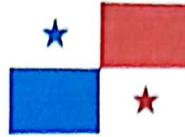




REPÚBLICA DE PANAMÁ  
REPUBLIC OF PANAMA  
AUTORIDAD MARÍTIMA DE PANAMÁ  
PANAMA MARITIME AUTHORITY  
CERTIFICADO MÉDICO DE LA GENTE DE MAR  
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-41213-2024

Este certificado se emite en conformidad con las disposiciones de la regla I/9 del Convenio STCW, 1978, enmendado, y la norma A-I/2 del CTM, 2006, enmendado, y certifica que la gente de mar es apta para el servicio en el mar.

This certificate is issued in accordance with the provisions of the regulation I/9 of the 1978 STCW Convention, as amended and the standard A-I/2 of the MLC, 2006, as amended, and certifies that seafarers are fit for sea service.

Apellido Surname: <b>RASTA</b>	Nombre Given Name(s): <b>SAHRUDIN</b>	Cédula / Pasaporte No. Id. Number/Passport No. <b>C 8677619</b>
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) <b>03/05/1966</b>	Nacionalidad: Nationality <b>Indonesia</b>	Sexo: Sex <b>Male</b>

Yes                          No

¿Confirmación de que se examinaron los documentos de identidad en el lugar del examen?  
Confirmation that identification documents were checked at the point of examination

¿La audición cumple con el estándar?  
Hearing meets standards?

¿La audición es satisfactoria sin ayuda?  
Unaided hearing satisfactory?

¿La agudeza visual cumple con el estándar?  
Visual acuity meets standards?

¿La visión cromática cumple con el estándar?  
Colour vision meets standards?

Fecha de la última prueba de visión cromática (Año/Mes/Día)?  
Date of last color vision test

**2024-02-24**

¿Apto para cometidos de vigía?  
Fit for look out duties?

¿Existen limitaciones o restricciones respecto de la aptitud física? Si la respuesta es "sí", dar detalles de las limitaciones o restricciones:  
Limitations or restrictions on fitness?

¿Está el marino libre de cualquier condición médica que pueda verse agravada por el servicio en el mar o discapacitarle para el desempeño de tal servicio o poner en peligro la salud de otras personas a bordo?  
Is the seafarer free from any medical condition likely to be aggravated by service at sea or to render the seafarers unfit for such service or to endanger the health of other persons on board?

Confirmo que he sido informado sobre el contenido del presente certificado y sobre el derecho a solicitar una revisión del dictamen, con arreglo a lo dispuesto en el párrafo 6 de la Sección A-I/9.

I hereby, confirm that I have been informed about the content of this certificate and of the right to a review in accordance with the paragraph 6 of Section A-I/9.

Firma de la Gente de Mar Seafarer  
's Signature



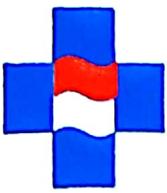
Date of Issue                          2024-02-26  
Expiration Date:                        2026-02-26  
Name of the recognized medical practitioner:                        Pony Ndaruaji

Firma y sello del medico  
reconocido/Signature and Stamp of  
the recognized medical practitioner  
**dr. Pony Ndaruaji**  
SIP No.: 101B.15A131.72.04.1005.9 K-344+779 3/3/2022

Reg: 3111100317053064

- El original de este certificado deberá estar disponible durante el servicio a bordo./The original of this certificate must be kept available while serving on board ship.
- En caso de pérdida de este certificado, el titular deberá notificar a los puertos y a la Autoridad Marítima de Panamá./In case of loss of this certificate, the holder should notify ports and the Panama Maritime Authority.
- La autenticidad de este certificado puede ser verificada contactando a la Autoridad Marítima de Panamá./The authenticity of this certificate can be verified contacting the Panama Maritime Authority.



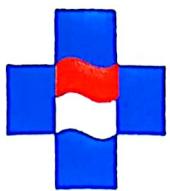


## MEDICAL EXAMINATION REPORT

COMPANY	: PT. ANDHINI EKAKARYA SEJAHTERA			 	
MCU NO.	: CLC-00-31-27				
NAME	: SAHRUDIN RASTA				
SEX	PRIA/MALE	DATE EXAMINE : 24 Feb 2024			
PLACE & DATE OF BIRTH	CIANJUR / 03 May 1966	NATIONALITY : INDONESIA			
MAILING ADDRESS OF EXAMINE	: KP. CARINGIN RT.003/005 DESA SUKASARI KEC. KARANG TENGAH CIANJUR				
DUTY	CHIEF COOK	PASSPORT	: C8677619		

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE	RESPIRATORY RATE
1. ALCOHOL HISTORY	No	162 cm	85 kg	32.40 kg/m <sup>2</sup>	123/84 mmHg	REGULAR	19 X/min
2. ALLERGIC HISTORY	No						
3. AMPUTATION	No						
4. BLOOD DISORDER	No						
5. BALANCE PROBLEM	No						
6. BACK OR JOINT PROBLEM	No						
7. COLOUR BLINDNESS	No						
8. CANCER	No						
9. DIABETES	No						
10. DIGESTIVE DISORDER	No						
11. DÉPRÉSSION	No						
12. EPILEPSY	No						
13. EYE / VISION PROBLEM	No	1. EYES			Yes		
14. EAR PROBLEM	No	2. EARS			Yes		
15. FRACTURE	No	3. NOSE			Yes		
16. GENITAL DISORDER	No	4. MOUTH			Yes		
17. HEART SURGERY	No	5. THROAT			Yes		
18. HEART DISEASE	No	6. NECK			Yes		
19. HIGH BLOOD PRESSURE	No	7. THROID			Yes		
20. HERNIA	No	8. LYMP NODE			Yes		
21. INFECTIOUS DISEASE	No	9. LUNGS			Yes		
22. KIDNEY PROBLEM	No	10. HEARTS			Yes		
23. LUNG DISEASE	No	11. ABDOMEN			Yes		
24. LIVER PROBLEM	No	12. UROGENITAL SYSTEM			Yes		
25. LOST OF MEMORY	No	13. UPPER EXTREMITIES			Yes		
26. NARCOTIC HISTORY	No	14. LOWER EXTREMITIES			Yes		
27. NEUROGICAL DISEASE	No	15. BACK ABNORMALITY			Yes		
28. OPERATION / SURGERY	No	16. HERNIA			Yes		
29. PSYCHIATRIC PROBLEM	No	17. CENTRAL NERVOUS SYSTEM			Yes		
30. RESTRICTED MOBILITY	No	18. SKIN & NAILS			Yes		
31. SKIN PROBLEM	No	19. SPEECH			Yes		
32. SLEEP PROBLEM	No	20. OTHERS			Yes		
33. THYROID PROBLEM	No						
34. TUBERCULOSIS	No						
35. SMOKING	No						
DENTAL EXAMINATION		HEARING		If abnormal give details			
8 7 6 5 4 3 2 1   1 2 3 4 5 6 7 8 8 7 6 5 4 3 2 1   1 2 3 4 5 6 7 8 • : Filling   O : Caries   ^ : Root Rest x : Missing   V : Prothesia		NORMAL  Right Ear   Yes Left Ear   Yes		KUMEN INI HUBUNGI <b>TOTOT RUMEKO</b> HP. 0858 1392 5019			
				NIL			





**INDOSEHAT 2003**  
CLINIC & MEDICAL CHECK-UP



**SURAT KETERANGAN**  
**TO WHOM IT MAY CONCERN**

**Dengan ini kami menerangkan bahwa :**  
Here with acknowledge that :

**Nama** : SAHRUDIN RASTA  
**Name**  
**Jenis Kelamin** : PRIA/MALE  
**Gender/Sex**  
**Tempat / Tanggal Lahir** : CIANJUR / MAY 03, 1966  
**Place / Date Of Birth**  
**Perusahaan** : PT. ANDHINI EKAKARYA SEJAHTERA  
**Company**  
**Jabatan** : CHIEF COOK  
**Occupation**



**Benar telah melakukan Medical Check-Up di Indosehat 2003 Medical Centre.**  
Have trully complete Medical Standart Check-Up in Indosehat 2003 Medical Centre.

**Dengan Hasil : Sehat untuk Bertugas.**  
With Final Result : FIT.

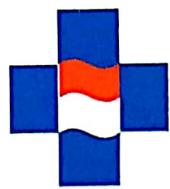
**Demikian surat keterangan ini kami sampaikan untuk dapat dipergunakan sebagaimana mestinya.**  
I hope this letter will be found useful where necess.



SAHRUDIN RASTA



**Date Of Examination, February 24, 2024**  
**Expiration Of Validity, February 23, 2026**



### REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA		
Name	: MR.SAHRUDIN RASTA	Sex	: Male
MCU No.	: 025/MCUIS/AES/II/24	No. MR	: 003127
Date Examination	: FEBRUARY 24, 2024	Age	: 58 Years Old

Laboratory Test	Reference Ranges		Result
<b>HAEMATOLOGY</b>			
Haemoglobin	13.0 – 18.0	gr / dl	16,3
White Blood Cell Count	5.0 – 10.0	/ ul	8
ESR	0 - 15	mm / hour	8
<b>DIFFERENTIAL COUNT</b>			
Eosinophil	0 – 1	%	0,5
Basophil	1 – 3	%	6
Stab	2 – 6	%	6
Segment	50 – 70	%	65
Lymphocyte	20 – 40	%	29,6
Monocyt	2 – 8	%	5,7
Platelet/ Trombosit	150.000-440 .000		228
<b>BLOOD CHEMISTRY</b>			
Fasting Blood Sugar	60-110	mg / dl	101
Blood Sugar 2 PP	60-140	mg/ dl	128
Random Glucose	60 – 180	mg / dl	
Cholesterol	< 200	mg / dl	185
Triglyceride	< 200	mg / dl	134
SGOT	< 35	U / L	29
SGPT	< 45	U / L	33
Creatinin	0,7 – 1,4	mg / dl	0,7
Ureum	15 – 45	mg / dl	23
Fosfatase Alkali	30-120	mg/ dl	77
GGT	< 49	g/ml	29
BIL TOTAL	0,2-1,0	mg/dl	0,8
BIL DIRECT	0,1-1,2	mg/dl	0,3



## REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKA KARYA SEJAHTERA		
Name	: MR.SAHRUDIN RASTA	Sex	: Male
MCU No.	: 025/MCUIS/AES/II/24	No. MR	: 003127
Date Examination	: FEBRUARY 24, 2024	Age	: 58 Years Old

Laboratory Test	Reference Ranges	Result
<b>URINALYSIS</b>		
Macroscopic		
Spesific Gravity	1,010 – 1,030	1025
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		5
Microscopic		
Sediment		
Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-3
RBC / hpf	1 – 4	0-2
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative
<b>SEROLOGY / IMMUNOLOGY</b>		
VDRL	Non Reaktive	Non Reaktive
Hbs Ag	Non Reaktive	Non reaktive
HIV	Non Reaktive	Non reaktive
 <u>dr. Gunawan Eka Putra, Sp.PK</u> Chief Laboratory		



LABORATORY FINDING		
BLOOD TEST	URINALYSIS	
<u>HEMATOLOGY</u>		
HB : 16,3 gr/dl	SPECIFIC GRAFTY : 1025	
WBC : 8,8	PROTEIN : Negative	
DIFF COUNT : 0,5/2,6/6/65/29,6/5,7	GLUCOSE : Negative	
<u>BLOOD CHEMISTRY</u>		
CHOLESTEROL : 185 mg / dl	MICROSCOPIC :	
TRYGLISERIDES : 134 mg / dl	WBC : 0-3 / hpt	
GDS : mg / dl	RBC : 0-2 / hpt	
SGOT : 29 U/L	CAST : Negative	
SGPT : 33 U/L	CRYSTALS : Negative	
Creatinin : 0,7 mg / dl	BACTERIA : Negative	
<u>SEROLOGY / IMUNOLOGI</u>		
Hbs Ag : Non reaktive		
HIV : Non reaktive		
VDRL : Non Reaktive		
<b>CHEST X-RAY</b>	<b>Report</b>	<b>NORMAL</b>
<u>OTHER DIAGNOSTIC TEST</u>		
ECG : NORMAL		
<u>COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION</u>		
The abovenamed person physically :		
<input checked="" type="checkbox"/> FIT <input type="checkbox"/> FIT WITH MINOR CORRECTABLE DEFECT <input type="checkbox"/> HAS MAJOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT <input type="checkbox"/> UNFIT TEMPORARY		
For duties on board ship Doctor's Advice		
<u>HEALTH CERTIFICATE</u> No. : 025/MCUIS/AES/II/24		
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO : <b>MR. SAHRUDIN RASTA</b> AGE 58 YEARS		
<u>HE IS FOUND TO BE FIT FOR DUTY AS : CHIEF COOK</u> ISSUED AT JAKARTA DATE FEBRUARY 24, 2024 VALID UNTIL FEBRUARY 24, 2026		
 <b>dr. PONY NDARUAJI</b> Chief Physician		

**Eks. Komp. Gaya Motor**  
**Jl. Isuzu No. 32 RT. 04 RW. 08 Semper Timur,**  
**Cilincing, Jakarta Utara 14130**  
**Telp. (021) 4411281**  
**Email : info@indosehat2003.id**



## CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 025/MCUIS/AES/II/24  
Company : PT. ANDHINI EKAKARYA SEJAHTERA  
Date : FEBRUARY 24, 2024

This is to certify that

Name	: MR. SAHRUDIN RASTA
Sex	: Male
Place/Date Of Birth	: CIANJUR/ MAY 03, 1966
Age	: 58 Years Old
Rank	: CHIEF COOK

Was examined for the presence of the following drugs and alcohol in the urine using the competitive immunoassay / chromatographic Absorbent method and was found :

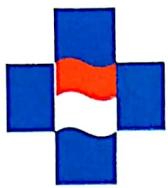
1. Amphetamine	: Negative	6.Cocaine	: Negative
2. Methamphetamine	: Negative	7.Marijuana/Cannabinoids	: Negative
3. Opiate/Morphine	: Negative	8.Barbiturate	: Negative
4. Phencyclidine	: Negative	9.Benzodiazepine	: Negative
5. Codeine	: Negative	10.Alcohol	: Negative

Note  
N/E : Not Examine

JAKARTA, FEBRUARY 24, 2024



dr. PONY NDARUAJI  
Medical Review Officer



## **DENTAL HEALTH CERTIFICATE**

This is to certify that today I have examined :

Name : MR. SAHRUDIN RASTA  
Age : 58 Years Old

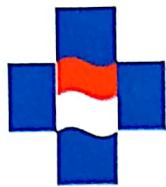
And was found him / her dentally **FIT**.

Jakarta, FEBRUARY 24, 2024



( \_\_\_\_\_ )

**Dentist**



## DENTAL CHECK UP REPORT

MCU No. : 025/MCUIS/AES/II/24  
Date : FEBRUARY 24, 2024  
Name of Crew : MR. SAHRUDIN RASTA  
Age : 58 Years Old

Company/Shiping Co.:

### CHIEF COMPLAINT :

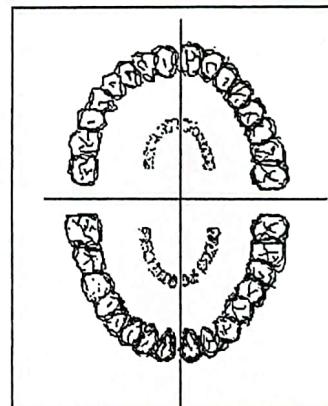
### FINDINGS :

1. Teeth Missing :

2. Carious Teeth :

3. Periodontally involved teeth :

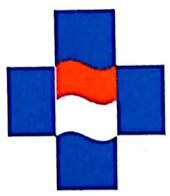
4. Others :



### ADVISED :

Jakarta, FEBRUARY 24, 2024





## Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. SAHRUDIN RASTA  
No Client : 003127  
MCU No. : 025/MCUIS/AES/II/24  
Sex : Male  
Age : 58 Years Old

HIV	Negative
-----	----------

Jakarta, FEBRUARY 24, 2024

Examiner



dr. PONY NDARUAJI  
Medical Review Officer

Laboratory Analyst



# KLINIK UTAMA INDOSEHAT 2003 MEDICAL CENTRE

Ex. Komp. Gaya Motor

Jl. Isuzu No. 32 Semper Timur, Cilincing, Jakarta Utara 14130  
Telp. (021) 4411281 Fax. (021) 4411281 Email : Indosehat2003@hotmail.com

Nama Pasien : MR. SAHRUDIN RASTA..... Pengirim : PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : 58 TH / 003127..... Rontgen : THORAX AP.....

Tanggal Rontgen : FEBRUARY 24, 2024.....

Yth. Ts.

## CHEST C-RAY POSTEROANTERIOR PROJECTION :

No sign of heart enlargement  
Normal bronchovascular pattern  
No sign of infiltrate or nodul in both lungs  
Diaphragms are smooth, costophrenic sinuses are sharp  
Bone of costae within normal limit

Conclusion : No sign of abnormality in chest X-ray

dr. ROSALINA, Sp. Rad.  
21/B.15b/31.72.M.1005.05.005.C.1/3/-1.779.3/e/2020

dr. ROSALINA, Sp. Rad.

21/B.15b/31.72.04.1005.05.005.C.1/3/-1.779.3/e/2020.

Radiolog / Assisten : ..... Tanda tangan : .....

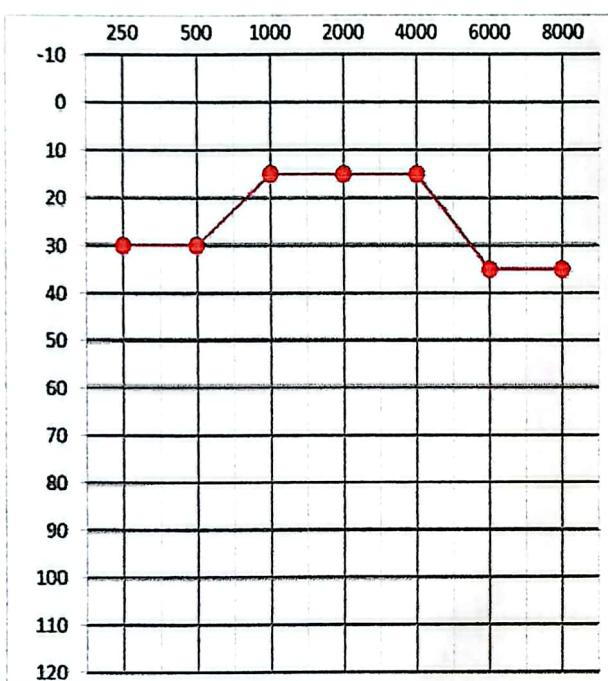
PATIENT DATA

Company	:	ANDHINI
Name	:	SAHRUDIN . R
Age	:	57 YO
No	:	00-31-27

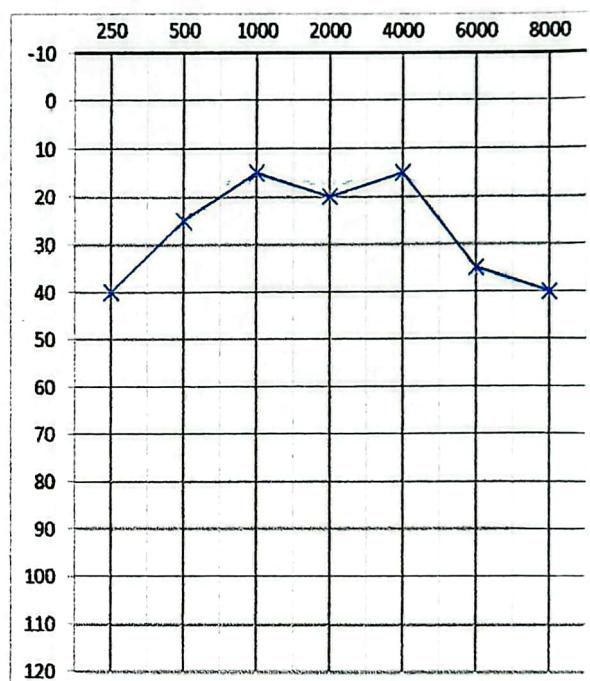
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FF1



LEFT - FF1



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
30	30	15	15	15	35	35	18,75

Left Ear Air Conduction								Left Ear (dB)
250	500	1000	2000	4000	6000	8000		
40	25	15	20	15	35	40	18,75	

Right Ear Bone Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
							0

Left Ear Bone Conduction								Left Ear (dB)
250	500	1000	2000	4000	6000	8000		
								0

Right Ear : Ambang dengar normal 18,75 dB

Left Ear : Ambang dengar normal 18,75 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr KARISMA PRAMESWARI Sp.THT-KL  
NIP. 119.159.01.7204.1003.05.005 C.13.1.1731.0221

Examining Physician  
dr Karisma Prameswari Sp.THT-KL

# ELECTROKARDIOGRAM REPORT

10mm/mV  
10mm/mV

10mm/mV

Schrudin - P

10mm/mV

I  
II  
III

-I  
-II  
-III

V<sub>1</sub>

V<sub>2</sub>

V<sub>3</sub>

V<sub>4</sub>

V<sub>5</sub>

V<sub>6</sub>

aVR

aVL

aVF

V<sub>1</sub>  
V<sub>2</sub>  
V<sub>3</sub>

V<sub>4</sub>  
V<sub>5</sub>  
V<sub>6</sub>

AVR  
AVL  
AVF

V<sub>1</sub>  
V<sub>2</sub>  
V<sub>3</sub>

V<sub>4</sub>  
V<sub>5</sub>  
V<sub>6</sub>

**PEMERIKSAAN ELECTROKARDIOGRAM  
MEDICAL CHECK UP**

NO. MCU	:	00.31.27.
TANGGAL PERIKSA	:	24 Februari 2007
NAMA	:	Sahrudin - R.
UMUR	:	57
PERUSAHAAN	:	Andam
KESIMPULAN	:	Sinus P X / mit Normal

Dr. Ismugi, SpJR-FIHA  
Spesialis Jantung & Penyakit Darah  
[C. Cardiologist]

dr. ISMUGI SpJP, FIHA  
CARDIOLOGIST