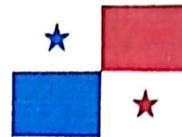




REPÚBLICA DE PANAMÁ
REPUBLIC OF PANAMA
AUTORIDAD MARÍTIMA DE PANAMÁ
PANAMA MARITIME AUTHORITY
CERTIFICADO MÉDICO DE LA GENTE DE MAR
MEDICAL FITNESS STANDARDS CERTIFICATE FOR SEAFARERS



Certificate No.: ALCH-45903-2024

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:	Nombre Given Name(s): HENDARA	Cédula / Pasaporte No. Id. Number/Pasport No. E 7208719
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 23/01/1977	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 checked="" type="checkbox"/> <input type="checkbox"/>		
¿La audición cumple con el estándar? Hearing meets standards?		
<input checked="" type="checkbox"/> <input type="checkbox"/>		
¿La agudeza visual cumple con el estándar? Visual acuity meets standards?		
<input checked="" type="checkbox"/> <input type="checkbox"/>		
¿La visión cromática cumple con el estándar? Colour vision meets standards?		
<input checked="" type="checkbox"/> <input type="checkbox"/>		
Fecha de la última prueba de visión cromática (Año/Mes/Día)? Date of last color vision test 2024-05-24		
¿Apto para cometidos de vigía? Fit for look out duties?		
<input checked="" 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 checked="" 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?		
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	2024-05-28
Expiration Date:	2026-05-28
Name of the recognized medical practitioner:	Pony Ndaruaji

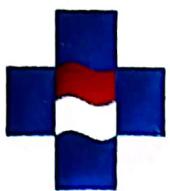


Firma y sello del medico
reconocido/Signature and Stamp of
the recognized medical practitioner
dr. Pony Ndaruaji
SIP No : 10/B.15A/31.72.04.1005.9.K-3/4/1.779.3/e/2022

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 notificarlo 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-00-01-87		
NAME	: HENDARA		
SEX	: PRIA/MALE		DATE EXAMINE : 24 May 2024
PLACE & DATE OF BIRTH	: JAKARTA / 23 January 1977		NATIONALITY : INDONESIA
MAILING ADDRESS OF EXAMINE	: JLN. MENTENG TRS NO. 26 RT. 002/008 KEL. LAGOA KEC. KOJA JAKARTA UTARA		
DUTY	: BOSUN	PASSPORT : E7208719	

MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE
1. ALCOHOL HISTORY	No	168 cm	65 kg	25.00 kg/m ²	128/87 mmHg	83 X/min	18 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	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. NEUROLOGICAL 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		KEASLIAN DOKUMEN INI TULIS DAN TANDA TANGAN			
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		Right Ear Left Ear	NORMAL Yes Yes	If abnormal, give details TOTOT RUMEKSO 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
Name : HENDARA
Jenis Kelamin
Gender/Sex : PRIA/MALE
Tempat / Tanggal Lahir
Place / Date Of Birth : JAKARTA / JANUARY 23, 1977
Perusahaan
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Jabatan
Occupation : BOSUN



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.

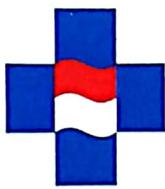
Demikian surat keterangan ini kami sampaikan untuk dapat dipergunakan sebagaimana mestinya.
I hope this letter will be found useful where necess.



HENDARA



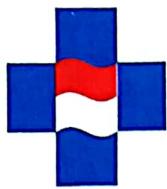
Date Of Examination, May 24, 2024
Expiration Of Validity, May 24, 2026



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR.HENDARA	No. MR	: 000187
MCU No.	: 036/MCUI5/AES/V/24	Age	: 47 Years Old
Date Examination	: MAY 24, 2024		

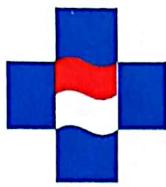
Laboratory Test	Reference Ranges	Result
HAEMATOLOGY		
Haemoglobin	13.0 – 18.0	gr / dl
White Blood Cell Count	5.0 – 10.0	/ ul
ESR	0 - 15	mm / hour
DIFFERENTIAL COUNT		
Eosinophil	0 – 1	%
Basophil	1 – 3	%
Stab	2 – 6	%
Segment	50 – 70	%
Lymphocyte	20 – 40	%
Monocyt	2 – 8	%
Platelet/ Trombosit	150.000-440 .000	227
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.HENDARA
MCU No.	: 036/MCUIS/AES/V/24
Date Examination	: MAY 24, 2024
Sex	: Male
No. MR	: 000187
Age	: 47 Years Old

Laboratory Test	Reference Ranges	Result
URINALYSIS		
Macroscopic		
Spesific Gravity	1,010 – 1,030	1015
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	0-3
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative
SEROLOGY / IMMUNOLOGY		
VDRL	Non Reactive	Non Reactive
Hbs Ag	Non Reactive	Non reactive
HIV	Non Reactive	Non Reaktive
 <u>dr. Gunawan Eka Putra, Sp.PK</u> Chief Laboratory		



INDOSEHAT 2003

CLINIC & MEDICAL CHECK-UP

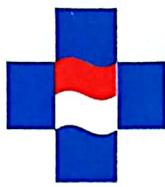


 KEMNAKER

LABORATORY FINDING		
BLOOD TEST	URINALYSYS	
<u>HEMATOLOGY</u>		
HB : 14,6 gr/dl	SPECIFIC GRAFTY : 1015	
WBC : 9,7	PROTEIN : Negative	
DIFF COUNT : 0,6/2,4/7/68/25,1/7,2	GLUCOSE : Negative	
<u>BLOOD CHEMISTRY</u>		
CHOLESTEROL : 182 mg / dl	MICROSCOPIC :	
TRYGLISERIDES : 131 mg / dl	WBC : 0-2 / hpt	
GDS : mg / dl	RBC : 0-3 / hpt	
SGOT : 26 U/L	CAST : Negative	
SGPT : 31 U/L	CRYSTALS : Negative	
Creatinin : 0,8 mg / dl	BACTERIA : Negative	
<u>SEROLOGY / IMUNOLOGI</u>		
Hbs Ag : Non reaktive		
HIV : Non Reaktiv		
VDRL : Non Reaktiv		
CHEST X-RAY	Report	NORMAL
<u>OTHER DIAGNOSTIC TEST</u>		
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	FIT TO BE DUTY ON BOARD SHIP	
Doctor's Advice		
<u>HEALTH CERTIFICATE</u>		
No. : 036/MCUIS/AES/V/24		
THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO :		
MR. HENDARA AGE 47 YEARS		
HE IS FOUND TO BE <u>FIT</u> FOR DUTY AS : BOSUN		
ISSUED AT JAKARTA		
DATE MAY 24, 2024		
VALID UNTIL MAY 24, 2026		
 dr. PONY NDARUAJI Chief Physician		

Website <https://www.indosehat2003.com>

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 : 036/MCUIS/AES/V/24
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Date : MAY 24, 2024

This is to certify that

Name : MR. HENDARA
Sex : Male
Place/Date Of Birth : JAKARTA/ JANUARY 23, 1977
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



dr. PONY NDARUAJI
Medical Review Officer



DENTAL HEALTH CERTIFICATE

This is to certify that today I have examined :

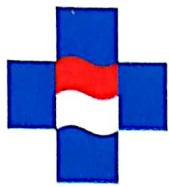
Name : MR. HENDARA
Age : 47 Years Old

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



(_____)

Dentist



DENTAL CHECK UP REPORT

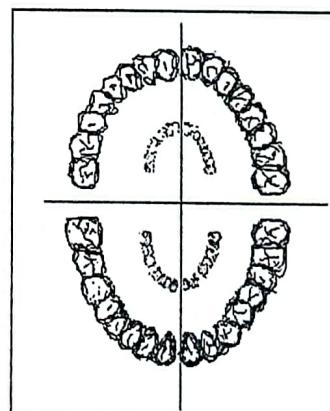
MCU No. : 036/MCUIS/AES/V/24
Date : MAY 24, 2024
Name of Crew : MR. HENDARA
Age : 47 Years Old

Company/Shiping Co.:

CHIEF COMPLAINT :

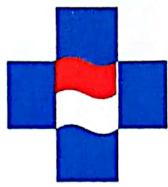
FINDINGS :

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



ADVISED :

Jakarta, MAY 24, 2024
(Dr. Triana)



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : **MR. HENDARA**
No Client : 000187
MCU No. : 036/MCUIS/AES/V/24
Sex : Male
Age : 47 Years Old

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

Jakarta, MAY 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. HENDARA Pengirim : PT. ANDHINI EKAKARYA SEJAHTERA

Umur / No. Foto : 47 TH / 000187 Rontgen : THORAX AP

Tanggal Rontgen : MAY 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

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

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 :

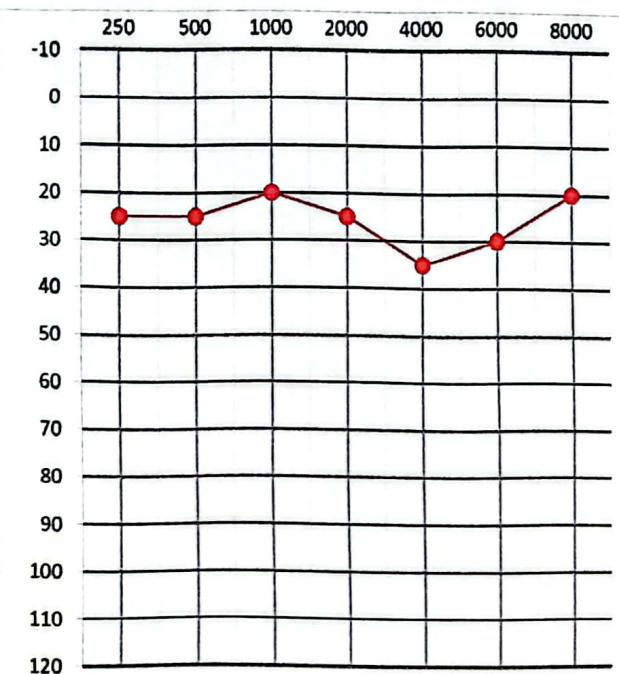
PATIENT DATA

<u>Company</u>	:	ANDHINI
<u>Name</u>	:	HENDARA
<u>Age</u>	:	47 YO
<u>No</u>	:	00-01-87

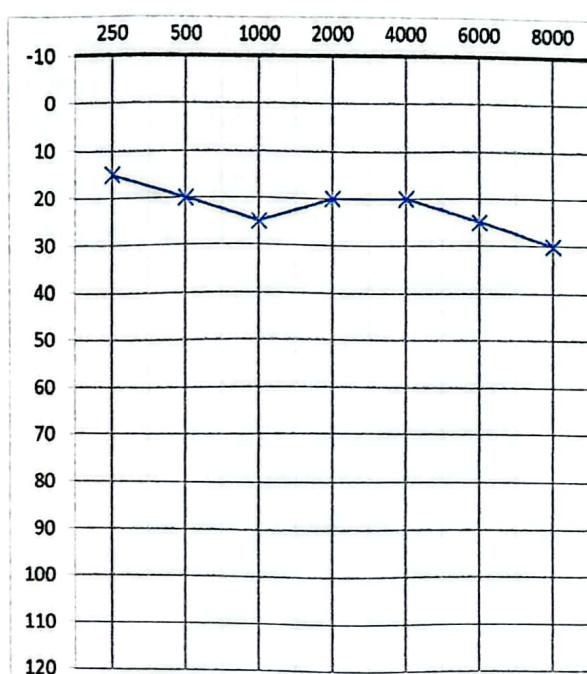
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FF1



LEFT - FF1



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
25	25	20	25	35	30	20	26,25

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
15	20	25	20	20	25	30	21,25

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 : Gangguan pendengaran ringan 26,25 dB

Left Ear : Ambang dengar normal 21,25 dB

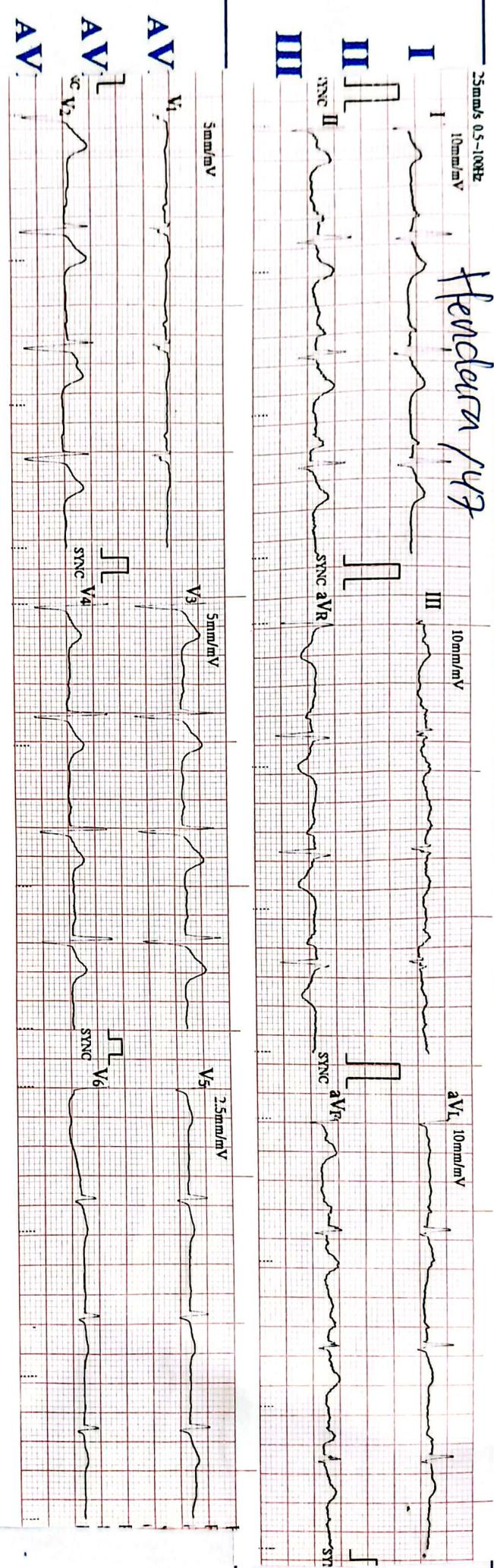
Conclusion : Pendengaran telinga kiri dalam batas normal, gangguan pendengaran derajat ringan telinga kanan

dr KARISMA PRAMESWARI Sp.P THT-KL
14B 15D 31 72 04 100105 95 713 11 14 2014

Examining Physician

dr Karisma Prameswari Sp.THT-KL

ELECTROKARDIOGRAM REPORT



V1
V2
V3

V4
V5
V6

**PEMERIKSAAN ELECTROKARDIOGRAM
MEDICAL CHECK UP**

NO. MCU	:	00 01 87
TANGGAL PERIKSA	:	24 Mei 2024.
NAMA	:	Hendurni
UMUR	:	47
PERUSAHAAN	:	Indhini
KESIMPULAN	:	Sinus 80 x / min Normal

Dr. Ismugi, SpJP-FIHA
Spesialis Jantung & Penumbuhan Darah
(Cardiologist)

dr. ISMUGI SpJP, FIHA
CARDIOLOGIST



LABORATORIUM KLINIK

Ruko Mega Boulevard Blok RV 1 No. 2 A
Kel. Pusaka Rakyat Kec. Tarumajaya Bekasi Bekasi
Telp. 1500830
Faks -
Kontak Prodia 1500830

Penanggung Jawab:
dr. Natalia Wistriany Sp.PK

Dokter : dr. Desi Anna
Alamat : Prodia Harapan Indah Ruko Mega Boulevard
Blok RV No 2 Harapan Indah 2

No.Lab/Tgl. : 2405250069 / 25-05-2024 Jenis Kelamin : Laki-Laki
ID Pelanggan : 0025210200528 Tgl.Lahir/Umur : 23-01-1977 / 47 Tahun 4 Bulan
Nama Pasien : Bpk. Hendara Telepon : 081918812166
Alamat : Menteng Trs No. 26 RT 002 RW 008
Lagoa
: Jakarta Utara

Nama Pemeriksaan	Hasil	Nilai Rujukan	Satuan	Keterangan
IMUNO SEROLOGI				
VDRL/RPR #	Non-reaktif	Non-reaktif		
Saran	Hasil pemeriksaan harus dikorelasikan dengan kondisi klinis, faktor risiko dan hasil laboratorium lainnya			

Waktu Pengambilan Specimen :
Darah Beku SST - 25/05/2024 13:32

Di Otorisasi Oleh

Sudadi
Quality Validator



Hal : 1 / 1 @ 27-05-2024 13:03:25 by Prodia

Hasil berupa angka menggunakan sistem desimal dengan separator titik.

Tanda * menunjukkan nilai di atas atau di bawah nilai rujukan.

Tanda # menunjukkan pemeriksaan dikerjakan di Laboratorium Klinik Prodia Jl. Kramat Raya No. 150, Jakarta

Interpretasi terhadap hasil hanya dilakukan oleh dokter/klinisi

Demi menjaga kerahasiaan hasil Anda, disarankan tidak mengungkapkan ke media sosial dan media publik lainnya

Dokumen Hasil Pemeriksaan ini tidak memerlukan tanda tangan basah karena telah divalidasi dan dicetak dari sistem informasi laboratorium