



THE REPUBLIC OF TRINIDAD AND TOBAGO  
MARITIME SERVICES DIVISION

**MEDICAL FITNESS CERTIFICATE**  
*Issued under the Shipping (Medical Examination) Regulations, 1990*

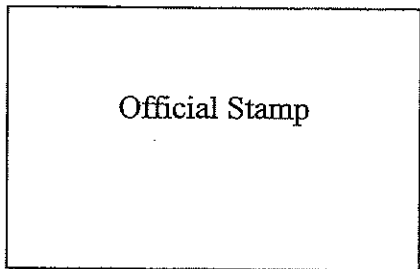
Seafarer's Name ..... Discharge Book No. ....

Date of expiry of this Certificate.....

I certify that I have examined the seafarer named above to the Medical and Visual Standards of Trinidad and Tobago as contained in the Third and Fourth Schedules of the above-named Regulations and have found \*him/her fit for seafaring subject to the following restrictions:

Signed.....  
*(A registered medical practitioner approved by the Minister)*

Date of Examination.....



*\*Delete as appropriate*



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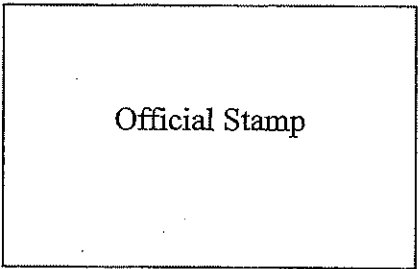
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5. Medical Examination

Does the seafarer suffer from any of the following abnormalities?

Please tick correct box and expand as necessary

- Tooth
- ENT
- Skin
- Heart
- Lungs
- Nervous system
- Varicose veins
- Genito urinary system
- Hernia

Any other defects.....

6 Height (without shoes).....m .....cm

Weight (stripped to waist).....kilos

Chest Inspiration .....cm

Expiration.....cm

Pulse rate.....

Blood pressure systolic.....

5<sup>th</sup> Sound.....

Results of urine test

Albumin.....

Sugar.....

Audiogram (if equipment is available)

Right ear	KHz dB	500	1,000	2,000	4,000	6,000	8,000
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Left ear	KHz dB	500	1,000	2,000	4,000	6,000	8,000
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Eye test

Distant vision	Unaided	R 6	L 6	Both 6
	Aided	R 6	L 6	Both 6

Near vision

Unaided N
Aided N

Colour vision

Ishihare Engineers modified	
Normal	Defective

7. Results of Medical Examination

The Standards of Medical Examination Regulations have been or have not been met.

Tick correct box

- A Unrestrictive sea service  D Indefinitely
- B Restriction service only  (Review in.....months)
- Restriction..... E Permanently
- Period of restriction.....
- C Temporarily  (Review in.....months)

Medical Practitioner's  
Official Stamp

Signature.....

Name.....  
*Block*

Date.....

**LIST OF APPROVED MEDICAL PRACTITIONERS**  
**Re: The Shipping (Medical Examination) Amendment Regulation 2002**

<b>NAMES</b>	<b>ADDRESS</b>	<b>TELEPHONE NO.</b>
Dr. Ryan Abraham	4 Serpentine Road, <b>St. Clair</b>	622-7340
Dr. Manuel Alfonzon	Corner Eastern Main Road & Mc Shine Street, <b>Sangre Grande</b>	668-2720 / 4047
Dr. Kamaluddin Amin	4 Guayaguayare Road, <b>Rio Claro</b>	644-2558
Dr. Keven Antoine	8 Morvant Old Road, <b>Laventille</b>	681-4316 / 623-5889
Dr. Bijal Balliram	80 Teemul Trace, Clarke Road, <b>Penal</b>	647-3454 / 8216 389-9858
Dr. Indargit Birjah	Ramsaran Street, <b>Chaguanas</b>	671-5010 / 620-5303 / 636-3606
Dr. Edmund Boucad	23 Lucknow Street, <b>St. James</b>	628-6791 / 7500 / 8112 / 622-7032
Dr. Kenneth Chai-Hong	12-13 Diego Martin Main Road, <b>Diego Martin / 106 Frederick Street, POS.</b>	632-9977 / 756-1986 / 627-4607
Dr. Anthony Changkit	117 Henry Street (opp. ROYTEC) <b>Port of Spain</b>	624-8876 / 680-5816
Dr. Arthur Chen	20 Main Road, <b>Gasparillo / #9A La Pique Road, San Fernando</b>	650-2060 / 271-607 / 349-1946 / 271-6075
Dr. Brian Connell	102 Frederick Street, <b>Port of Spain</b>	492-4908
Dr. Victor Coombs	123 Riverside Drive, <b>San Fernando / 14 Endeavour Road, Chaguanas</b>	671-4859
Dr. Juliet Danlag	Lp 6 Ojar Road, <b>Sangre Grande</b>	668-4660 / 688-2803
Dr. Edison Furlonge	Lower High Street, <b>Siparia</b>	760-0712 / 649-1355
Dr. Domenica Judilla	26 Hollis avenue, <b>Arima</b>	667-0178
Dr. Bertrand Low-Chew Tung	205-207 Point-a-Pierre Road, <b>Vistabella</b>	652-2140 / 652-3581
Dr. Sinanan Lutchman	Eastern Main Road, <b>Sangre Grande</b>	668-2117 / 3485
Dr. Jay Manohar	Couva Medical Centre, 107A Southern Main Road, <b>Couva</b>	636-2621
Dr. Stuart Millar	66 Pembroke Street, <b>Port of Spain</b>	624-5762 / 623-6856
Dr. Michael Panchoo	6 Nancy Drive, Dow Village, <b>South Oropuche</b>	677-3841 / 3469
Dr. Randolph C.J. Phillip	49 Ana Street, <b>Woodbrook</b>	628-8600 / 221-6890
Dr. Shyam Rahman	Guaico, <b>Sangre Grande</b>	668-2505 / 2502
Dr. Frank Ramlackansingh	55 Eastern Main Road, <b>Curepe</b>	630-5040 / 662-5040
Dr. Maniram Rampaul	15 High Street, <b>Rio Claro</b>	644-2250 / 2280
Dr. Sonia Roach	103 Tragarete Road, <b>Woodbrook</b>	627-5247
Dr. Robin Roopnarine	Corner of Frederick and Dunford Streets, <b>Marabella</b>	658-6615
Dr. Garnet Sant	St. Mary's Junction, <b>Freeport</b>	673-0493
Dr. Kathleen Spicer	Central Medical Lab Ltd, 102 Frederick Street, <b>Port of Spain</b>	625-9727 / 624-3640
Dr. Joel Sinanan	203 Southern Main Road, <b>Marabella</b>	658-6615
Dr. Germaine Spencer	Central Medical Lab Ltd. 102 Frederick St., <b>Port of Spain</b>	625-9725 / 6603 662-7006
Dr. Oliver Young Pong	11 Long Circular Road, <b>St. James</b>	622-4113 / 628-7802

# TOBAGO

NAMES	ADDRESS	TELEPHONE NO.
Dr. Sandeep Kumar	Rockley Vale, Scarborough, <b>Tobago</b>	639-3157
Dr. David Peneloza	Wilson Road, Scarborough, <b>Tobago</b>	639-3095
Dr. Victor W. Wheeler	Sheerwood Park, Carnabee, <b>Tobago</b>	639-9934 / 6604744