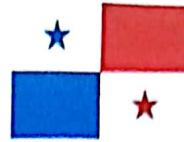




REPÚBLICA DE PANAMÁ
REPUBLIC OF PANAMA
AUTORIDAD MARÍTIMA DE PANAMÁ
PANAMA MARITIME AUTHORITY
CERTIFICADO MÉDICO DE LA GENTE DE MAR
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-36584-2023

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: PRASETYO | Nombre Given Name(s): BAMBANG | Cédula / Pasaporte No. Id. Number/Passport No. C 7575803 |
| Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 22/05/1976 | 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

2023-11-14

¿Apto para cometidos de vigía?
Fit for lookout 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 | 2023-11-20 |
| Expiration Date: | 2025-11-20 |
| 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

1. 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.
2. 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.
3. 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-00-12-62 | | |
| NAME | : BAMBANG PRASETYO | | |
| SEX | PRIA/MALE | DATE EXAMINE : 14 Nov 2023 | |
| PLACE & DATE OF BIRTH | JAKARTA / 22 May 1976 | NATIONALITY : INDONESIA | |
| MAILING ADDRESS OF EXAMINE | : JL. UTAN PANJANG III RT. 002/005 UTAN PANJANG KEMAYORAN JAKARTA PUSAT | | |
| DUTY | : BOSUN | PASSPORT : C7575803 | |

| MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION) | | PHYSICAL EXAMINATION | | | | | |
|---|----------|----------------------------|--------|--|----------------|----------|------------------|
| | Yes / No | HEIGHT | WEIGHT | BMI | BLOOD PRESSURE | PULSE | RESPIRATORY RATE |
| 1. ALCOHOL HISTORY | No | 167 cm | 80 kg | 28.70 kg/m ² | 113/72 mmHg | 88 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. DEPRESSION | No | NORMAL | | | | | |
| 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 | | NORMAL | | KASIAN DOKUMEN INI HUBUNGI TOTOT RUMEKSO HP. 0858 1392 5019 | | | |
| 8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8 | | Right Ear | Yes | NIL | | | |
| x : Filling O : Caries ^ : Root Rest | | Left Ear | Yes | | | | |
| x : Missing V : Prothesia | | | | | | | |





SURAT KETERANGAN
TO WHOM IT MAY CONCERN

Dengan ini kami menerangkan bahwa :
Here with acknowledge that :

Nama : BAMBANG PRASETYO
Name
Jenis Kelamin : PRIA/MALE
Gender/Sex
Tempat / Tanggal Lahir : JAKARTA / MAY 22, 1976
Place / Date Of Birth
Perusahaan : PT. ANDHINI EKAKARYA SEJAHTERA
Company
Jabatan : BOSUN
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.



BAMBANG PRASETYO

Jakarta, 14 November 2023

dr. Ponky Andriyati
Examination

Date Of Examination, November 14, 2023
Expiration Of Validity, November 13, 2025



REPORT LABORATORY RESULT

| | | |
|------------------|-----------------------------------|--------------------|
| Company | : PT. ANDIHINI EKAKARYA SEJAHTERA | |
| Name | : MR.BAMBANG PRASETYO | Sex : Male |
| MCU No. | : 009/MCUI/SAES/XI/23 | No. MR : 001262 |
| Date Examination | : NOVEMBER 14, 2023 | Age : 47 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 | 267 |
| 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.BAMBANG PRASETYO |
| MCU No. | : 009/MCUIS/AES/XI/23 |
| Date Examination | : NOVEMBER 14, 2023 |
| Sex | : Male |
| No. MR | : 001262 |
| Age | : 47 Years Old |

| Laboratory Test | Reference Ranges | Result |
|------------------------------|------------------|--------------|
| URINALYSIS | | |
| Macroscopic | | |
| Spesific Gravity | 1,010 – 1,030 | 1025 |
| Albumin | Negative | Negative |
| Glucose | Negative | Negative |
| PH | | 5,5 |
| 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 |



dr. Gunawan Eka Putra, Sp.PK
Chief Laboratory



| LABORATORY FINDING | | |
|---|-----------------|-------------------|
| BLOOD TEST | | URINALYSYS |
| HEMATOLOGY | | |
| HB | : 17 | gr/dl |
| WBC | : 9 | |
| DIFF COUNT | : 1/3/6/65/29/6 | |
| BLOOD CHEMISTRY | | |
| CHOLESTEROL | : 198 mg / dl | |
| TRYGLISERIDES | : 185 mg / dl | |
| GDS | : mg / dl | |
| SGOT | : 24 U/L | |
| SGPT | : 39 U/L | |
| Creatinin | : 1 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. : 009/MCUIS/AES/XI/23 | | |
| THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO : MR. BAMBANG PRASETYO AGE 47 YEARS | | |
| HE IS FOUND TO BE <u>FIT</u> FOR DUTY AS : BOSUN ISSUED AT JAKARTA DATE NOVEMBER 14, 2023 VALID UNTIL NOVEMBER 14, 2025 | | |
|  dr. PONY NDARUAJI Chief Physician | | |



CERTIFICATION DRUGS AND ALCOHOL

| | | |
|---------|---|--------------------------------|
| MCU. No | : | 009/MCUIS/AES/XI/23 |
| Company | : | PT. ANDHINI EKAKARYA SEJAHTERA |
| Date | : | NOVEMBER 14, 2023 |

This is to certify that

| | | |
|---------------------|---|-----------------------|
| Name | : | MR. BAMBANG PRASETYO |
| Sex | : | Male |
| Place/Date Of Birth | : | JAKARTA/ MAY 22, 1976 |
| Age | : | 47 Years Old |
| Rank | : | BOSUN |

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 NOVEMBER 14, 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. BAMBANG PRASETYO
Age : 47 Years Old

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

Jakarta, NOVEMBER 14, 2023



(_____)

Dentist



DENTAL CHECK UP REPORT

MCU No. : 009/MCUIS/AES/XI/23
Date : NOVEMBER 14, 2023
Name of Crew : MR. BAMBANG PRASETYO
Age : 47 Years Old

Company/Shiping Co.:

CHIEF COMPLAINT :

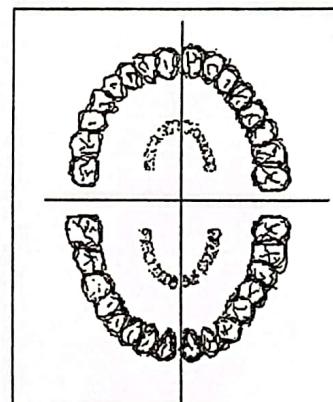
FINDINGS :

1. Teeth Missing :

2. Carious Teeth :

3. Periodontally involved teeth :

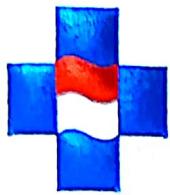
4. Others :



ADVISED :

Jakarta, NOVEMBER 2023





Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. BAMBANG PRASETYO
No Client : 001262
MCU No. : 009/MCUI5/AES/XI/23
Sex : Male
Age : 47 Years Old

| | |
|-----|----------|
| HIV | Negative |
|-----|----------|

Jakarta, NOVEMBER 14, 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

Nama Pasien : MR. BAMBANG PRASETYO Pengirim : PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : 47 TH / 001262 Rontgen : THORAX AP

Tanggal Rontgen : NOVEMBER 14, 2023

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 :

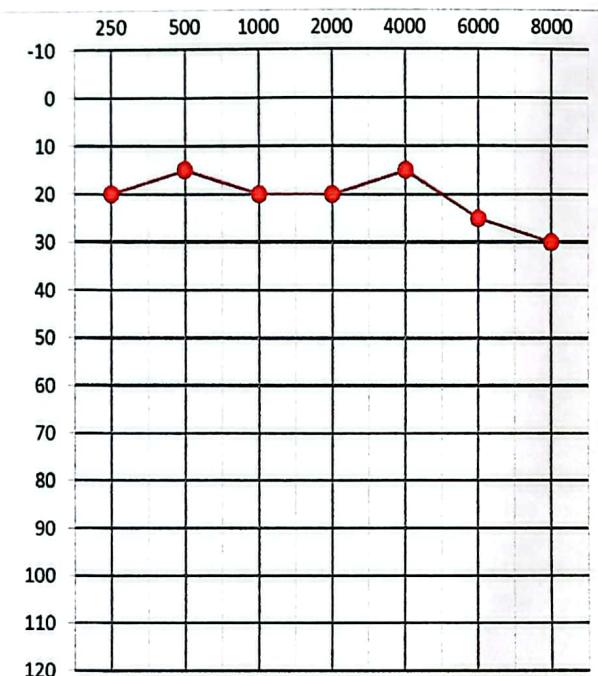
PATIENT DATA

Company : ANDHINI
 Name : BAMBANG PRASETYO
 Age : 47 YO
 No : 00-12-62

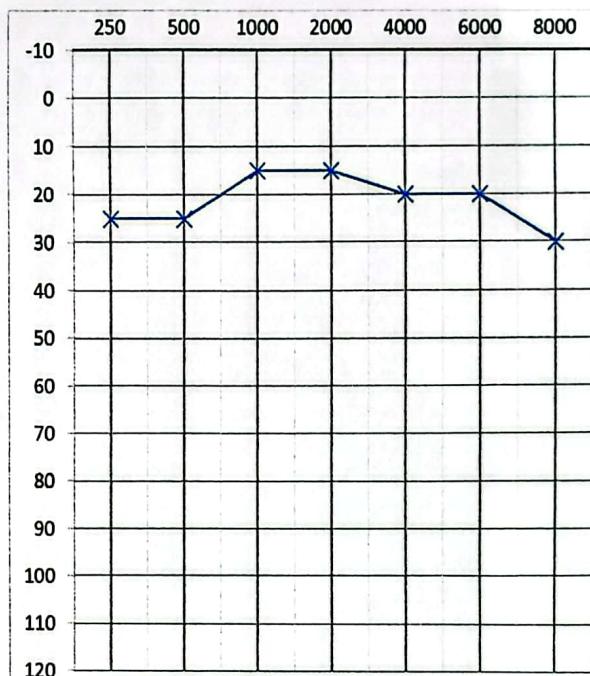
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FFI



LEFT - FFI



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

| Left Ear Air Conduction | | | | | | | Left Ear (dB) |
|-------------------------|-----|------|------|------|------|------|---------------|
| 250 | 500 | 1000 | 2000 | 4000 | 6000 | 8000 | |
| 25 | 25 | 15 | 15 | 20 | 20 | 30 | 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

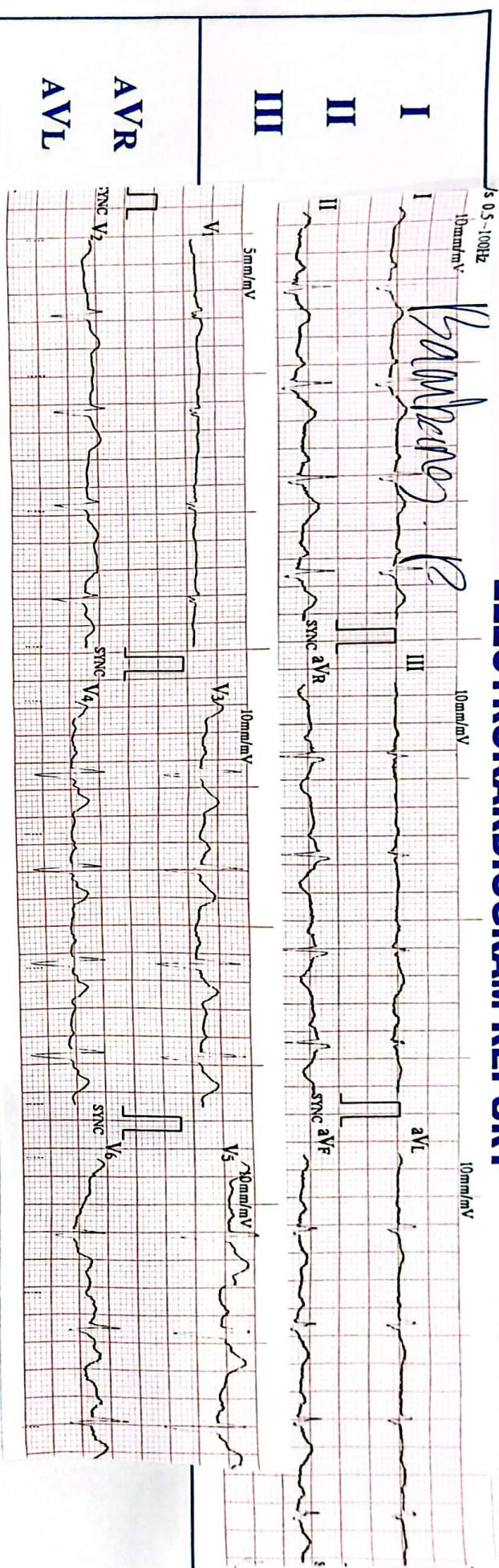
Left Ear : Ambang dengar normal 18,75 dB

Conclusion : Pendengaran kedua telinga dalam batas normal

dr KARISMA PRAMESWARI PM, Sp. THT-KL
14/B.15B/31.72.04.1005.05.005 C 1/3/-1.779 3/e/2021

Examining Physician
dr Karisma Prameswari Sp.THT-KL

ELEKTROKARDIOGRAM REPORT



**PEMERIKSAAN ELECTROKARDIOGRAM
MEDICAL CHECK UP**

NO. MCU : 00.12.62

TANGGAL PERIKSA : 14. November 2023

NAMA : dr. Ismugi, SpJP-FIHA

UMUR : 47

PERUSAHAAN : Andini

KESIMPULAN : sinus 86 x / min⁴
Normal



dr. ISMUGI, SpJP, FIHA
CARDIOLOGIST