



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-40438-2024

Este certificado se emite en conformidad con las disposiciones de la regla 1/9 del Convenio STCW, 1978, enmendado, y la norma A-1/2 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 1/9 of the 1978 STCW Convention, as amended and the standard A-1/2 of the MLC, 2006, as amended, and certifies that seafarers are fit for sea service.

Apellido Surname: HERMAN	Nombre Given Name(s): HARIS	Cédula / Pasaporte No. Id. Number/Passport No. C 6312757
Fecha de Nacimiento(dd/mm/aaaa): Date of Birth(dd/mm/yyyy) 02/02/1991	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 audición es satisfactoria sin ayuda? Unaided hearing satisfactory?		<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		2024-02-09
¿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?		<input checked="" type="checkbox"/> <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-1/9. 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-1/9.		Firma de la Gente de Mar Seafarer's Signature

Date of Issue 2024-02-10
Expiration Date: 2026-02-10
Name of the recognized medical practitioner: Pony Ndaruaji



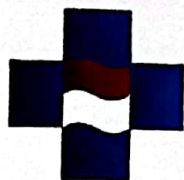
Firma y sello del medico reconocido/Signature and Stamp of the recognized medical practitioner:
dr. Pony Ndaruaji

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.





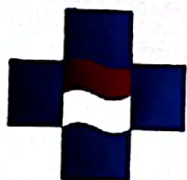
MEDICAL EXAMINATION REPORT

COMPANY : PT. ANDHINI EKAKARYA SEJAHTERA
MCU NO. : CLC-00-28-53
NAME : HARIS HERMAN
SEX : PRIA/MALE **DATE EXAMINE** : 09 Feb 2024
PLACE & DATE OF BIRTH : BUKIT TINGGI / 02 February 1991 **NATIONALITY** : INDONESIA
MAILING ADDRESS OF EXAMINE : KP. PENGKILINGAN RT.010/006 KEL. PENGKILINGAN KEC. CAKUNG
DUTY : CHIEF OFFICER **PASSPORT** : C6312757



MEDICAL HISTORY (EXAMINE PERSONAL DECLARATION)		PHYSICAL EXAMINATION					
	Yes / No	HEIGHT	WEIGHT	BMI	BLOOD PRESSURE	PULSE REGULAR	RESPIRATORY RATE
1. ALCOHOL HISTORY	No	182 cm	100 kg	30.00 kg/m ²	135/83 mmHg	80 X/min	19 X/min
2. ALLERGIC HISTORY	No						
3. AMPUTATION	No						
4. BLOOD DISORDER	No	VISION	WITHOUT	WITH	COLOR VISION (ISHIHARA'S METHOD)		
5. BALANCE PROBLEM	No	Right Eye	6/6		NORMAL		
6. BACK OR JOINT PROBLEM	No	Left Eye	6/6				
7. COLOUR BLINDNESS	No	Both Eye	6/6				
8. CANCER	No	GENERAL APPEARANCE					
9. DIABETES	No	LOOKING HEALTHY					
10. DIGESTIVE DISORDER	No	NORMAL					
11. DEPRESSION	No	1. EYES Yes					
12. EPILEPSY	No	2. EARS Yes					
13. EYE / VISION PROBLEM	No	3. NOSE Yes					
14. EAR PROBLEM	No	4. MOUTH Yes					
15. FRACTURE	No	5. THROAT Yes					
16. GENITAL DISORDER	No	6. NECK Yes					
17. HEART SURGERY	No	7. THROID Yes					
18. HEART DISEASE	No	8. LYMP NODE Yes					
19. HIGH BLOOD PRESSURE	No	9. LUNGS Yes					
20. HERNIA	No	10. HEARTS Yes					
21. INFECTIOUS DISEASE	No	11. ABDOMEN Yes					
22. KIDNEY PROBLEM	No	12. UROGENITAL SYSTEM Yes					
23. LUNG DISEASE	No	13. UPPER EXTREMITIES Yes					
24. LIVER PROBLEM	No	14. LOWER EXTREMITIES Yes					
25. LOST OF MEMORY	No	15. BACK ABNORMALITY Yes					
26. NARCOTIC HISTORY	No	16. HERNIA Yes					
27. NEUROLOGICAL DISEASE	No	17. CENTRAL NERVOUS SYSTEM Yes					
28. OPERATION / SURGERY	No	18. SKIN & NAILS Yes					
29. PSYCHIATRIC PROBLEM	No	19. SPEECH Yes					
30. RESTRICTED MOBILITY	No	20. OTHERS Yes					
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		NORMAL		DOKUMEN INI HUBUNGI			
8 7 6 5 4 3 2 1 1 2 3 4 5 6 7 8		Right Ear Yes		TOTOT RUMEKSO			
• : Filling O : Caries ^ : Root Rest		Left Ear Yes		HP. 0858 1392 5019			
x : Missing V : Prothesa							





INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



SURAT KETERANGAN **TO WHOM IT MAY CONCERN**

Dengan ini kami menerangkan bahwa :
Here with acknowledge that :

Nama
Name : HARIS HERMAN
Jenis Kelamin
Gender/Sex : PRIA/MALE
Tempat / Tanggal Lahir
Place / Date Of Birth : BUKIT TINGGI / FEBRUARY 02, 1991
Perusahaan
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Jabatan
Occupation : CHIEF OFFICER



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.

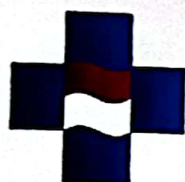


HARIS HERMAN

Jakarta, 09 February 2024



Date Of Examination, February 09, 2024
Expiration Of Validity, February 08, 2026



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR. HARIS HERMAN	No. MR	: 002853
MCU No.	: 008/MCUIIS/AES/II/24	Age	: 33 Years Old
Date Examination	: FEBRUARY 09, 2024		

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

HAEMATOLOGY

Haemoglobin	13.0 – 18.0	gr / dl	15,1
White Blood Cell Count	5.0 – 10.0	/ ul	8
ESR	0 - 15	mm / hour	8
DIFFERENTIAL COUNT			
Eosinophil	0 - 1	%	0,5
Basophil	1 - 3	%	2
Stab	2 - 6	%	2
Segment	50 - 70	%	49
Lymphocyte	20 - 40	%	39,2
Monocyt	2 - 8	%	12,3
Platelet/ Trombosit	150.000-440 .000		310

BLOOD CHEMISTRY

Fasting Blood Sugar	60-110	mg / dl	86
Blood Sugar 2 PP	60-140	mg/ dl	98
Random Glucose	60 - 180	mg / dl	
Cholesterol	< 200	mg / dl	165
Triglyseride	< 200	mg / dl	132
SGOT	< 35	U / L	22
SGPT	< 45	U / L	29
Creatinin	0,7 - 1,4	mg / dl	0,7
Ureum	15 - 45	mg / dl	24
Fosfatase Alkali	30-120	mg/ dl	55
GGT	< 49	g/ml	21
BIL TOTAL	0,2-1,0	mg/dl	0,8
BIL DIRECT	0,1-1,2	mg/dl	



REPORT LABORATORY RESULT

Company	: PT. ANDHINI EKAKARYA SEJAHTERA	Sex	: Male
Name	: MR. HARIS HERMAN	No. MR	: 002853
MCU No.	: 008/MCUIIS/AES/II/24	Age	: 33 Years Old
Date Examination	: FEBRUARY 09, 2024		

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

URINALYSIS

Macroscopic

Specific Gravity	1,010 – 1,030	1020
Albumin	Negative	Negative
Glucose	Negative	Negative
PH		5

Microscopic

Sediment

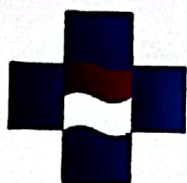
Epithels / hpf	Positive	Positive
WBC / hpf	1 – 4	0-1
RBC / hpf	1 – 4	0-1
Cast	Negative	Negative
Crystal	Negative	Negative
Bacteria	Negative	Negative
Others	Negative	Negative

SEROLOGY / IMMUNOLOGY

VDRL	Non Reaktif	Non Reaktif
Hbs Ag	Non Reaktif	Non reaktif
HIV	Non Reaktif	Non reaktif


dr. Gunawan Eka Putra, Sp.PK
Chief Laboratory

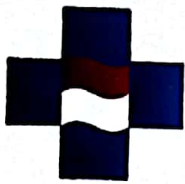




INDOSEHAT 2003 CLINIC & MEDICAL CHECK-UP



LABORATORY FINDING	
BLOOD TEST	URINALYSIS
HEMATOLOGY HB : 15,1 gr/dl WBC : 4,7 DIFF COUNT : 0,5/1,8/2/49/39,2/12,3 BLOOD CHEMISTRY CHOLESTEROL : 165 mg / dl TRYGLISERIDES : 132 mg / dl GDS : mg / dl SGOT : 22 U/L SGPT : 29 U/L Creatinin : 0,7 mg / dl SEROLOGY / IMUNOLOGI Hbs Ag : Non reaktive HIV : Non reaktive VDRL : Non Reaktive	SPECIFIC GRAFTY : 1020 PROTEIN : Negative GLUCOSE : Negative MICROSCOPIC : WBC : 0-1 / hpt RBC : 0-1 / hpt CAST : Negative CRYSTALS : Negative BACTERIA : Negative
CHEST X-RAY	Report NORMAL
OTHER DIAGNOSTIC TEST	
ECG : NORMAL	
COMMENT ON MEDICAL HISTORY AND CLINICAL EVALUATION The abovenamed person physically : <div style="border: 2px solid blue; padding: 5px; display: inline-block; margin-top: 10px;"> FIT TO BE DUTY ON BOARD SHIP </div> <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. : 008/MCUIS/AES/II/24 THIS TO CERTIFICATE THAT A MEDICAL EXAMINATION WAS GIVEN TO : MR. HARIS HERMAN AGE 33 YEARS HE IS FOUND TO BE FIT FOR DUTY AS : CHIEF OFFICER ISSUED AT JAKARTA DATE FEBRUARY 09, 2024 VALID UNTIL FEBRUARY 09, 2026	
 dr. PONY NDARUAJI Chief Physician	



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



CERTIFICATION DRUGS AND ALCOHOL

MCU. No : 008/MCUIIS/AES/II/24
Company : PT. ANDHINI EKAKARYA SEJAHTERA
Date : FEBRUARY 09, 2024

This is to certify that

Name : MR. HARIS HERMAN
Sex : Male
Place/Date Of Birth : BUKIT TINGGI / FEBRUARY 02, 1991
Age : 33 Years Old
Rank : CHIEF OFFICER

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



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL HEALTH CERTIFICATE

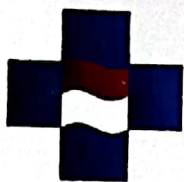
This is to certify that today I have examined :

Name : MR. HARIS HERMAN
Age : 33 Years Old

And was found him / her dentally FIT.

Jakarta, FEBRUARY 09, 2024

()
Dentist



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



DENTAL CHECK UP REPORT

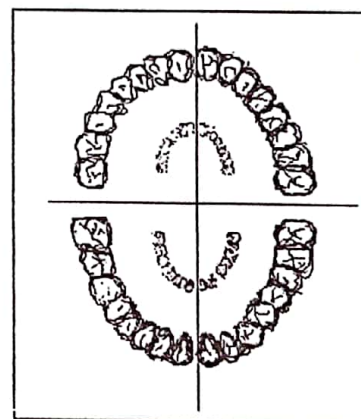
MCU No. : 008/MCUIS/AES/II/24
Date : FEBRUARY 09, 2024
Name of Crew : MR. HARIS HERMAN
Age : 33 Years Old

Company/Shiping Co.:

CHIEF COMPLAINT :

FINDINGS :

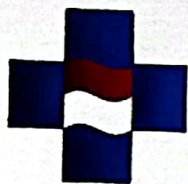
1. Teeth Missing : ☐
2. Carious Teeth : ☐
3. Periodontally involved teeth : ☐
4. Others : ☐



ADVISED :

Jakarta, FEBRUARY 09, 2024

()
Drg. Triana



INDOSEHAT 2003
CLINIC & MEDICAL CHECK-UP



Declaration of Anti HIV Test Result

I Declara that Anti HIV Test Result From :

Name : MR. HARIS HERMAN
No Client : 002853
MCU No. : 008/MCUIS/AES/II/24
Sex : Male
Age : 33 Years Old

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

Jakarta, FEBRUARY 09, 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. HARIS HERMAN Pengirim : PT. ANDHINI EKAKARYA SEJAHTER
Umur / No. Foto : 33 TH / 002853 Rontgen : THORAX AP
Tanggal Rontgen : FEBRUARY 09, 2024

Yth. Ts.

CHEST C-RAY POSTEROANTERIOR PROJECTION :

No sign of heart enlargement
Normal bronchovascular pattern
No sign of infiltrate of 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 : HARIS HERMAN

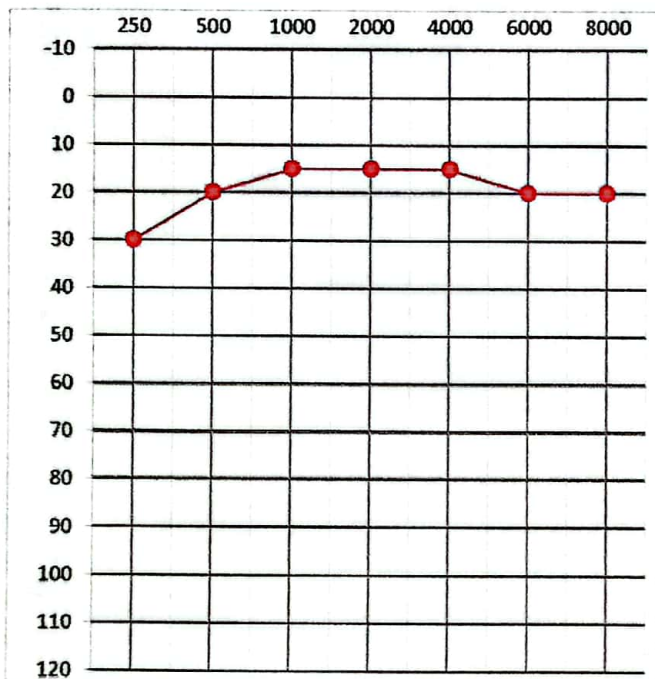
Age : 33 YO

No : 00-28-53

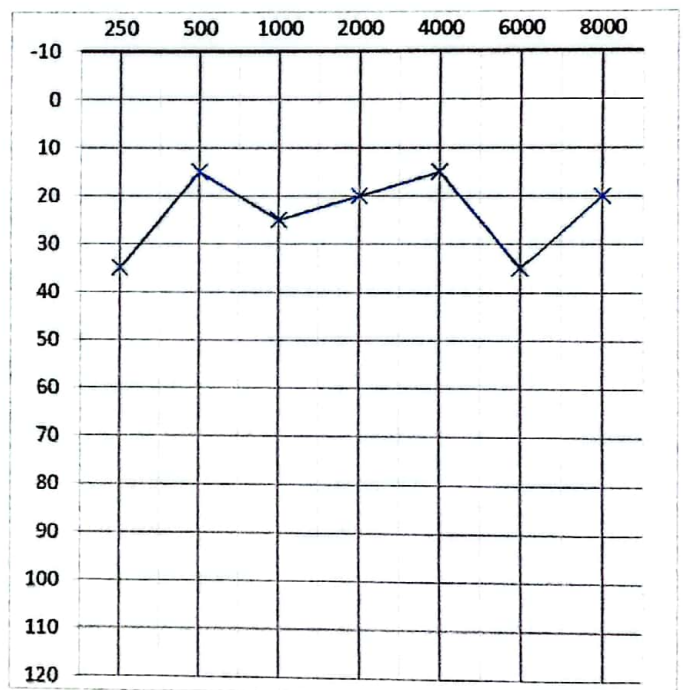
Instrument : Audiometer audiometri

Tone Audiogram

RIGHT - FF1



LEFT - FF1



Right Ear Air Conduction							Right Ear (dB)
250	500	1000	2000	4000	6000	8000	
30	20	15	15	15	20	20	16,25

Left Ear Air Conduction							Left Ear (dB)
250	500	1000	2000	4000	6000	8000	
35	15	25	20	15	35	20	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 16,25 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

ELECTROKARDIOGRAM REPORT

Hartj Herman / 33A

mm/s 0.5-100Hz

10mm/mV

I

II

III

NC II

aVR

III

aVL

SYNC aVF

AVR

AVL

AVF

10mm/mV

10mm/mV

10mm/mV

V1

V3

V5

SYNC V2

SYNC V4

SYNC V6

V1

V2

V3

V4

V5

V6

PEMERIKSAAN ELEKTROKARDIOGRAM MEDICAL CHECK UP

NO. MCU : 002853


TANGGAL PERIKSA : 09 Februari 2024.

NAMA : Harta Herna

UMUR : 33 th.

PERUSAHAAN : Andhini

KESIMPULAN : Sinus bradycardia,
Normal


Spesialis Jantung & Pembuluh Darah
(Cardiologi)
dr. ISMUGI SPJ, FIHA
CARDIOLOGIST