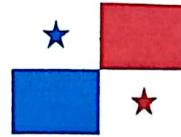




REPÚBLICA DE PANAMÁ
REPUBLIC OF PANAMA
AUTORIDAD MARÍTIMA DE PANAMÁ
PANAMA MARITIME AUTHORITY
CERTIFICADO MÉDICO DE LA GENTE DE MAR
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-33776-2023

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: TAKARYANTO	Nombre Given Name(s): EKO	Cédula / Pasaporte No. Id. Number/Passport No. E 3593485
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 24/09/1965	Nacionalidad: Nationality Indonesia	Sexo: Sex Male

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	
<input type="checkbox"/>	<input type="checkbox"/>
¿La audición cumple con el estándar? Hearing meets standards?	
<input type="checkbox"/>	<input type="checkbox"/>
¿La audición es satisfactoria sin ayuda? Unaided hearing satisfactory?	
<input type="checkbox"/>	<input type="checkbox"/>
¿La agudeza visual cumple con el estándar? Visual acuity meets standards?	
<input type="checkbox"/>	<input type="checkbox"/>
¿La visión cromática cumple con el estándar? Colour vision meets standards?	
<input type="checkbox"/>	<input type="checkbox"/>
Fecha de la última prueba de visión cromática (Año/Mes/Día)? Date of last color vision test	
2023-09-22	
¿Apto para cometidos de vigía? Fit for look out duties?	
<input type="checkbox"/>	<input type="checkbox"/>
¿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?	
<input type="checkbox"/>	<input type="checkbox"/>
¿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?	
<input type="checkbox"/>	
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 Expiration Date: Name of the recognized medical practitioner:	2023-09-25 2025-09-25 Pony Ndaruaji	 Firma y sello del medico reconocido/Signature and Stamp of the recognized medical practitioner dr. Pony Ndaruaji SIP No : 10/B.15A/31.72.04.1005.9.K-3/4-1.779.3/e/2022
---	---	---

- 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.

Reg: 3111100317053064





MEDICAL EXAMINATION REPORT

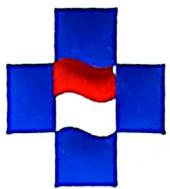
COMPANY	: PT. ANDHINI EKAKARYA SEJAHTERA		
MCU NO.	: CLC-00-02-20		
NAME	: EKO TAKARYANTO		
SEX	: PRIA/MALE	DATE EXAMINE : 22 Sep 2023	
PLACE & DATE OF BIRTH	: BLITAR / 24 September 1965	NATIONALITY : INDONESIA	
MAILING ADDRESS OF EXAMINE	: BINONG PERMAI BLOK BB 2/10 RT. 016/012 KEL. BINONG KEC. CURUG		
DUTY	: OILER 1	PASSPORT	: E3593485



HAT 20

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE
1. ALCOHOL HISTORY	No	164 cm	78 kg	29.00 kg/m ²	140/80 mmHg	104 X/min	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. DEPRESION	No						
12. EPILEPSY	No						
13. EYE / VISION PROBLEM	No	VISION	WITHOUT	WITH	COLOR VISION (ISIHARA'S METHOD)		
14. EAR PROBLEM	No	Right Eye	6/7,5		NORMAL		
15. FRACTURE	No	Left Eye	6/7,5				
16. GENITAL DISORDER	No	Both Eye	6/7,5				
17. HEART SURGERY	No						
18. HEART DISEASE	No						
19. HIGH BLOOD PRESSURE	No						
20. HERNIA	No						
21. INFECTIOUS DISEASE	No						
22. KIDNEY PROBLEM	No						
23. LUNG DISEASE	No						
24. LIVER PROBLEM	No						
25. LOST OF MEMORY	No						
26. NARCOTIC HISTORY	No						
27. NEUROGICAL DISEASE	No						
28. OPERATION / SURGERY	No						
29. PSYCHIATRIC PROBLEM	No						
30. RESTRICTED MOBILITY	No						
31. SKIN PROBLEM	No						
32. SLEEP PROBLEM	No						
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		KEASLIAN DOKUMEN HUBUNGI NIL TOTOT RUMEKSO HP. 0833 1392 5019			





INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



SURAT KETERANGAN
TO WHOM IT MAY CONCERN

Dengan ini kami menerangkan bahwa :
Here with acknowledge that :

Nama
Name : EKO TAKARYANTO

Jenis Kelamin
Gender/Sex : PRIA/MALE

Tempat / Tanggal Lahir
Place / Date Of Birth : BLITAR / SEPTEMBER 24, 1965

Perusahaan
Company : PT. ANDHINI EKAKARYA SEJAHTERA

Jabatan
Occupation : OILER 1



Benar telah melakukan Medical Check-Up di Indosehat 2003 Medical Centre.
Have truly 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.



EKO TAKARYANTO

Jakarta, 22 September 2023

dr. Pony Ndaruaji
Examination

Date Of Examination, September 22, 2023
Expiration Of Validity, September 21, 2025



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA		
Name	: MR.EKO TAKARYANTO	Sex	: Male
MCU No.	: 021/MCUI5/AES/IX/23	No. MR	: 000220
Date Examination	: SEPTEMBER 22, 2023	Age	: 58 Years Old

Laboratory Test	Reference Ranges	Result
HAEMATOLOGY		
Haemoglobin	13.0 – 18.0	gr / dl
White Blood Cell Count	5.0 – 10.0	/ ul
ESR	0 - 15	mm / hour
DIFFERENTIAL COUNT		
Eosinophil	0 – 1	%
Basophil	1 – 3	%
Stab	2 – 6	%
Segment	50 – 70	%
Lymphocyte	20 – 40	%
Monocyt	2 – 8	%
Platelet/ Trombosit	150.000-440 .000	281
BLOOD CHEMISTRY		
Fasting Blood Sugar	60-110	mg / dl
Blood Sugar 2 PP	60-140	mg / dl
Random Glucose	60 – 180	mg / dl
Cholesterol	< 200	mg / dl
Triglyceride	< 200	mg / dl
SGOT	< 35	U / L
SGPT	< 45	U / L
Creatinin	0,7 – 1,4	mg / dl
Ureum	15 – 45	mg / dl
Fosfatase Alkali	30-120	mg/ dl
GGT	< 49	g/ml
BIL TOTAL	0,2-1,0	mg/dl
BIL DIRECT	0,1-1,2	mg/dl



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA
Name	: MR.EKO TAKARYANTO
MCU No.	: 021/MCUIS/AES/IX/23
Date Examination	: SEPTEMBER 22, 2023
	Sex : Male
	No. MR : 000220
	Age : 58 Years Old

Laboratory Test	Reference Ranges	Result
-----------------	------------------	--------

URINALYSIS

Macroscopic		
Spesific Gravity	1,010 – 1,030	1010
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		6
Microscopic		
Sediment		
Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-1
RBC / hpf	1 – 4	0-1
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative

SEROLOGY / IMMUNOLOGY

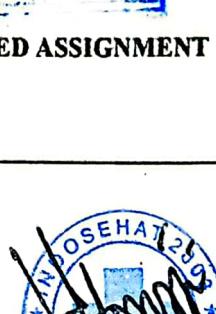
VDRL	Non Reactive
Hbs Ag	Non Reactive
HIV	Non Reactive



dr. Gunawan Eka Putra, Sp.PK
Chief Laboratory



LABORATORY FINDING

LABORATORY FINDING		
BLOOD TEST		
HEMATOLOGY		
HB : 14 gr/dl	SPECIFIC GRAFTY : 1010	
WBC : 7	PROTEIN : Negative	
DIFF COUNT : 1/2/8/48/29/10	GLUCOSE : Negative	
BLOOD CHEMISTRY		
CHOLESTEROL : 162 mg / dl	MICROSCOPIC :	
TRYGLISERIDES : 109 mg / dl	WBC : 0-1 / hpt	
GDS : 94 mg / dl	RBC : 0-1 / hpt	
SGOT : 21 U/L	CAST : Negative	
SGPT : 29 U/L	CRYSTALS : Negative	
Creatinin : 1 mg / dl	BACTERIA : Negative	
SEROLOGY / IMUNOLOGI		
Hbs Ag : Non reaktive		
HIV : Non reaktive		
VDRL : Non Reaktive		
CHEST X-RAY	Report	NORMAL
OTHER DIAGNOSTIC TEST		
ECG : NORMAL		
COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION		
The abovenamed person physically :		
<input checked="" type="checkbox"/> FIT <input type="checkbox"/> FIT WITH MINOR CORRECTABLE DEFECT <input type="checkbox"/> HAS MAYOR PHYSICAL DEFECT ; FIT WITH RESTRICTION OF SELECTED ASSIGNMENT <input type="checkbox"/> UNFIT TEMPORARY		
For duties on board ship		
Doctor's Advice		
HEALTH CERTIFICATE No. : 021/MCUIS/AES/IX/23		
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO :		
MR. EKO TAKARYANTO AGE 58 YEARS		
HE IS FOUND TO BE FIT FOR DUTY AS : OILER NO.1 ISSUED AT JAKARTA DATE SEPTEMBER 22, 2023 VALID UNTIL SEPTEMBER 22, 2025		
 dr. PONY NDARUAJI 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@indoschat2003.id



CERTIFICATION DRUGS AND ALCOHOL

MCU. No	:	021/MCUIS/AES/IX/23
Company	:	PT. ANDHINI EKAKARYA SEJAHTERA
Date	:	SEPTEMBER 22, 2023

This is to certify that

Name	:	MR. EKO TAKARYANTO
Sex	:	Male
Place/Date Of Birth	:	BLITAR/ SEPTEMBER 24, 1965
Age	:	58 Years Old
Rank	:	OILER NO.1

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 SEPTEMBER 22, 2023



dr. PONY NDARUAJI
Medical Review Officer



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL HEALTH CERTIFICATE

This is to certify that today I have examined :

Name : MR. EKO TAKARYANTO
Age : 58 Years Old

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

Jakarta, SEPTEMBER 22, 2023



Dentist



DENTAL CHECK UP REPORT

MCU No. : 021/MCUIS/AES/IX/23
Date : SEPTEMBER 22, 2023
Name of Crew : MR. EKO TAKARYANTO
Age : 58 Years Old

Company/Shiping Co.:

CHIEF COMPLAINT :

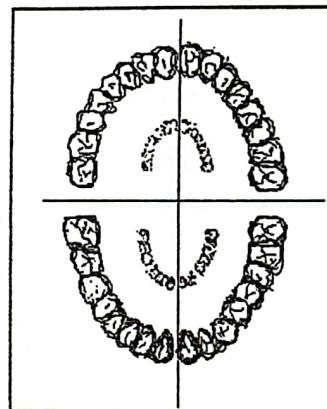
FINDINGS :

1. Teeth Missing :

2. Carious Teeth :

3. Periodontally involved teeth :

4. Others :



ADVISED :

Jakarta, SEPTEMBER 22, 2023

( Drg. Triana)



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. EKO TAKARYANTO
No Client : 000220
MCU No. : 021/MCUIS/AES/IX/23
Sex : Male
Age : 58 Years Old

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

Jakarta, SEPTEMBER 22, 2023

Examiner



dr. PONY NDARUAJI
Medical Review Officer

Laboratory Analyst



KLINIK UTAMA INDOSEHAT 2003 MEDICAL CENTRE

Ex. Komp. Gaya Motor
JI. Isuzu No. 32 Semper Timur, Cilincing, Jakarta Utara 14130
Telp. (021) 4411281 Fax. (021) 4411281 Email : indosehat2003@hotmail.com

MR. EKO TAKARYANTO

Nama Pasien : Pengirim :
58 TH / 000220 PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : Rontgen :
SEPTEMBER 22, 2023 THORAX AP

Tanggal Rontgen :

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/31.72.04.1005.05.005.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 :

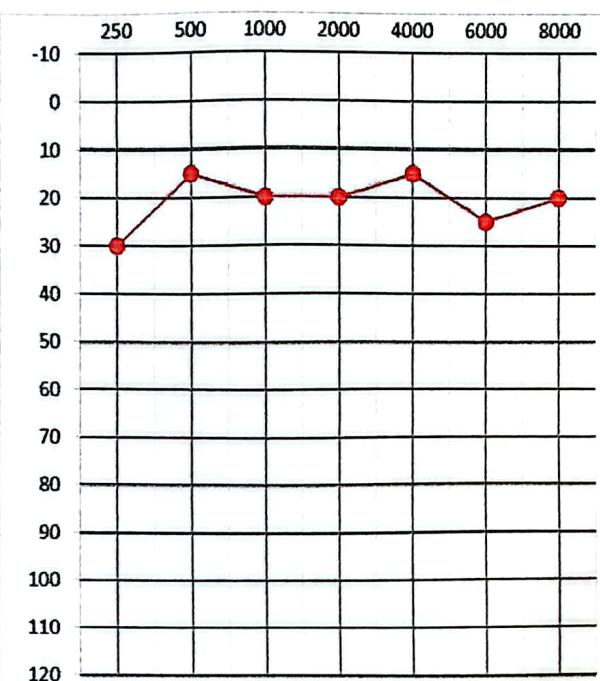
PATIENT DATA

Company : ANDHINI
 Name : EKO TAKARYANTO
 Age : 58 YO
 No : 000-220

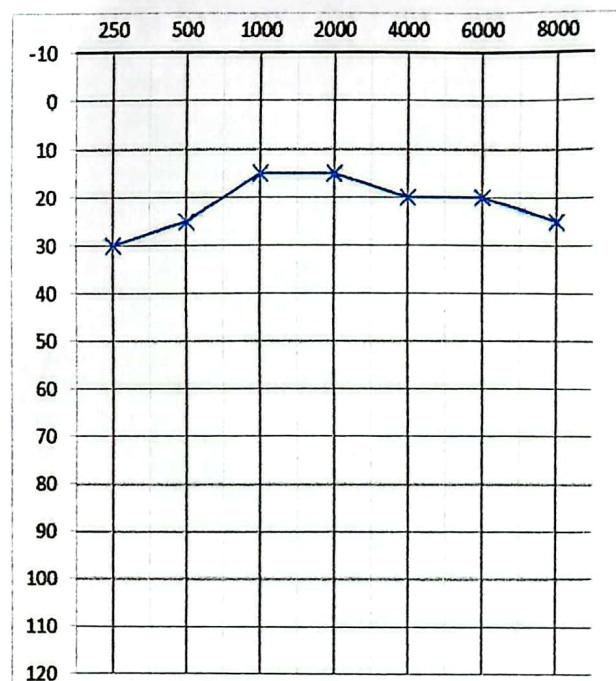
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FFI



LEFT - FFI



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
30	15	20	20	15	25	20	17,5

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
30	25	15	15	20	20	25	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 17,5 dB

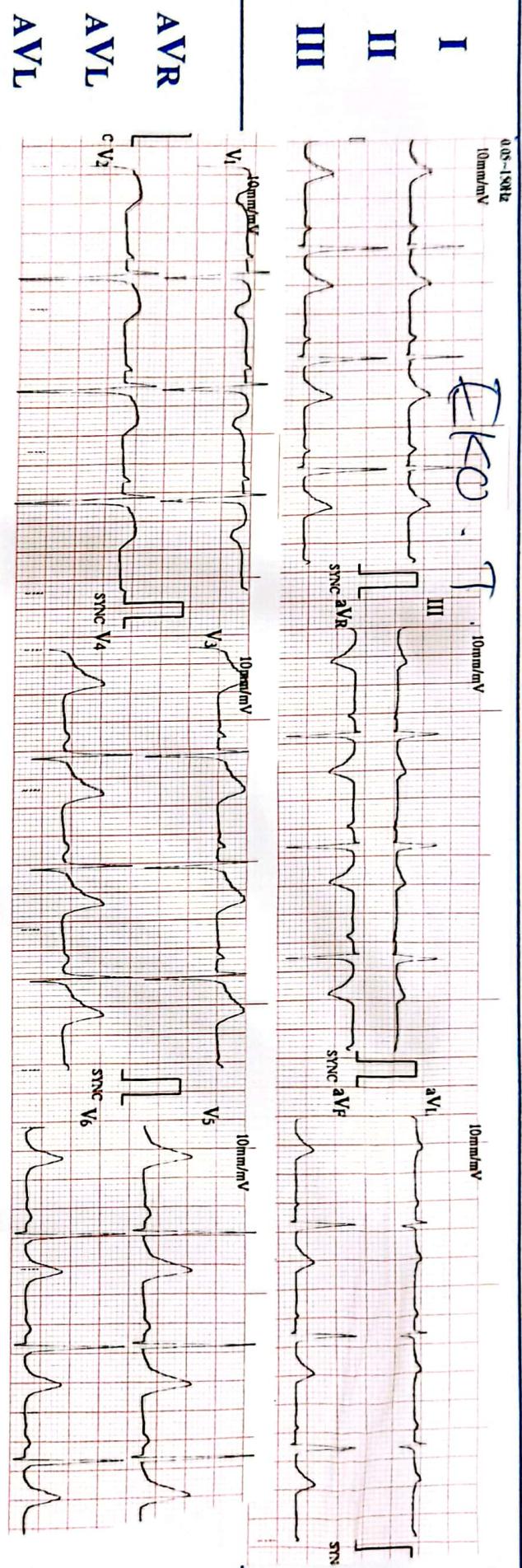
Left Ear : Ambang dengar normal 18,75 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr. KARISMA PRAMESWARI PM, Sp. THT-KL
14/B 15B/31 72 04 1005 05 005 C 13-1779 3-e/2021

Examining Physician
dr Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT



V₁
V₂
V₃

V₄
V₅
V₆

**PEMERIKSAAN ELECTROKARDIOGRAM
MEDICAL CHECK UP**

NO. MCU	: 000.220
TANGGAL PERIKSA	: 22 September 2023
NAMA	: EKO T.
UMUR	: 37
PERUSAHAAN	: Andhini
KESIMPULAN	: Snu's No X/mnt Normal



dr. ISMUGI SpJP, FIHA
CARDIOLOGIST



HASIL PEMERIKSAAN TREADMILL

COMPANY : | ANDHINI
NAME : | EKO TAKARYANTO
NO. MR : | 000220

EKG Pretest : Normal
Treadmill Test : Medical Check - Up
Protokol : Bruce Stage : 3
Lama Test : 9'30"
Indikasi Berhenti : Target HR tercapai
Denyut Jantung Tercapai : 100% Dari Dugaan Max : 162 x/mnt
Tekanan Darah Awal : 140/80 mmHg Tertinggi : 180/80 mmHg
Perubahan EKG : Gelombang R : Konstan
Segment ST : Normal
Gelombang T : Normal
Aritmia : (-)
Kesimpulan : Fungsional Klas : 1
Tingkat kesegaran Jasmani : Cukup
Kapasitas Kerja Fisik : 10,3 METS
Hasil Treadmill : Normal

Saran :

Pemeriksa

Dr. Ismugi, SpJP-FIHA
Spesialis Jantung & Pembuluh Darah
Cardiologis

KLINIK INDOSEHAT 2003 Stress Exercise Report

ID

Section:

Name: EKO TAKARYANTO Sex: Male

Age: 58

Exam Time: 2023-09-23 14:47

Information		Indications:	
DOB: 1965-09-24 Height: 164.00 cm		<input type="checkbox"/> Smoking <input type="checkbox"/> Hypertension <input type="checkbox"/> Diabetic <input type="checkbox"/> Hyperlipidemia <input type="checkbox"/> History of MI <input type="checkbox"/> Family History	
Address: ANDHINI Telephone: _____		Medications:	
		Result	
Stage Name	HR(bpm)	BP(mmHg)	Summary
BERDIRI	89	140/80	Protocol Name: Klinik IndoSehat 2003
BERDIRI BERJALAN	103	145/80	Target HR: 162 bpm
EXE1	122	150/80	Exercise Time: 14:43 mm:ss
EXE2	132	155/80	Max Speed: 6.8 km/h
EXE3	158	160/80	Max Grade: 16.0 %
EXE4	168	165/80	Exceed +/-100uV Leads: I II III aVR aVF V1 V2 V3 V4 V5 V6
REC1	159	170/80	
REC2	145	175/80	
REC3	128	180/80	DUKE Score: —
		Max Values	
Total Beats:	1970	Abnormal Beats:	1
Total V:	1	Total S:	0
V Pairs:	0	S Pairs:	0
V Run:	0	S Run:	0
V bigeminal:	0	S bigeminal:	0
V trigeminal:	0	S trigeminal:	0
Total Long:	0		
		ST Segment	
		HR:	172 bpm
		Target HR:	106.2 %
		METs:	13.6 METs
		HR*BP:	21500.0 bpm*mmHg
		SYS:	180.0 mmHg
		DIA:	80.0 mmHg
		Max Elevation:	11.50 mV
		0.31 mV	01:10 V2
		Max Depression:	-0.34 mV
		11.00 mV	11:40 II
		Max Elevation Change:	0.33 mV
		11.50 mV	11:30 aVR
		Max Depression Change:	-0.42 mV
		13.50 mV	11:40 II
		0.10 mmHg	
		Arrhythmia	
		Reason for End : TARGET HR TERCAPAI	
		Symptoms:	

Conclusions:


Dr. Ismugji, SpJP-FHIA
 Spesialis Jantung & Penumbuhan Dara
 Cardiologist

Operator:

Reviewing Physician: