

Seafarer Medical Report (ML5) and ML5 Certificate

This	form is for use by the following applicants only. Please tick why you need this for	orm/certificate:
1.	New applicant for an MCA Boatmaster's Licence (BML) or Certificate	
2.	Revalidation or change of existing BML or Certificate	
3.	Applicant for Royal Yachting Association (RYA) commercial endorsement, working no more than 60 miles from shore	
4.	Crew on a seagoing Domestic Passenger Vessel (Class VI or VI(A))	
5.	Master or Crew of a small commerical vessel certified for area category 2 to 6	
6.	Current ML5 has expired, used for:	
	BML RYA Commercial Endorsement	

Note: Boatmasters working as a Master on a seagoing passenger ship require a full seafarer medical certificate (ENG 1) following examination by an MCA Approved Doctor. An ENG 1 is always an acceptable alternative to an ML5 certificate. Details of the procedure for obtaining an ENG 1 and a list of Approved Doctors is available in a Merchant Shipping Notice and can be consulted on the GOV.UK webpage at: https://www.gov.uk/guidance/seafarers-medical-certification-guidance.

If you are unclear on what type of medical fitness certificate you need please refer to our website at https://www.gov.uk/guidance/seafarers-medical-certification-guidance or call us on 0203 81 72835.

TO THE APPLICANT - PLEASE READ THIS INFORMATION CAREFULLY

Please take a form of photographic identification with you to the ML5 Medical examination.

The purpose of the ML5 form is to obtain a factual report of your medical history and present state of health, enabling your doctor to decide on your fitness to navigate safely and undertake emergency duties.

Complete Part A of the form (but do not sign the declaration until you are with the doctor). The Doctor will complete Part B. If **Part B** shows all ticks in the "**NO**" boxes without any other remarks then the doctor will complete **Part C**, **the ML5 Medical Certificate**. This certificate confirms you are medically fit to hold a BML, RYA commercial endorsement or to work on vessels listed on this form. Once both the report and certificate have been completed, please take/send both to your local MCA Marine Office or RYA for the commercial endorsement as necessary. If you do not require a commercial endorsement, just keep your ML5 certificate ready for inspection when requested.

However, if you have a tick in any of the "YES" boxes on the inside of this report, or if you have any medical conditions noted in Section 9, your report will require further assessment by an MCA ML5 Medical Assessor. Your local MCA Marine Office or RYA (depending on what you wish to use your ML5 certificate for) can refer your report form to an MCA ML5 Medical Assessor once you have completed Part D – Medical Review. Please do not send your ML5 report directly to MCA Seafarer Safety and Health Team or your previous ML5 Medical Assessor, this will delay your application. If you are unclear on where you should send your form please call us on 0203 81 72835.

RYA applicants are advised to be medically assessed **before** starting any training, to ensure they meet the fitness and eyesight standards.

If you are based abroad and no UK GMC registered medical practitioner (holding a valid license to practice) is available, you are advised to obtain an ENG 1 certificate (or recognised equivalent) issued by an Approved Doctor; lists of Approved Doctors and recognised equivalent certificates are available on the MCA website as above.

I authorise my doctor(s) and specialist(s) to release reports/medical information about my condition relevant to my fitness, to the MCA Medical Assessor. I authorise the Secretary of State to disclose such relevant medical information as may be necessary to the investigation of my fitness, to my doctor/s and MCA Medical Assessors.

You MUST stop working if you become unfit due to illness or injury during the validity of your ML5 certificate. Even if this is a temporary change you are obliged to tell the issuing authority (MCA or RYA). For instance, if you have diabetes and your treatment changes from diet or tablets to insulin, you must immediately cease work and inform the issuing authority. You will need to obtain a new ML5 report and be medically reassessed before your license can be reinstated. If you fail to do so, your medical certificate will automatically be suspended.

PART A PER	SONAL DETAILS			
Surname Home Address		Forename(s)		
7.taa.200		Postcode		
Gender	Male / Female (*delete as applicable)	Date of Birth		
Telephone Number	(about at application)	Nationality		
Mobile Number		Email address		
(if applicable)	_/RYA endorsement or last revalidation			
	n ML5 referral or restriction before? (if ssues & expiry dates and restriction/s)			
YOU MUST SIGN ' FORM	THIS DECLARATION WHEN YOU ARE WIT	H THE DOCTOR WHO WILL BE FILLING IN PART B OF THIS		
declare that I have checked the details given on the enclosed form and that, to the best of my knowledge and belief, hey are correct. I understand that it is a criminal offence if I make a false declaration to obtain certification and can ead to prosecution. I have read the notes on the reverse of the certificate (page 12).				
Signature of Ap	plicant	Date		
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NOTES FOR THE DOCTOR Please read this information carefully

As the Doctor you must sign and date the declaration on page 8 when you and/or the Optician has completed the report. Only qualified medical practitioners fully registered and holding a valid UK Licence to Practice with the General Medical Council are permitted to complete this form. Please ensure that you confirm the applicant's identity before examination. We have advised the applicant of the need to produce photographic identification.

Vision Assessment: Only complete the vision assessment if you are able to fully and accurately complete <u>all</u> the questions. If you are unable to do this, you must advise the applicant of this and advise them to arrange to have this part of the assessment completed by an optician or optometrist.

Medical Report: This medical report and certificate is required for applicants who intend to work on commercially operated boats including passenger boats, either on inland waters or <u>at sea up to 60 miles from shore</u>. Therefore, in completing the form, please be aware of the applicant's work environment and responsibilities.

Routine duties could include:

- navigating the boat safely
- safely berthing and unberthing the boat
- helping passengers on and off the boat
- moving and lifting objects up to 30kg
- operating winches and handling ropes
- climbing access ladders

Emergency duties could include:

- rescuing persons from the water
- tackling a fire
- provision of first aid
- carrying out an evacuation of the boat
- · climbing in and out of a liferaft at sea

Be aware that the safety of fare paying passengers may depend on the fitness of the applicant to operate the vessel in adverse sea and weather conditions. They need also to be capable of responding reliably and effectively to emergencies such as breakdown, collision or capsize that call for physical and mental resilience. The applicant should therefore not be subject to any increased likelihood of sudden incapacity that could prevent them returning the boat safely to its moorings.

You should establish the nature of the duties undertaken, as these may vary from work on calm inland waterways to the open sea. The vessel may have a number of crew members or the applicant may be the sole competent person on whom the safety of passengers depends.

You must examine the applicant fully and complete sections 1 - 10 of the medical assessment. Please obtain details of the applicant's medical history when you complete the report.

IF HAVING COMPLETED THE FOLLOWING REPORT THERE ARE NO TICKS IN A "YES" BOX AGAINST ANY OF THE QUESTIONS, AND YOU HAVE NO OTHER MEDICAL CONCERNS, PLEASE COMPLETE THE CERTIFICATE PROFORMA AT PART C AND RETAIN A COPY FOR VERIFICATION PURPOSES. OTHERWISE PLEASE LEAVE THE CERTIFICATE BLANK.

Once you have completed the report please return both the report and certificate (if you have issued one) to the seafarer. If any medical concerns are indicated on the form, you may be contacted in due course by an MCA Medical Assessor.

If you have any questions regarding the completion of this medical report please contact us on 0203 81 72835 or by email at seafarer.s&h@mcga.gov.uk

PART B MEDICAL REPORT Section 1 - Cardiac **Coronary Heart Disease** a) Is the applicant having attacks of angina of effort, or receiving YES NO continuous treatment to prevent angina from manifesting itself? b) Has the applicant had myocardial infarction, unstable angina, or YES NO undergone coronary artery bypass surgery or coronary angioplasty? If **YES** – please answer the following: i) What was the nature of the event? ii) When was the most recent episode? iii) If the applicant remains on medication, give details ___ iv) Give details of any continuing symptoms / clinical signs of heart disease **Arrhythmias** c) Has the applicant uncontrolled complete heart block? YES NO d) Has a cardiac pacemaker been implanted? YES NO If YES, when did the applicant last attend a pacemaker clinic? e) Has a cardioverter / defibrillator device been implanted? YES NO f) Is there currently a serious or disabling disturbance of cardiac rhythm, such YES NO as atrial fibrillation? g) Is the applicant in need of medication to prevent paroxysmal arrhythmia? NO YES Other h) Is there evidence of serious congenital heart disease requiring continuing YES NO consultant cardiological review? i) Is there any history or evidence of heart failure or cardiomyopathy? **YES** NO i) Has the applicant undergone heart transplant or heart / lung transplant therapy? **YES** NO k) Has the applicant evidence of an aortic aneurysm that has not been successfully YES NO treated by surgery? I) Is today's resting systolic blood pressure 170mm Hg or greater? **YFS** NO m) Is today's resting diastolic blood pressure 100mm Hg or greater? YES NO YES NO n) Is there any history of stroke? YES o) Is there any history of Deep Vein Thrombosis? NO

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Section 2 – Endocrine and Metabolic				
Does the applicant have any of the following?:				
i) Endocrine disease (thyroid, adrenal including Addison's disease, pituitary, ovaries, testes)	YES		NO	
ii) Diabetes – non insulin, treated by diet alone	YES [NO	
iii) Diabetes – non insulin, treated by oral medication	YES		NO	
iv) Diabetes – insulin using	YES		NO	
v) Obesity – BMI over 35	YES [NO	
Please write BMI here (including BMIs of under 35)		_		_
Section 3 – Nervous System				
a) Has the applicant had any form of epileptic attack?	YES [NO	
i) If YES, please give details of last attack				
ii) Is the applicant still being treated?	YES	\neg	NO	
iii) If NO , please give the date when treatment ceased DDMMYY	ilo [140	
b) Is there a history of blackout or impaired consciousness within the last 5 years? If YES, please give dates and details in Section 9.	YES [NO	
c) Does the applicant have narcolepsy/cataplexy or any obstructive sleep apnoea? If YES, please give dates and details in Section 9	YES [NO	
d) Is there a history of, or evidence of any of the conditions listed 1-8 below? If YES, please give dates and details in Section 9.				
(1) TIA	YES [NO	
(2) Sudden and disabling dizziness/vertigo within the last year with a liability to recur	YES [NO	
(3) Subarachnoid haemorrhage	YES [NO	
(4) Serious head injury within the last 10 years	YES [NO	
(5) Brain tumour, either benign or malignant, primary or secondary	YES [NO	
(6) Other brain surgery	YES [NO	
(7) Chronic neurological disorders e.g. Parkinson's disease, Multiple Sclerosis	YES		NO	
(8) Dementia or cognitive impairment	YES		NO	
Section 4 – Psychiatric Illness				
a) Is there a history of, or evidence of any of the conditions listed in 1-6 below?				_
If YES , please give details including date(s), prognosis, period of stability and details of mediany side effects in Section 9. N.B. If applicant remains under specialist care ensure details at	-	_		
(1) A psychotic illness in the past 5 years	YES		NO	
(2) A neurotic illness (anxiety/depression) in the past 5 years	YES		NO	
(3) Persistent alcohol misuse in the past 12 months	YES		NO	
(4) Alcohol dependency in the past 3 years	YES		NO	
(5) Persistent drug misuse in the past 12 months	YES		NO	
(6) Drug dependency in the past 3 years	YES		NO	
(7) Disorder of personality (clinically recognised)	YES		NO	
(8) Any other mental health and cognitive disorders	YES		NO	

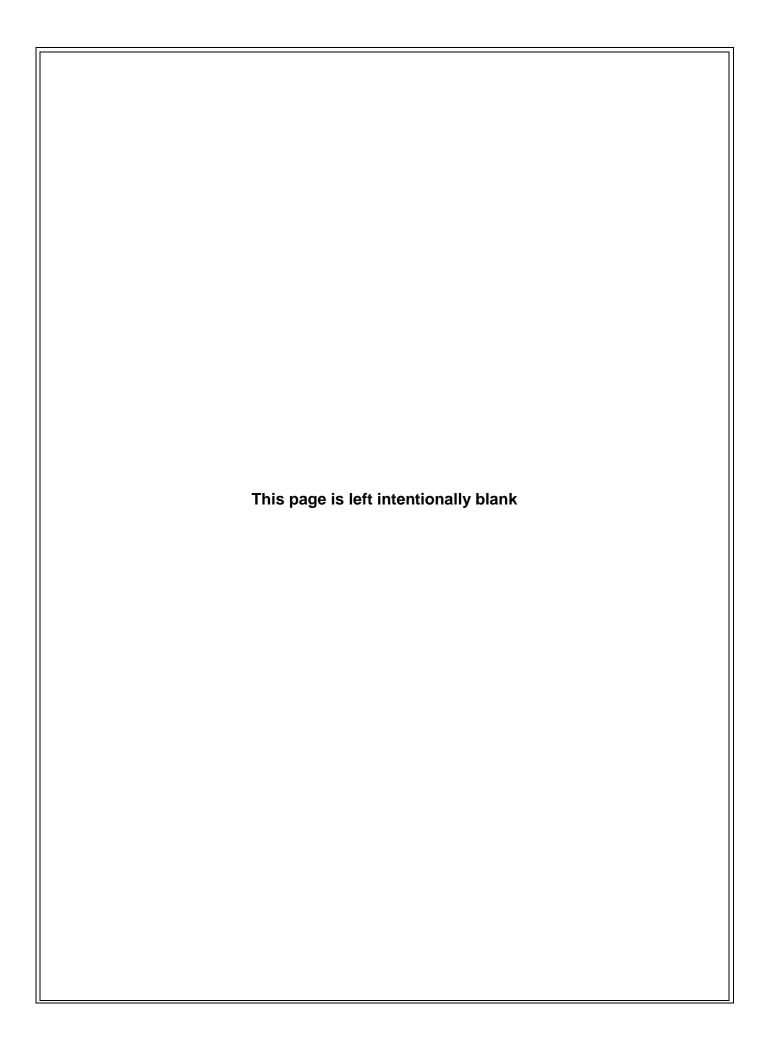
Section 5 - Sensory					
	Vision /	Assessment			
To	be completed by a do	octor or optician	optometrist/		
Seafarer's Details					
Surname: Forename(s):					
Date of Birth: Photo ID Checked: (please tick to confirm you have checked the				d the photo ID)	
The purpose of the vision test is vision shows no red/green defici on the first attempt, please retes Applicants who fail the Ishihara for a CAD test.	ency. Colour vision should be tonce, does not pass on rete	be tested using either est, then to be consider	24 or 38 Ishihara lered as a fail.	plates. If the app	olicant fails
24 PLATE TEST: 2 erro	ors or fewer - PASS	38 PLATE	TEST: 3 errors of	or fewer - PAS	ss
5 erro	ors or more - FAIL		6 errors o	or more – FAII	
3 or 4	errors – RETEST		4 or 5 err	ors – RET	EST
a) Did the applicant fail the Is When testing, please ensure	•	are not being worn.		YES	NO 🗌
b) Does the applicant <u>lack</u> th in at least one eye with glass eye separately.					NO 🗌
c) Does the applicant <u>lack</u> th aid? Testing should be done		at least one eye wi	thout any visual	YES 🗌	NO 🗌
<u>!</u>	For all applicants record	the visual acuity	of each eye		
Unce	orrected	Corre	cted (if necessa	ary)	
Right	Left	Right		Left	
6/	6/	6/	6	6/	
d) Has the applicant any defects in their field of vision in either eye? YES No YES No YES No YES No YES No No YES No No No YES No No No No No No No No No N				NO \square	
e) Is there evidence of any progressive disease in either eye? YES NO If YES, please give details in Section 9.				NO 🗌	
f) Does the applicant have any other eye condition which could limit vision, either now or within the next 5 years? If YES, please give details in Section 9.				NO 🗌	
You must sign and da			Doctor/Optome Stamp:	trist/Optician	
Signature of examining Doc	tor/optician				
Date of signature Pour GOC, HPC or GMC No.	M M Y Y				

Section 5 – Sensory (continued) g) Is there deafness that significantly impairs communication by radio or telephone?	YES	NO 🗌
Section 6 - Malignant Disease		
a) Does the applicant have any malignant disease likely to impair physical or mental fitness to undertake duties in the foreseeable future?	YES	NO
b) Is there a history of bronchogenic carcinoma or any other malignant tumour (e.g. malignant melanoma) with a significant liability to metastasise cerebrally?	YES	NO
If YES, please give details including date(s), diagnosis and whether there is current evidence of dissemination – in Section 9.		
Section 7 – Musculoskeletal Limitations		
Height (m) Weight (kg)		
a) Does the applicant lack the strength and flexibility needed to:		
i) perform their normal duties such as mooring and lock operations?	YES	NO 🗌
ii) physically assist other people who have fallen overboard or who need to evacuate the vessel in an emergency?	YES	NO
b) If the applicant works at sea, do they lack strength and flexibility to get in and out of a moving life raft? Leave blank if not applicable.	YES	NO 🗌
c) Is the applicant's build likely to interfere with the activities listed above or prevent access to areas of the vessel with limited space? If YES please give details in Section 9.	YES	NO 🗌
d) Is there currently any disability of the spine, limbs or hands likely to limit duties or safety procedures while working?	YES	NO
e) Has the applicant had a knee/hip replacement or other limb prosthesis?	YES	NO
f) Does the applicant lack sufficient fitness to be responsible for the safety of fare paying passengers (if applicable)?	YES	NO
Section 8 – Respiratory System		
a) Is there a history of, or evidence of any of the following:i) Sinusitis/Nasal Obstructionii) Chronic Bronchitis and/or Emphysema	YES YES	NO NO
iii) Pneumothorax	YES	NO
Please continue to the next page >		

Section 8 – Respiratory System (continued)				
8 a) iv)) Asthma			
Please	ensure you read the MCA asthma definitions below before answering the question	ons.		
cortico	sthma – frequent episodes of wheezing requiring use of beta agonist inhaler or the introsteroid inhaler. Regular use of a preventer inhaler may effectively eliminate symptoms a han occasional use of a rapid acting bronchodilator reliever inhaler.			
or cold	se or cold induced asthma – episodes of wheezing and breathlessness provoked by a property of the Episodes may be effectively controlled by either long-term preventer inhalers, short te rior to or during exercise or by oral medication.			
beta ag	ate asthma – frequent episodes of wheezing despite regular use of inhaled steroid (or gonist) treatment requiring continued use of frequent beta agonist inhaler treatment, or tation, occasional requirement for oral steroids.			
	e asthma – frequent episodes of wheeze and breathlessness, frequent hospitalisation, treatment.	frequent us	e of oral	
Does t	he applicant have:			
If the a	nswer is YES to any of the below, please provide details in section 9.			
a)	History of severe childhood asthma with any symptoms at all present during the last five years?	YES	NO	
b)	Exercise or cold induced asthma?	YES	NO 🗌	
c)	Mild asthma that requires treatment with bronchodilator reliever inhalers (either alone or to supplement regular use of preventer inhalers) on more than two days a month?	YES	NO	
d)	Moderate or severe asthma as an adult?	YES	NO 🗌	
e)	Any hospital admissions over the last three years (due to asthma), or had oral steroid treatment for asthma during the last three years?	YES	NO	
Please	continue to the next page leaving the space below blank >			

Section 9 – Other Medical Conditions/Additional Information		
If you have ticked YES to any of the above questions or have written in the boxes below and so are not able to issue a certificate, this form will be referred to one of the MCA's Medical Assessors.		
a) If you have ticked YES to any of the questions, please look at the job requirements noted in Part B on page 2 and, you consider that there is any additional information which could help the Assessor, for instance about the nature of any treatments, prescribed medications, frequency and severity of condition, any associated risk factors or any indicators of prognosis, please give details below.		
b) If the applicant has a medical condition not included in the list of questions, please look at the job requirements noted on page 2 and, if you consider it may have any effect on their ability to meet these, please give details below .		
c) Is the applicant taking any medication that can impair safety duties?		
(If yes, please specify medication in the box below)		
Examples: Has a warning in the product information leaflet indicating that they should not drive or work with moving machinery		
Psychoactive: Sleeping tablets, medications for mental health problems, sedating antihistamines (OTC or prescribed) May increase risk of sudden incapacitation: insulin		
May impair vision: hyoscine		
d) Is the applicant taking any medication with risk of acute complications? YES NO (If yes, please specify medication in the box below)		
Examples:		
Increases risk of bleeding: warfarin Danger if medications stopped: replacement hormones/insulin, anti-convulsants, anti-hypertensives, oral antidiabetics Anti-infection agents Anti-metabolites and cancer treatments		
Medications supplied to be used for emergencies: asthma, allergy		

Section 10 – Declaration by Examining Doctor			
I certify that I am fully registered and hold a valid Licence to Practice with the UK General Medical Council, I have examined the applicant named in PART A and that my findings are recorded above in PART B of this report.			
Please tick a, b or c as appropriate.			
a) There are no ticks in any "YES" box and I have completed the ML5 certifiand retained a copy.	ficate proforma at PART C		
b) There are ticks in "YES" boxes in Section $1-8$, so I have not issued the	ML5 certificate.		
c) There is any other significant medical condition detailed in Section 9, so certificate	I have not issued the ML5		
Date of Examination D M M Y Y	OFFICIAL STAMP		
GMC Number			
Signature of			
Examining Medical			
Practitioner			
Name (print)			
Address (print)			
Telephone Number			
Are you the applicant's General Practitioner?	NO 🗌		
Usual Medical Practitioner or Medical Advisor (if different from abov	e)		
Full name			
Address			
County			
Postcode			
PART C ML5 Certificate			
Notes for the completion of Part C			
 If you have <u>not</u> ticked any "YES" box in Part B of this form and have please complete the following certificate proforma at Part C, OTHERN 			
BLANK.2. A copy of the certificate should be retained by the Doctor for verificati	on purposes.		
	Faiboooi		





ML5 CERTIFICATE OF FITNESS

based on the

MARITIME AND COASTGUARD AGENCY ML5 REPORT

This is to certify that:		
Surname		
Date of Birth		
Home Address ———		
		_
Coastguard Agency (MC	ne for medical fitness in accordance with the criteria specific (CA) in the ML5 form and all assessment ticks are in the "NO comments affecting fitness in Section 9.	
A practical test of capab	ility for current duties has not been carried out.	Doctors Official Stamp
Signed (Medical Practitioner)		Boctors Official Stamp
Name (Block Letters)		
Address		
Postcode	This certificate is valid until*	
	I his certificate is valid until	
	D D M M Y Y	
*maximum 5 years	from date of issue or 65th birthday, whichever comes soonest. 1 year for the	those over 65 years of age
Date issued	GMC Registration Number	
Name of RYA / MO Endorsing Officer**		RYA or MO Stamp
** Endorsement is	s only required for those applying for a BML or RYA endorsement	
Signature		
Signature of Holder		
Date		

NOTES TO THE HOLDER OF THIS CERTIFICATE

It is your personal responsibility not to work when you are temporarily unfit to do so because of illness or injury. You must therefore tell the issuing authority (MCA or RYA), if during the validity of your ML5 certificate, you suffer from or develop any of the following:

a) a serious health problem or injury where you do not fully recover;

b) any of the conditions listed below:

- epileptic seizures or sudden disturbances of consciousness
- myocardial infarction (heart attack) or heart surgery
- · problems with heart rhythm
- disease of the heart or arteries
- uncontrolled blood pressure
- diabetes requiring insulin treatment
- stroke or unexplained loss of consciousness
- head injury with continuing loss of consciousness
- Parkinson's Disease or Multiple Sclerosis
- mental or nervous problems including anxiety or depression
- alcohol or drug dependency problems
- profound deafness
- · serious deterioration in vision or long term eye disease

c) any other disability or illness (mental or physical) which affects your fitness to work, in particular to navigate safely and to be able to undertake emergency duties. For instance if you have diabetes and your treatment changes from diet or tablets to insulin.

Your BML/RYA endorsement will not be valid during your illness and you will need to obtain a new ML5 report/certificate once you have recovered in order for your licence to be reinstated.

Those not requiring a BML or RYA Endorsement do not need to have their ML5 certificates endorsed by the RYA or MCA Marine Office, but should retain them for inspection as necessary, noting the validity.

MEDICAL REVIEW to be completed by the APPLICANT (where appropriate) Notes for the applicant - Incomplete or missing information will delay your application. ANY FORM SENT FOR REVIEW SHOULD NOT BE MORE THAN 3 MONTHS OLD AT THE TIME OF APPLICATION. 1. If there are ticks in any "YES" box in Section B, or if the Doctor has made remarks in Section 9, they cannot complete the ML5 certificate, and the MCA Marine Office/RYA cannot issue your BML/RYA endorsement. However, in these circumstances you have the right to have your case reviewed and the MCA Marine Office or RYA (only for RYA Commercial Endorsement applicants), can refer your form to an MCA Medical Assessor for a decision based on your fitness to undertake your work on a boat. 2. For the purposes of medical review, you may wish to provide further information regarding your fitness to hold a BML/RYA endorsement. This may include medical evidence from your GP, a specialist consultant or optometrist as appropriate. Medical evidence should be submitted with this form to your local MCA Marine Office or the RYA in an envelope marked "Private and Confidential" for forwarding to the MCA ML5 Medical Assessor. 3. The Medical Assessor may speak to your GP or specialist, rather than requesting written reports for which you would have to pay. Telephone calls often allow for evaluation of your health issues and the nature of your work. 4. Based on the evidence you have provided the MCA Medical Assessor will decide whether or not to issue an ML5 medical certificate. It will then be for the MCA Marine Office/RYA to decide whether the BML/RYA endorsement can be issued. To Sea Categorised Waters Details of vessel Type of Vessel Vessel Size miles from point of departure Up to Proposed area of operation miles offshore Up to Longest length of trip mins/hours/days/weeks/months (*delete as applicable) Operational at night YES / NO (*delete as appropriate) Area of operation (including category) Type of operation involved (e.g. passenger pleasure trips, fish farm supplies, etc.) Other relevant risk factors (e.g. communications with shore based staff, nature of passengers, etc.) Holders of BMLs Additional crew with same qualifications Minimum Number of Crew (other Unqualified but trained/experienced crew than applicant) Trainees/others Passengers (where applicable) Maximum number of fare-paying passengers Medication (please list all prescribed medication you are currently taking including dosage), or write 'None' if appropriate Details of any regular review/monitoring of condition GDPR Privacy Notice: If your ML5 Report form is referred to an ML5 Medical Assessor the personal information collected on this form will be shared with the Maritime and Coastguard Agency (MCA) for them to fulfil their statutory duties under Merchant Shipping (Maritime Labour Convention) (Medical Certification) Regulations 2010. MCA will be notified of the ML5 Assessor's final decision. An anonymised record containing this information and the ML5 Assessor's rationale for the decision will be completed by the Assessor and submitted to MCA for audit purposes. For further information on how the MCA handle your personal information please see our full privacy statement at www.gov.uk/mca I authorise my doctor(s) and specialist(s) to release reports/medical information about my condition relevant to my fitness, to the MCA Medical Assessor. I authorise the Secretary of State to disclose such relevant medical information as may be necessary to the investigation of my fitness, to my doctor/s and MCA Medical Assessors. Signature of Applicant Date

