booking as they will incur additional cost and we may not have the time or facilities to do these at the time of your routine ENG1.

Urine drug and alcohol testing:

If we are carrying out a drug/alcohol test for you, this will be done during your time with the doctor. We send all our drug/urine test to an accredited laboratory for analysis. You should not be asked to provide a urine sample when you arrive, but if this does happen please tell the receptionist that you will be doing one during the medical. You will be asked to pass urine into a cup and pass this through a hatch to the examining doctor. The doctor will ask you to witness the process of putting this into sample bottles, sealing them and packaging them to ensure the full chain of custody and avoid any possibility of your sample being tampered with in any way.

It is important that you tell the examining doctor and about any medication you are taking, including anything from the chemist, energy drinks. Supplements etc. We have even had one sample test positive for opiates as the seafarer had a liking for poppy seed bread. We need to know about these beforehand, and further more detailed analysis is carried out at the lab if required.

After the medical:

Providing everything is in order you will receive an ENG1 certificate at the end of your medical. For most seafarers this will be an unrestricted certificate. If it is your first medical we will go through the details on the reverse of the certificate in detail before asking you to sign the certificate. Please do check that we have got all the details correct including your personal details and all dates on the certificate.

If there are any restrictions on your certificate these will be discussed with you at the medical. You may also be issued with an ENG 3 certificate if the certificate is restricted or you do not pass the medical. A copy of this is sent to the MCA and you are given a copy with details of how to appeal if you disagree with any decision or would like another opinion. This will be explained at the time.