Maritime & Coastguard Agency

Seafarer Medical Report (ML5) and ML5 Certificate

This	form is for use by the following applicants only. Please tick why you need this for	orm/certificate:
1.	New applicant for an MCA Boatmaster's Licence (BML) or Certificate	
2.	Revalidation or change of existing BML or Certificate	
3.	Applicant for Royal Yachting Association (RYA) commercial endorsement, working no more than 60 miles from shore	
4.	Crew on a seagoing Domestic Passenger Vessel (Class VI or VI(A))	
5.	Master or Crew of a small commerical vessel certified for area category 2 to 6	
6.	Current ML5 has expired, used for:	
	BML RYA Commercial Endorsement	

Note: Boatmasters working as a Master on a seagoing passenger ship require a full seafarer medical certificate (ENG 1) following examination by an MCA Approved Doctor. An ENG 1 is always an acceptable alternative to an ML5 certificate. Details of the procedure for obtaining an ENG 1 and a list of Approved Doctors is available in a Merchant Shipping Notice and can be consulted on the GOV.UK webpage at: https://www.gov.uk/guidance/seafarers-medical-certification-guidance.

If you are unclear on what type of medical fitness certificate you need please refer to our website at <u>https://www.gov.uk/guidance/seafarers-medical-certification-guidance</u> or call us on 0203 81 72835.

TO THE APPLICANT – PLEASE READ THIS INFORMATION CAREFULLY

Please take a form of photographic identification with you to the ML5 Medical examination.

The purpose of the ML5 form is to obtain a factual report of your medical history and present state of health, enabling your doctor to decide on your fitness to navigate safely and undertake emergency duties.

Complete Part A of the form (but do not sign the declaration until you are with the doctor). The Doctor will complete Part B. If **Part B** shows all ticks in the "**NO**" boxes without any other remarks then the doctor will complete **Part C**, the **ML5 Medical Certificate**. This certificate confirms you are medically fit to hold a BML, RYA commercial endorsement or to work on vessels listed on this form. Once both the report and certificate have been completed, please take/send both to your local MCA Marine Office or RYA for the commercial endorsement as necessary. If you do not require a commercial endorsement, just keep your ML5 certificate ready for inspection when requested.

However, if you have a tick in any of the "YES" boxes on the inside of this report, or if you have any medical conditions noted in Section 9, your report will require further assessment by an MCA ML5 Medical Assessor. Your local MCA Marine Office or RYA (depending on what you wish to use your ML5 certificate for) can refer your report form to an MCA ML5 Medical Assessor once you have completed Part D – Medical Review. Please do not send your ML5 report directly to MCA Seafarer Safety and Health Team or your previous ML5 Medical Assessor, this will delay your application. If you are unclear on where you should send your form please call us on 0203 81 72835.

RYA applicants are advised to be medically assessed **<u>before</u>** starting any training, to ensure they meet the fitness and eyesight standards.

If you are based abroad and no UK GMC registered medical practitioner (holding a valid license to practice) is available, you are advised to obtain an ENG 1 certificate (or recognised equivalent) issued by an Approved Doctor; lists of Approved Doctors and recognised equivalent certificates are available on the MCA website as above.

I authorise my doctor(s) and specialist(s) to release reports/medical information about my condition relevant to my fitness, to the MCA Medical Assessor. I authorise the Secretary of State to disclose such relevant medical information as may be necessary to the investigation of my fitness, to my doctor/s and MCA Medical Assessors.

You MUST stop working if you become unfit due to illness or injury during the validity of your ML5 certificate. Even if this is a temporary change you are obliged to tell the issuing authority (MCA or RYA). For instance, if you have diabetes and your treatment changes from diet or tablets to insulin, you must immediately cease work and inform the issuing authority. You will need to obtain a new ML5 report and be medically reassessed before your license can be reinstated. If you fail to do so, your medical certificate will automatically be suspended.

PART A – PERSONAL DETAILS

Surname Home Address		Forename(s)	
Address		Postcode	
Gender	Male / Female (*delete as applicable)	Date of Birth	
Telephone			
Number		Nationality	
Mobile		Email	
Number		address	
Date of first BMI	/RYA endorsement or last revalidation		
Have you had a	n ML5 referral or restriction before? (if ssues & expiry dates and restriction/s)		

YOU MUST SIGN THIS DECLARATION WHEN YOU ARE WITH THE DOCTOR WHO WILL BE FILLING IN PART B OF THIS FORM

I declare that I have checked the details given on the enclosed form and that, to the best of my knowledge and belief, they are correct. I understand that it is a criminal offence if I make a false declaration to obtain certification and can lead to prosecution. I have read the notes on the reverse of the certificate (page 12).

Signature of Applicant

Date

NOTES FOR THE DOCTOR – Please read this information carefully

As the Doctor you must sign and date the declaration on page 8 when you and/or the Optician has completed the report. Only qualified medical practitioners fully registered and holding a valid UK Licence to Practice with the General Medical Council are permitted to complete this form. Please ensure that you confirm the applicant's identity before examination. We have advised the applicant of the need to produce photographic identification.

Vision Assessment: Only complete the vision assessment if you are able to fully and accurately complete <u>all</u> the questions. If you are unable to do this, you must advise the applicant of this and advise them to arrange to have this part of the assessment completed by an optician or optometrist.

Medical Report: This medical report and certificate is required for applicants who intend to work on commercially operated boats including passenger boats, either on inland waters or <u>at sea up to 60 miles from shore</u>. Therefore, in completing the form, please be aware of the applicant's work environment and responsibilities.

Routine duties could include:

- navigating the boat safely
- safely berthing and unberthing the boat
- helping passengers on and off the boat
- moving and lifting objects up to 30kg
- operating winches and handling ropes
- climbing access ladders

Emergency duties could include:

- rescuing persons from the water
- tackling a fire
- provision of first aid
- carrying out an evacuation of the boat
- climbing in and out of a liferaft at sea

Be aware that the safety of fare paying passengers may depend on the fitness of the applicant to operate the vessel in adverse sea and weather conditions. They need also to be capable of responding reliably and effectively to emergencies such as breakdown, collision or capsize that call for physical and mental resilience. The applicant should therefore not be subject to any increased likelihood of sudden incapacity that could prevent them returning the boat safely to its moorings.

You should establish the nature of the duties undertaken, as these may vary from work on calm inland waterways to the open sea. The vessel may have a number of crew members or the applicant may be the sole competent person on whom the safety of passengers depends.

You must examine the applicant fully and complete sections 1 - 10 of the medical assessment. Please obtain details of the applicant's medical history when you complete the report.

IF HAVING COMPLETED THE FOLLOWING REPORT THERE ARE NO TICKS IN A "YES" BOX AGAINST ANY OF THE QUESTIONS, AND YOU HAVE NO OTHER MEDICAL CONCERNS, PLEASE COMPLETE THE CERTIFICATE PROFORMA AT PART C AND RETAIN A COPY FOR VERIFICATION PURPOSES. <u>OTHERWISE PLEASE LEAVE THE CERTIFICATE BLANK.</u>

Once you have completed the report please return both the report and certificate (if you have issued one) to the seafarer. If any medical concerns are indicated on the form, you may be contacted in due course by an MCA Medical Assessor.

If you have any questions regarding the completion of this medical report please contact us on 0203 81 72835 or by email at seafarer.s&h@mcga.gov.uk

PART B – MEDICAL REPORT			
Section 1 – Cardiac		 	
Coronary Heart Disease a) Is the applicant having attacks of angina of effort, or receiving continuous treatment to prevent angina from manifesting itself?	YES	NO	
b) Has the applicant had myocardial infarction, unstable angina, or undergone coronary artery bypass surgery or coronary angioplasty?	YES	NO	
If YES – please answer the following:			
i) What was the nature of the event?		 	
ii) When was the most recent episode?		 	
iii) If the applicant remains on medication, give details		 	
iv) Give details of any continuing symptoms / clinical signs of heart disease		 	
Arrhythmias			
c) Has the applicant uncontrolled complete heart block?	YES	NO	
d) Has a cardiac pacemaker been implanted? If YES , when did the applicant last attend a pacemaker clinic?	YES	NO	
e) Has a cardioverter / defibrillator device been implanted?	YES	NO	
f) Is there currently a serious or disabling disturbance of cardiac rhythm, such as atrial fibrillation?	YES	NO	
g) Is the applicant in need of medication to prevent paroxysmal arrhythmia?	YES	NO	
Other			
h) Is there evidence of serious congenital heart disease requiring continuing consultant cardiological review?	YES	NO	
i) Is there any history or evidence of heart failure or cardiomyopathy?	YES	NO	
j) Has the applicant undergone heart transplant or heart / lung transplant therapy?	YES	NO	
k) Has the applicant evidence of an aortic aneurysm that has not been successfully treated by surgery?	YES	NO	
l) Is today's resting systolic blood pressure 170mm Hg or greater?	YES	NO	
m) Is today's resting diastolic blood pressure 100mm Hg or greater?	YES	NO	
n) Is there any history of stroke?	YES	NO	
o) Is there any history of Deep Vein Thrombosis?	YES	NO	

Section 2 – Endocrine and Metabolic				
Does the applicant have any of the following?:				
i) Endocrine disease (thyroid, adrenal including Addison's disease, pituitary, ovaries, testes)	YES		NO	
ii) Diabetes – non insulin, treated by diet alone	YES		NO	
iii) Diabetes – non insulin, treated by oral medication	YES		NO	
iv) Diabetes – insulin using	YES		NO	
v) Obesity – BMI over 35	YES		NO	
Please write BMI here (including BMIs of under 35)				
Section 3 – Nervous System				
a) Has the applicant had any form of epileptic attack?	YES		NO	
i) If YES , please give details of last attack				
	VEC			
ii) Is the applicant still being treated?	YES		NO	
iii) If NO , please give the date when treatment ceased				
 b) Is there a history of blackout or impaired consciousness within the last 5 years? If YES, please give dates and details in Section 9. 	YES		NO	
 c) Does the applicant have narcolepsy/cataplexy or any obstructive sleep apnoea? If YES, please give dates and details in Section 9 	YES		NO	
d) Is there a history of, or evidence of any of the conditions listed 1-8 below? If YES, please give dates and details in Section 9.				
(1) TIA	YES 🛛		NO	
(2) Sudden and disabling dizziness/vertigo within the last year with a liability to recur	YES		NO	
(3) Subarachnoid haemorrhage	YES [NO	
(4) Serious head injury within the last 10 years	YES		NO	
(5) Brain tumour, either benign or malignant, primary or secondary	YES		NO	
(6) Other brain surgery	YES		NO	
(7) Chronic neurological disorders e.g. Parkinson's disease, Multiple Sclerosis	YES		NO	
(8) Dementia or cognitive impairment	YES		NO	
Section 4 – Psychiatric Illness				
a) Is there a history of, or evidence of any of the conditions listed in 1-6 below?				
If YES , please give details including date(s), prognosis, period of stability and details of mediany side effects in Section 9. N.B. If applicant remains under specialist care ensure details and		-		
(1) A psychotic illness in the past 5 years	YES		NO	
(2) A neurotic illness (anxiety/depression) in the past 5 years	YES [NO	
(3) Persistent alcohol misuse in the past 12 months	YES [NO	
(4) Alcohol dependency in the past 3 years	YES		NO	
(5) Persistent drug misuse in the past 12 months	YES		NO	
(6) Drug dependency in the past 3 years	YES [NO	
(7) Disorder of personality (clinically recognised)	YES		NO	
(8) Any other mental health and cognitive disorders	YES [NO	

Sec	tion 5 - Sensory						
Vision Assessment							
	То	be completed by a de	octor	or optician/opto	metrist		
Seafa	rer's Details						
Surna	ame:		Fore	name(s):			
Date	of Birth:		Phot	o ID Checked: 🗌	(please tick to confirm you ha	ave checke	d the photo ID)
vision on the Applica	shows no red/green deficie first attempt, please retest	to ensure that the seafarer is ency. Colour vision should t t once, does not pass on ret colour plate test may take thi	be teste est, the	ed using either 24 or 3 en to be considered a	38 Ishihara plates. If s a fail.	the app	olicant fails
	24 PLATE TEST: 2 erro	rs or fewer – PASS]	38 PLATE TEST	: 3 errors or fewer	– PAS	s
	5 erro	rs or more – FAIL			6 errors or more	– FAIL	-
	3 or 4	errors – RETEST			4 or 5 errors	– RET	EST
	the applicant <u>fail</u> the Is testing, please ensure	hihara colour plate test that aids to colour vision	are no	t being worn.	YES	6	NO 🗌
in at le		e ability to read 6/6 on the es or contact lenses if wo				3	NO 🗌
		e ability to read 6/60 with on each eye separately.	at leas	st one eye without a	any visual YES	6	
	<u> </u>	or all applicants record	l the v	isual acuity of eac	ch eye		
	Unco	orrected		Corrected (if necessary)		
	Right	Left		Right	Left]
	6/	6/		6/	6/		
	s the applicant any defe S, please give details in	cts in their field of vision i Section 9.	in eith	er eye?	YES	s 🗌	NO 🗌
	here evidence of any pr 6, please give details in	ogressive disease in eithe Section 9.	er eye	?	YES	6	NO
		y other eye condition whi S, please give details in S			er now or YES	S 🗌	NO
	I must sign and da e of examining Doctor/c			Doct Stam	or/Optometrist/Opti ip:	ician	
Sign	ature of examining Doct	or/optician					
	of signature DDD	 M M Y Y ımber					

Section 5 – Sensory (continued) g) Is there deafness that significantly impairs communication by radio or telephone?	YES 🗌 NO 🗌						
Section 6 – Malignant Disease							
a) Does the applicant have any malignant disease likely to impair physical or mental fitne to undertake duties in the foreseeable future?	ess YES NO						
b) Is there a history of bronchogenic carcinoma or any other malignant tumour (e.g. malignant melanoma) with a significant liability to metastasise cerebrally?	YES NO						
If YES, please give details including date(s), diagnosis and whether there is current evide of dissemination – in Section 9.	ence						
Section 7 – Musculoskeletal Limitations							
Height (m) Weight (kg)							
a) Does the applicant lack the strength and flexibility needed to:							
i) perform their normal duties such as mooring and lock operations?							
ii) physically assist other people who have fallen overboard or who need to evacuate the vessel in an emergency?	YES NO						
b) If the applicant works at sea, do they lack strength and flexibility to get in and out of a moving life raft? Leave blank if not applicable.	YES NO						
c) Is the applicant's build likely to interfere with the activities listed above or prevent accest to areas of the vessel with limited space? If YES please give details in Section 9.	ss YES NO						
d) Is there currently any disability of the spine, limbs or hands likely to limit duties or safet procedures while working?	ty YES NO						
e) Has the applicant had a knee/hip replacement or other limb prosthesis?							
f) Does the applicant lack sufficient fitness to be responsible for the safety of fare paying passengers (if applicable)? YES NO							
Section 8 – Respiratory System							
a) Is there a history of, or evidence of any of the following:i) Sinusitis/Nasal Obstruction	YES NO						
ii) Chronic Bronchitis and/or Emphysema	YES 🗌 NO 🗌						
iii) Pneumothorax							
Please continue to the next page >							

Section 8 – Respiratory System (continued)

8 a) iv) Asthma

Please ensure you read the MCA asthma definitions below before answering the questions.

Mild asthma – frequent episodes of wheezing requiring use of beta agonist inhaler or the introduction of a corticosteroid inhaler. Regular use of a preventer inhaler may effectively eliminate symptoms and the need for more than occasional use of a rapid acting bronchodilator reliever inhaler.

Exercise or cold induced asthma – episodes of wheezing and breathlessness provoked by exertion especially or cold. Episodes may be effectively controlled by either long-term preventer inhalers, short term reliever inhalers used prior to or during exercise or by oral medication.

Moderate asthma – frequent episodes of wheezing despite regular use of inhaled steroid (or steroid/long acting beta agonist) treatment requiring continued use of frequent beta agonist inhaler treatment, or the addition of other medication, occasional requirement for oral steroids.

Severe asthma – frequent episodes of wheeze and breathlessness, frequent hospitalisation, frequent use of oral steroid treatment.

Does the applicant have:

If the answer is **YES** to any of the below, please provide details in section 9.

YES

YES

YES

NO

NO

NO

NO

- b) Exercise or cold induced asthma?
- c) Mild asthma that requires treatment with bronchodilator reliever inhalers (either alone or to supplement regular use of preventer inhalers) on more than two days a month?
- d) Moderate or severe asthma as an adult?
- e) Any hospital admissions over the last three years (due to asthma), or had oral steroid **YES** treatment for asthma during the last three years?

Please continue to the next page leaving the space below blank >

Section 9 – Other Medical Conditions/Additional Information

If you have ticked **YES** to any of the above questions or have written in the boxes below and so are not able to issue a certificate, this form will be referred to one of the MCA's Medical Assessors.

a) If you have ticked YES to any of the questions, please look at the job requirements noted in Part B on page 2 and, you consider that there is any additional information which could help the Assessor, for instance about the nature of any treatments, prescribed medications, frequency and severity of condition, any associated risk factors or any indicators of prognosis, please give details below.
 b) If the applicant has a medical condition not included in the list of questions, please look at the job requirements noted on page 2 and, if you consider it may have any effect on their ability to meet these, please give details below.
c) Is the applicant taking any medication that can impair safety duties? YES VI NO
(If yes, please specify medication in the box below)
Examples: Has a warning in the product information leaflet indicating that they should not drive or work with moving machinery Psychoactive: Sleeping tablets, medications for mental health problems, sedating antihistamines (OTC or prescribed) May increase risk of sudden incapacitation: insulin May impair vision: hyoscine
d) Is the applicant taking any medication with risk of acute complications? YES NO
(If yes, please specify medication in the box below)
Examples: Increases risk of bleeding: warfarin Danger if medications stopped: replacement hormones/insulin, anti-convulsants, anti-hypertensives, oral antidiabetics Anti-infection agents Anti-metabolites and cancer treatments Medications supplied to be used for emergencies: asthma, allergy

Section 10 – Declaration by Examining Doctor							
							UK General Medical Council, I have above in PART B of this report.
Please tick a, b or c as a	ppropri	ate.					
a) There are no ticks in and retained a copy.	any " YE	S " box a	and I have	e comple	eted the	ML5 certif	icate proforma at PART C
b) There are ticks in " YI	E S " boxe	es in Sec	tion 1 – a	8, so I h	ave not is	ssued the	ML5 certificate.
c) There is any other sig certificate	gnificant	medical	conditio	n detaile	ed in Sect	tion 9, so	I have not issued the ML5
Date of Examination	D	D	Μ	M	Y	Y	OFFICIAL STAMP
GMC Number							
Signature of							
Examining Medical							
Practitioner							
Name (print)							
Address (print)							
Telephone Number							
Are you the applicant'	s Gener	al Practi	tioner?			YES	
Usual Medical Practi	tioner o	r Medic	al Advis	or (if di	iferent fr	om abov	e)
Full name							
Address							
County							
Postcode							
PART C – ML5 Certificate							
Notes for the completion of				ort D of 4	hin form	and have	not modo commonto in Section O
-	-						not made comments in Section 9, NISE IT SHOULD BE LEFT
BLANK.		ing oon	inouto pr			,	
2. A copy of the cert	ificate sł	nould be	retained	by the [Doctor fo	r verificatio	on purposes.

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	ML5 CERTIFICATE OF FITNESS	5
Maritime &	based on the	
Coastguard Agency	MARITIME AND COASTGUARD AGENCY M	L5 REPORT
This is to certify that:		
Surname		
Forename(s)		
Date of Birth		
Home Address		
has been assessed by Coastguard Agency (N	r me for medical fitness in accordance with the criteria specific ICA) in the ML5 form and all assessment ticks are in the <u>"NC</u> comments affecting fitness in Section 9.	ed by the Maritime and
A practical test of capa	ability for current duties has not been carried out.	Doctors Official Stamp
Signed (Medical Practitioner)	l 	
)	
Address	š	
Postcode	This certificate is valid until*	
*maximum 5 yea	ars from date of issue or 65th birthday, whichever comes soonest. 1 year for	those over 65 years of age
	GMC Registration Number	
Name of RYA / MO Endorsing Officer**		RYA or MO Stamp
** Endorsement	is only required for those applying for a BML or RYA endorsement	
Signature		
Signature of Holder	·	

NOTES TO THE HOLDER OF THIS CERTIFICATE

It is your personal responsibility not to work when you are temporarily unfit to do so because of illness or injury. You must therefore tell the issuing authority (MCA or RYA), if during the validity of your ML5 certificate, you suffer from or develop any of the following:

a) a serious health problem or injury where you do not fully recover;

b) any of the conditions listed below:

- epileptic seizures or sudden disturbances of consciousness
- myocardial infarction (heart attack) or heart surgery
- problems with heart rhythm
- disease of the heart or arteries
- uncontrolled blood pressure
- diabetes requiring insulin treatment
- stroke or unexplained loss of consciousness
- head injury with continuing loss of consciousness
- Parkinson's Disease or Multiple Sclerosis
- mental or nervous problems including anxiety or depression
- alcohol or drug dependency problems
- profound deafness
- serious deterioration in vision or long term eye disease

c) any other disability or illness (mental or physical) which affects your fitness to work, in particular to navigate safely and to be able to undertake emergency duties. For instance if you have diabetes and your treatment changes from diet or tablets to insulin.

Your BML/RYA endorsement will not be valid during your illness and you will need to obtain a new ML5 report/certificate once you have recovered in order for your licence to be reinstated.

Those not requiring a BML or RYA Endorsement do not need to have their ML5 certificates endorsed by the RYA or MCA Marine Office, but should retain them for inspection as necessary, noting the validity.

PART D – MEDICAL REVIEW – to be completed by the APPLICANT (where appropriate)

Notes for the applicant - Incomplete or missing information will delay your application. ANY FORM SENT FOR REVIEW SHOULD NOT BE MORE THAN 3 MONTHS OLD AT THE TIME OF APPLICATION.

1. If there are ticks in any "YES" box in Section B, or if the Doctor has made remarks in Section 9, they cannot complete the ML5 certificate, and the MCA Marine Office/RYA cannot issue your BML/RYA endorsement. However, in these circumstances you have the right to have your case reviewed and the MCA Marine Office or RYA (only for RYA Commercial Endorsement applicants), can refer your form to an MCA Medical Assessor for a decision based on your fitness to undertake your work on a boat.

2. For the purposes of medical review, you may wish to provide further information regarding your fitness to hold a BML/RYA endorsement. This may include medical evidence from your GP, a specialist consultant or optometrist as appropriate. Medical evidence should be submitted with this form to your local MCA Marine Office or the RYA in an envelope marked "Private and Confidential" for forwarding to the MCA ML5 Medical Assessor.

3. The Medical Assessor may speak to your GP or specialist, rather than requesting written reports for which you would have to pay. Telephone calls often allow for evaluation of your health issues and the nature of your work.

4. Based on the evidence you have provided the MCA Medical Assessor will decide whether or not to issue an ML5 medical certificate. It will then be for the MCA Marine Office/RYA to decide whether the BML/RYA endorsement can be issued.

To Sea
Vessel Size
Up to miles from point of departure Up to miles offshore
Longest length of trip * mins/hours/days/weeks/months (*delete as applicable)
YES / NO (*delete as appropriate)
Holders of BMLs Additional crew with same qualifications Unqualified but trained/experienced crew Trainees/others
Maximum number of fare-paying passengers

completed by the Assessor and submitted to MCA for audit purposes. For further information on how the MCA handle your personal information please see our full privacy statement at www.gov.uk/mca I authorise my doctor(s) and specialist(s) to release reports/medical information about my condition relevant to my

fitness, to the MCA Medical Assessor. I authorise the Secretary of State to disclose such relevant medical information as may be necessary to the investigation of my fitness, to my doctor/s and MCA Medical Assessors.

Signature of Applicant

Date