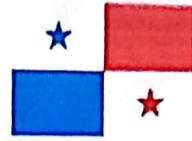




REPÚBLICA DE PANAMÁ
REPUBLIC OF PANAMA
AUTORIDAD MARÍTIMA DE PANAMÁ
PANAMA MARITIME AUTHORITY
CERTIFICADO MÉDICO DE LA GENTE DE MAR
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-41081-2024

Este certificado se emite en conformidad con las disposiciones de la regla I/9 del Convenio STCW, 1978, armandoado, 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: JAYA	Nombre Given Name(s): INDRA	Cédula / Pasaporte No. Id. Number/Passport No. C 7143752
Fecha de Nacimiento(dd/mm/aaaa); Date of Birth(dd/mm/yyyy) 19/11/1985	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

¿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

2024-02-22

¿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 seafarer 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 2024-02-23
Expiration Date: 2026-02-23
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 : 10/B.15A/31.72.04.1005.9-K-3/4-1.779.3/e/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-00-30-82			
NAME	INDRA JAYA			
SEX	PRIA/MALE	DATE EXAMINE : 22 Feb 2024		
PLACE & DATE OF BIRTH	JAKARTA / 19 November 1985	NATIONALITY : INDONESIA		
MAILING ADDRESS OF EXAMINE	LINK SUKAJADI RT. 002/002 KEL. MEKARSARI KEC. PULOMERAK			
DUTY	OILER	PASSPORT : C7143752		

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
1. ALCOHOL HISTORY	Yes / No	HEIGHT 164 cm	WEIGHT 79 kg	BMI 21.00 kg/m ²	BLOOD PRESSURE 123/75 mmHg	PULSE 91 X/min	RESPIRATORY RATE 19 X/min
	No						
2. ALLERGIC HISTORY	No	VISION Right Eye Left Eye Both Eye	WITHOUT 6/6 6/6 6/6	WITH	COLOR VISION (ISIHARA'S METHOD)		
3. AMPUTATION	No				GENERAL APPEARANCE LOOKING HEALTHY		
4. BLOOD DISORDER	No						
5. BALANCE PROBLEM	No	NORMAL	NORMAL	NORMAL	NORMAL	NORMAL	
6. BACK OR JOINT PROBLEM	No						
7. COLOUR BLINDNESS	No	NORMAL	NORMAL	NORMAL	NORMAL	NORMAL	
8. CANCER	No						
9. DIABETES	No	NORMAL	NORMAL	NORMAL	NORMAL	NORMAL	
10. DIGESTIVE DISORDER	No						
11. DEPRESSION	No	NORMAL	NORMAL	NORMAL	NORMAL	NORMAL	
12. EPILEPSY	No						
13. EYE / VISION PROBLEM	No	1. EYES 2. EARS	Yes Yes	3. NOSE 4. MOUTH	Yes Yes	5. THROAT 6. NECK	
14. EAR PROBLEM	No						
15. FRACTURE	No	7. THROID 8. LYMP NODE	Yes Yes	9. LUNGS 10. HEARTS	Yes Yes	11. ABDOMEN 12. UROGENITAL SYSTEM	
16. GENITAL DISORDER	No						
17. HEART SURGERY	No	13. UPPER EXTREMITIES 14. LOWER EXTREMITIES	Yes Yes	15. BACK ABNORMALITY 16. HERNIA	Yes Yes	17. CENTRAL NERVOUS SYSTEM 18. SKIN & NAILS	
18. HEART DISEASE	No						
19. HIGH BLOOD PRESSURE	No	19. SPEECH 20. OTHERS	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
20. HERNIA	No						
21. INFECTIOUS DISEASE	No	NORMAL	Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
22. KIDNEY PROBLEM	No						
23. LUNG DISEASE	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
24. LIVER PROBLEM	No						
25. LOST OF MEMORY	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
26. NARCOTIC HISTORY	No						
27. NEUROGICAL DISEASE	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
28. OPERATION / SURGERY	No						
29. PSYCHIATRIC PROBLEM	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
30. RESTRICTED MOBILITY	No						
31. SKIN PROBLEM	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
32. SLEEP PROBLEM	No						
33. THYROID PROBLEM	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
34. TUBERCULOSIS	No						
35. SMOKING	No	RIGHT LEFT	Yes Yes	NIL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019	QR Code	
DENTAL EXAMINATION							HEARING
8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8		NORMAL	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019				
8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8		RIGHT EAR Left Ear	Yes Yes	ASILAH DOKUMEN INI HUBUNGI TOTOT RUMEKO HP. 0858 1392 5019			
• : Filling O : Caries ^ : Root Rest							
x : Missing V : Prothesia							



SURAT KETERANGAN
TO WHOM IT MAY CONCERN

Dengan ini kami menerangkan bahwa :
Here with acknowledge that :

Nama : INDRA JAYA
Name
Jenis Kelamin : PRIA/MALE
Gender/Sex
Tempat / Tanggal Lahir : JAKARTA / NOVEMBER 19, 1985
Place / Date Of Birth
Perusahaan : PT. ANDHINI EKAKARYA SEJAHTERA
Company
Jabatan : OILER
Occupation



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.



INDRA JAYA



Date Of Examination, February 22, 2024
Expiration Of Validity, February 21, 2026



REPORT LABORATORY RESULT

Company : PT. ANDHINI EKAKARYA SEJAHTERA
Name : MR.INDRA JAYA
MCU No. : 023/MCUIS/AES/II/24
Date Examination : FEBRUARY 22, 2024

Sex : Male
No. MR : 003082
Age : 38 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	241
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
Triglyseride	< 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

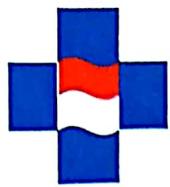
Company	: PT. ANDHINI EKAKARYA SEJAHTERA	
Name	: MR.INDRA JAYA	Sex : Male
MCU No.	: 023/MCUIS/AES/I/24	No. MR : 003082
Date Examination	: FEBRUARY 22, 2024	Age : 38 Years Old

Laboratory Test	Reference Ranges	Result
URINALYSIS		
Macroscopic		
Spesific Gravity	1,010 – 1,030	1010
Albumin	Negative	Negative
Glucose	Negative	Negative
PH	5	
Microscopic		
Sediment		
Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-2
RBC / hpf	1 – 4	0-1
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative
SEROLOGY / IMMUNOLOGY		
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
HEMATOLOGY		SPECIFIC GRAFTY : 1010
HB	: 14,9	PROTEIN : Negative
WBC	: 6,5	GLUCOSE : Negative
DIFF COUNT : 0,5/1,23/3/29/26/7,2		
BLOOD CHEMISTRY		MICROSCOPIC :
CHOLESTEROL	: 168 mg / dl	WBC : 0-2 / hpt
TRYGLISERIDES	: 122 mg / dl	RBC : 0-1 / hpt
GDS	: mg / dl	CAST : Negative
SGOT	: 23 U/L	CRYSTALS : Negative
SGPT	: 28 U/L	BACTERIA : Negative
Creatinin	: 0,75 mg / dl	
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. : 023/MCUIS/AES/II/24		
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO : MR. INDRA JAYA AGE 38 YEARS		
HE IS FOUND TO BE FIT FOR DUTY AS : OILER ISSUED AT JAKARTA DATE FEBRUARY 22, 2024 VALID UNTIL FEBRUARY 22, 2026		
		
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@indosehat2003.id



CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 023/MCUIS/AES/II/24
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Date : FEBRUARY 22, 2024

This is to certify that

Name	: MR. INDRA JAYA
Sex	: Male
Place/Date Of Birth	: JAKARTA/ NOVEMBER 19, 1985
Age	: 38 Years Old
Rank	: OILER

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 22, 2024



dr. PONY NDARUAJI
Medical Review Officer



DENTAL HEALTH CERTIFICATE

This is to certify that today I have examined :

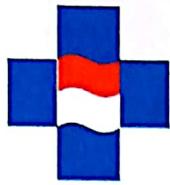
Name : MR. INDRA JAYA
Age : 38 Years Old

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

Jakarta, FEBRUARY 22, 2024



Dentist



DENTAL CHECK UP REPORT

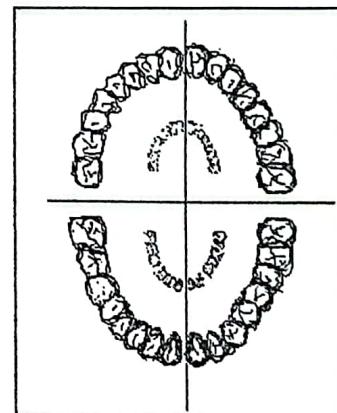
MCU No. : 023/MCUIS/AES/II/24
Date : FEBRUARY 22, 2024
Name of Crew : MR. INDRA JAYA
Age : 38 Years Old

Company/Shiping Co.:

CHIEF COMPLAINT :

FINDINGS :

1. Teeth Missing :
2. Carious Teeth :
3. Periodontally involved teeth :
4. Others :



ADVISED :

Jakarta, FEBRUARY 22, 2024

(Dr. Triyana)



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. INDRA JAYA
No Client : 003082
MCU No. : 023/MCUI5/AES/II/24
Sex : Male
Age : 38 Years Old

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

Jakarta, FEBRUARY 22, 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. INDRA JAYA Pengirim : PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : 38 TH / 003082 Rontgen : THORAX AP

Tanggal Rontgen : FEBRUARY 22, 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/31.72.04.1005.05.005.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 :

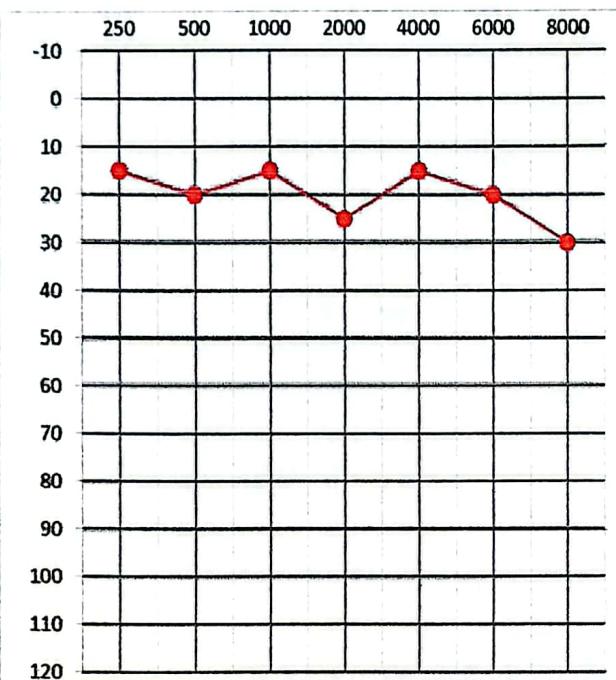
PATIENT DATA

<u>Company</u>	:	ANDHINI
<u>Name</u>	:	INDRA JAYA
<u>Age</u>	:	38 YO
<u>No</u>	:	00-30-82

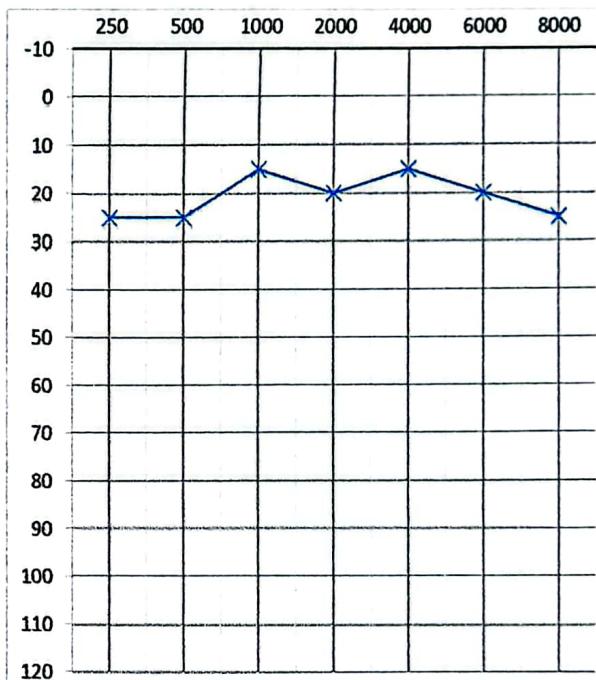
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FFI



LEFT - FFI



Right Ear Air Conduction							Right Ear (dB)
250	300	1000	2000	4000	6000	8000	
15	20	15	25	15	20	30	18,75

Left Ear Air Conduction							Left Ear (dB)
250	300	1000	2000	4000	6000	8000	
25	25	15	20	15	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 18,75 dB

Left Ear : Ambang dengar normal 18,75 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr. KARISMA PRAMESWARI PM, Sp THT-KL
14B 15B/31 72.04.1005 05 005 C 13/1779 3-e/2021

Examining Physician
dr Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT

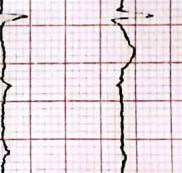
Scalps 0.5-100Hz
10mm/mV

10mm/mV

Intra Jaya / 38k

10mm/mV

I
II
III



aVR
aVL
aVF

V1

V2

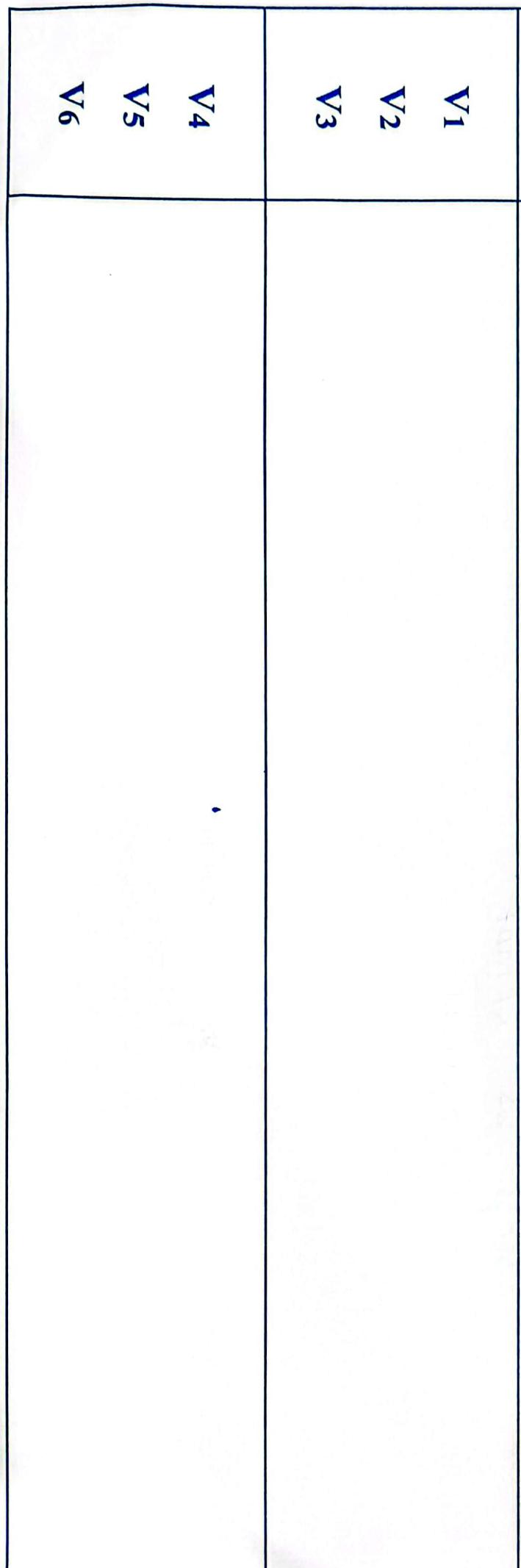
V3

V4

V5

V6

V4
V5
V6



**PEMERIKSAAN ELECTROKARDIOGRAM
MEDICAL CHECK UP**

NO. MCU

: 0030 82

TANGGAL PERIKSA

: ~ Februari 2024

NAMA

: Indra Jaya

UMUR

: 38 thn

PERUSAHAAN

: Andhira

KESIMPULAN

: Sinus 68 x / min²

Normal

Dr. Ismugi, SpJP-FIHA,
Spesialis Kardiologi & Pembuluh Darah.
64-651

dr. ISMUGI SpJP, FIHA
CARDIOLOGIST