

The background of the page is a vibrant blue with abstract, glowing geometric shapes and patterns. There are several spheres of varying sizes and colors (from light cyan to deep blue) connected by thin, glowing lines. Some lines form concentric circles or spirals, creating a sense of motion and depth. The overall effect is futuristic and high-tech.

Further information about your Maritime Medical with Work Health Solutions.

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Maritime New Zealand Examinations

Aspects of the seafaring life which are relevant to the medical examination of seafarers

- (1) Because ships often operate far off shore or in inaccessible areas, it is often difficult to replace seafarers who become ill. Many ships have only the minimal number of persons on board necessary to operate the ship, thus the incapacitation of even one seafarer may place a substantial additional burden on his or her shipmates.
- (2) Ships' officers generally receive basic first-aid and other medical training, and ships are usually equipped with basic medical supplies. Nevertheless, it is often impossible to transport sick or injured seafarers ashore where they can be treated by certified physicians. In some geographical areas, the closest medical care on shore may be well below the standard of the seafarers' home country. Seafarers with certain medical conditions may not get the medical care they need while at sea. It is therefore inadvisable and often unsafe to allow persons with such medical conditions to become seafarers or to return to sea going employment.
- (3) Seafarers live close to each other at sea, often for long periods. Contagious diseases therefore may be a serious threat, endangering not only the health of other seafarers but also the safety of the ship and, where carried, passengers. It is particularly important that seafarers involved with the preparation of food not suffer from conditions which may be transmitted to others through their work.
- (4) Seafarers must be both physically and psychologically fit to perform their normal duties correctly and to be able to respond to emergency situations (e.g. fighting fires, lowering lifeboats, assisting passengers, etc.). They should be able to adjust to the often violent motions of the ship, live and work in sometimes cramped spaces, climb ladders and lift heavy weights and be able to withstand exposure to harsh weather
- (5) Conditions on deck or excessive heat in the machinery spaces.
- (6) As seafarers often travel by air to reach and return from their ships, they must not suffer from conditions which prohibit air travel.
- (7) Seafarers should be able to live and work closely with the same people for weeks, perhaps months, on end under often stressful conditions. They must be capable of dealing effectively with isolation from family and friends and, in some cases, from persons of their own cultural background.

When determining fitness for sea service the doctor will consider —

- The critical time needed for treatment and the time to appropriate health care; and
- The extent of the threat and danger caused by the medical problem to the patient and other persons on board and to the safety of the vessel or the environment; and
- The current risk of occurrence of the medical problem.

Maritime Vision Testing

To work in the **deck department** (master, mate, watch-keeper or lookout) if you have not had one of these certificates issued before, an examination with a registered Optometrist is needed. After that for future certificates the examining doctor will complete the vision tests. We can advise you how to get an Optometrist's examination and strongly advise that it is done before you see the doctor. The examination is needed for the above categories (master, mate, watch-keeper or lookout) as they are required to identify other vessel lights and colours to assist in collision avoidance when on the bridge. To gain these maritime categories a certificate of competence (COC) from Maritime New Zealand is usually also needed – although this is not a medical standard but rather it is determined on training / exams etc. More details on COC's are available in the Maritime NZ Rules part 32 and it would be best for you to discuss this with the Maritime NZ seafarer licensing branch.

In summary, if you have **never** had an Optometrist's examination for a seafarer's certificate **you cannot be cleared for work in the deck department** (master, mate, watch-keeper or lookout). You can however be cleared for many other maritime duties without this test.

We strongly advise you to book your Maritime medical many days or weeks before you need the certificate.

This type of medical involves:

- A questionnaire
- Blood pressure and pulse reading
- Vision test
- Colour vision test
- Hearing test – audiometry
- Height and weight check, in order to calculate your BMI
- Urine Sample
- Hearing test
- Medical examination

Please note; in some cases it is not possible to issue a Maritime certificate at the time of the consultation. Common reasons for this include - the need for laboratory investigations or further information required from your treating doctor. The Maritime requirements are very rigid around this and no certificate can be issued until all the results are available as required. It is important to understand the Maritime examination is not simply a “rubber stamp” exercise but a detailed and complex examination process.

Please note, Work Health Solutions Ltd accepts no liability for delays in issuing medical certificates, inability to issue a certificate or cancelled appointments.

What to do and bring for your Maritime Medical

We recommend that you arrive 15 minutes before your appointment and please let us know if you are delayed (Ph. 021 362 775). Your assessment will take approximately 1 hour.

You will be asked to complete a questionnaire on your arrival. Please bring with you any details of prescribed medicines that you are currently taking.

Please be sure to bring photo identification with you, we will accept: Passport or Driving Licence or Company ID.

On arrival please report to Reception. You will be asked for your photographic identification. A copy will be made of your ID which will be kept with your medical records.

You will be asked to provide a urine sample so it is helpful to have a full bladder. If you wear glasses, contact lenses or require a hearing aid, we ask that you bring these along too.

If you are having travel vaccinations, we ask that you also bring along any immunisation history that you, or your local GP, may have.

Thank you in advance.



Most common medical condition enquiries

Our doctors are frequently asked various questions surrounding medical conditions and medication being taken prior to appointments. We have listed the most common enquiries below for you to read through in advance of your medical with Work Health Solutions.

Anti-depressants

Individual assessment is required. In some cases use of anti-depressants as maintenance therapy may be permissible.

Asthma

Well controlled asthma which does not interfere with exercise tolerance is usually permissible.

Colour blindness

This is not a bar to maritime work unless good colour vision is an essential requirement of the job.

Contact lenses

Contact lenses are permitted offshore. We recommended a spare pair of spectacles is taken offshore with you.

Diabetes

This condition may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Epilepsy

This condition may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Hearing aid

Poor hearing may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Hernia

An inguinal hernia (in the groin) poses a risk of strangulation and requires surgery before return offshore.

An umbilical hernia (at the belly button) may be acceptable after assessment.

Heart Attack

Individual assessment is required with reports from GP and specialist. This condition may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Hypertension

Hypertension, or high blood pressure is permissible provided it is well controlled and there are no complications.

Overweight/Obesity

General mobility to perform job tasks and to respond to emergency situations is essential.

Pacemakers

This condition may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Painkillers

Strong painkillers which have sedating side effects are incompatible with work offshore.

Sleep apnoea

This condition may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Sleeping pills

Use of these medications may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Stroke

This condition may be an obstacle to a certificate in some cases. Please discuss this with the doctor

Vision

Having only one eye or poor vision in only one eye may be acceptable provided the individual has adjusted to the situation.

Warfarin

Use of this medication may be an obstacle to a certificate in some cases. Please discuss this with the doctor

We look forward to meeting you.

