

# Palau International Ship Registry



Europe Head Office  
Piraeus, 18536, Greece  
5, Sachtouri Street  
6<sup>th</sup> floor  
T: +30 210 4293500  
F: +30 210 4293505  
[info@palaureg.com](mailto:info@palaureg.com)

USA Head Office  
The Woodlands, TX, 77380  
9595 Six Pines Drive,  
Suite 8210, Office 277  
T: +1 832 631 6061  
F: +1 832 631 6001  
[www.palaureg.com](http://www.palaureg.com)

## MARINE CIRCULAR 135.1

**To:** ALL SHIPOWNERS, MANAGERS, MASTERS, AND REGISTRATION OFFICERS OF MERCHANT SHIPS AND RECOGNIZED ORGANIZATIONS.

**Subject:** MEDICAL CARE ON BOARD SHIP AND ASHORE: MEDICINE CHEST, RECORDKEEPING AND RESPONSIBILITIES AND TRAINING FOR MEDICAL CARE.

### References:

- (a) Maritime Labour Convention, 2006, Standard A4.1 and Guideline B4.1
- (b) *International Medical Guide for Ships (IMGS), 3rd Edition 2007*, World Health Organization (WHO)
- (c) *Quantification Addendum, International Medical Guide for Ships, 3rd Edition*, World Health Organization, 2010
- (d) International Maritime Organization (IMO) *Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG), 2010 Edition*
- (e) International Health Regulations (2005) (“IHR (2005)”)

### PURPOSE:

The Maritime Labour Convention, 2006, (MLC, 2006) establishes standards for medical care on board ship and ashore.

This Circular adopts, as guidance, the *Quantification Addendum: International Medical Guide for Ships, 3rd Edition*, published by the World Health Organization (WHO) and specifically addresses:

- **Ship’s Medicine Chest:** the kinds and amounts of medicines, medical supplies and equipment that should be considered for a ship’s medicine chest, and requirements for their re-supply, replacement and disposal;
- **Recordkeeping:** requirements for inventorying and recording medicines, including controlled drugs;
- **Seafarer Injury and Illness Medical Record:** introduction of the form to facilitate the exchange of medical information between ship and shore;
- **Ship Master’s Report Form:** to record each medical case managed on board; and
- **Responsibilities/Training:** owner/operator, Master and others with responsibilities for medical care.

### APPLICABILITY:

This is applicable to all vessels under the PISR flag.



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## REQUIREMENTS:

### 1.0. Vessel's Medicine Chest

#### 1.1 Requirement for Carriage

All vessels shall carry a medicine chest containing:

- medical supplies and equipment (See § 1.3, below, and Appendix 1); and
- the latest edition of applicable publications, forms and charts (See Appendix 2).

#### 1.2 Content of Medicine Chest

- 1.2.1 Except for ships carrying dangerous goods, the **content** of a ship's medicine chest is not mandated through any statutory requirement to which the Administrator is a party.
- 1.2.2 However, guidance on the medicines and medical supplies that should be maintained on board is provided in the *International Medical Guide for Ships* and its *Quantification Addendum* (reference (d), above) published by the World Health Organization (WHO). This guidance, which is reproduced in Appendix 1, below, is well-accepted by the international maritime community and is recommended by MLC Guideline B4.1.1.4 for consideration when determining the contents of the medicine chest and medical equipment.

#### 1.3 Carriage Requirements for Medicines and Medical Supplies

- 1.3.1 All Vessels shall stock their medicine chests so that the inventory (types, dosage and quantities of medicines, medical supplies and equipment) is appropriate to the particular vessel's route, operation and number of persons on board.

**All vessels of greater than 500 gross tons shall, in addition to any other requirement, provide commercially available first aid kits for their engine room and galley.**

#### 1.3.2 Vessels with a Doctor on Board

Vessels, including passenger ships, carrying 100 or more persons and ordinarily engaged on international voyages of more than three (3) days' duration are required to carry a qualified medical doctor responsible for providing medical care. For mobile offshore drilling units and mobile offshore units, the requirement for a doctor on board may be met with a qualified medic or nurse where the unit is within helicopter range to shore medical services and facilities. The exact inventory of medicines, medical equipment and supplies should be determined by the ship owner or operator in consultation with a qualified medical professional, such as the ship's doctor or pharmacist.

#### 1.3.3 Vessels without a Doctor on Board



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The Administrator requires its vessels without a doctor on board, as outlined in the Ship-Specific Medicine Chest Inventory Guidelines in Table 1, below, to utilize the tables contained in Appendix 1 as guidance in establishing the contents of their medicine chest. The types, amounts and quantities indicated by these tables are expected to vary based on the **vessel route, operation and the number of persons on board**. If there is any question about the appropriate types or quantities of medicines or supplies to be carried, the Administrator highly recommends the contents of the medicine chest be established by the ship owner or operator in consultation with a qualified medical practitioner or pharmacist.

**Table 1**

## Ship-Specific Medicine Chest Inventory Guidelines for Vessels Without a Doctor on Board

Vessel	WHO Category
Oceangoing ships	Category A
Coastal, Great Lakes or nearby foreign ports with voyages not more than 24 hours from port of call	Category B
Fishing vessels <ul style="list-style-type: none"> <li>on extended voyages (more than seven (7) days)</li> <li>on voyages of seven (7) days or less and in close proximity to a port of call</li> </ul>	Category B Category C
Yachts <ul style="list-style-type: none"> <li>on voyages more than 60 miles from safe harbor</li> <li>on voyages 60 miles or less from safe harbor</li> </ul>	Category B Category C
Ro-Ro Passenger Ships not normally carrying a medical doctor	Category B and Emergency Medical Kit per MSC/Circ. 1042
Mobile and immobile floating production, storage and offloading units (FPSOs) and floating storage units (FSUs)	Seek advice of qualified medical practitioner or pharmacist to establish inventory



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Europe Head Office Piraeus, 18536, Greece 5, Sachtouri Street 6 <sup>th</sup> floor T: +30 210 4293500 F: +30 210 4293505 <a href="mailto:info@palaureg.com">info@palaureg.com</a>	USA Head Office The Woodlands, TX, 77380 9595 Six Pines Drive, Suite 8210, Office 277 T: +1 832 631 6061 F: +1 832 631 6001 <a href="http://www.palaureg.com">www.palaureg.com</a>
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## 1.4 Medicines for Ship's Carrying Dangerous Cargoes

- 1.4.1 Ships, including ferries, carrying dangerous cargoes or their residues, shall, in addition, comply with the International Maritime Dangerous Goods (IMDG) Code and the guidance in the latest edition of *Medical First Aid Guide for Use in Accidents Involving Dangerous Goods* (MFAG). Medicines and equipment already available in the IMGS list may be counted toward the MFAG numerical requirement, if appropriate. They should be stored and registered together with the regular medicines and medical supplies carried on board.
- 1.4.2 Where a cargo which is classified as dangerous has not been included in the most recent edition of MFAG, the necessary information on the nature of the substances, the risks involved, the necessary personal protective devices, the relevant medical procedures and specific antidotes should be made available to the seafarers via the ship's occupational safety and health policies.
- 1.4.3 For a listing of medicines and supplies, refer to MFAG Vol. III, which is required to be maintained on board.

## 1.5 Medicines for Passenger Ships

- 1.5.1 There is a high risk of a medical emergency occurring aboard any passenger ship even for those cruising just for a few hours. To facilitate care of passengers on these types of ships that do not normally carry a medical doctor, particularly ro-ro passenger ships, an Emergency Medical Kit should be carried.
- 1.5.2 The Emergency Medical Kit/Bag should be labeled:  
"The medicines in this bag are to be used by a qualified medical practitioner or a registered general nurse, a qualified paramedic or ship personnel in charge of medical care on board under the direct supervision of either a medical practitioner on board the ship or under telemedical advice/prescription by a Telemedical Advice Service (TMAS)."

## 1.6 Equivalencies

In recognition that other administrations have established standards for ships' medicine chests, the PISR shall consider these standards to be in compliance with the Administrator's requirements, provided the inventories are effectively equivalent to or exceed the WHO (and IMO for IMDG) standards.

## 1.7 Controlled Drugs

- 1.7.1 Controlled drugs are drugs that are graded according to the harmfulness attributed to the drug when it is misused. For this purpose, there are three (3) drug categories:
  - Class A includes heroin, morphine, and opium,
  - Class B includes barbiturates and codeine, and
  - Class C includes, among other drugs, anabolic steroids.



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- 1.7.2 A ship must not carry excess quantities of Class A or Class C drugs unless authorized by the Administrator. Morphine Sulphate is the only Class A drug authorized to be carried aboard PISR flagged ships.
- 1.7.3 Some countries do not allow the sale of controlled drugs to ships not registered in that country; therefore, ship managers are encouraged to become familiar with the controlled drug distribution laws in the countries where their ships are trading and to communicate directly with the cognizant authorities to learn of the options available for the procurement and delivery of controlled drugs to ships operating in these areas.
- 1.7.4 Controlled drugs shall be kept in the Master's safe or behind a double-lock system.

## 1.8 Medicine Supply, Labeling, Re-supply, Replacement and Storage

- 1.8.1 All medicines are to be supplied in standard small packages, and to the extent possible, in single dose portions. The prescribed active ingredients and strengths shall be observed.
- 1.8.2 Medical instructions and, if necessary, the medicine labeling<sup>1</sup> shall be in English and a language understood by the crew, if not English.
- 1.8.3 Sufficient reference material or product use and identification cards related to the medicines carried shall be available on board the vessel.
- 1.8.4 Medicines and medical equipment shall be re-supplied as necessary.
- 1.8.5 Medicines with expiration dates shall be replaced at the earliest possible date after the expiration date, and in any case within three (3) months of the expiration date. Once replaced, expired medicines should be removed from the vessel and disposed of in accordance with § 1.9, below. It should be noted that some countries impose fines on ships entering their territory with expired medicinal items on board.
- 1.8.6 All medicines shall be stored in accordance with the manufacturer's recommendation.
- 1.8.7 All medicines and medical devices shall be stored under lock and key.
- 1.8.8 Disposal of Non-Controlled Medications and Medical Supplies: Medicines and medical supplies shall be disposed of properly in accordance with all applicable local and national laws and regulations of the State in which disposal is occurring and any applicable international requirements.

- 1. Expired medicines and medical supplies should be:
  - a. returned to the supplier where possible; or
  - b. sent to an approved shoreside contractor for disposal.
- 2. If disposal under 1.8.8.1 is not possible, expired medicines and medical supplies may be incinerated at sea where a vessel has in place a written waste disposal

<sup>1</sup> Labels may include the following information: 1) generic name; 2) indications; 3) contraindications/warnings; 4) route of administration and dosage; 5) batch/lot number; 6) expiration date; and 7) contact details of the supplying pharmacy. 8) Special instructions for storage, if any 9) Special marking stating that it is a controlled substance, if applicable.





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9595 Six Pines Drive,  
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F: +1 832 631 6001  
[www.palaureg.com](http://www.palaureg.com)

policy and program that includes incineration at appropriate temperatures by exclusively authorized personnel. Records of such incinerated medicines and medical supplies shall be kept as part of the medical inventory.

3. It should be noted that there are licensed pharmaceutical distribution centers that handle the supply and disposal of prescription and non-prescription medications for marine vessels on a global basis. The Administrator recommends use of these companies for a vessel that regularly encounters problems with locating shoreside facilities able to accept such wastes.

## 1.8.9 Disposal of Controlled Drugs

1. There are various methods for disposing of controlled drugs lawfully. They include: 1) giving them to a person who may lawfully supply them, such as a qualified doctor or pharmacist; 2) incineration; 3) waste encapsulation; and 4) inertization. For additional information on the disposal of medical wastes, see WHO Guidelines for the Storage of Essential Medicines and other Health Commodities, 2003.
2. Whatever method of disposing of a controlled drug is utilized by an PISR flagged vessel, the following conditions must be met:
  - a. The method utilized must be properly implemented;
  - b. The entire process from unpacking throughout the final destruction of the controlled drug must be witnessed by at least two (2) persons and documented in the Controlled Drugs Register (see § 3.5, below).

## 1.9 Carriage of Defibrillators

- 1.9.1 There is no statutory requirement under international or national legislation for ships to carry defibrillators. It is accordingly a matter for individual operators to decide whether or not to include a defibrillator with the medical stores or doctor's bag.
- 1.9.2 If a defibrillator is carried, the Administrator recommends that procedures be in place to ensure regular maintenance of the equipment (in accordance with manufacturer's instructions), and adequate training for the first aid providers, including regular refresher training (at least every five (5) years.). Training should also particularly cover care of the patient after defibrillation, bearing in mind that immediate hospitalization may not be possible.

## 2.0 Inspection and Certification Requirements



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Europe Head Office Piraeus, 18536, Greece 5, Sachtouri Street 6 <sup>th</sup> floor T: +30 210 4293500 F: +30 210 4293505 <a href="mailto:info@palaureg.com">info@palaureg.com</a>	USA Head Office The Woodlands, TX, 77380 9595 Six Pines Drive, Suite 8210, Office 277 T: +1 832 631 6061 F: +1 832 631 6001 <a href="http://www.palaureg.com">www.palaureg.com</a>
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**2.1** MLC Standard A4.1.4(a) requires regular inspection by the competent authority of the ship's medicine chest which is to be conducted at regular intervals not exceeding 12 months. In this regard, shipowners may rely upon the inspection and certification of medicine chests by a pharmacist/pharmacy providing this service that has been approved by the competent authority in which it is located. Although not required, it is highly recommended that the pharmacist/pharmacy utilized is a specialized marine pharmacist/pharmacy.

**2.2** Inspection and certification of the medicine chest can be carried out on board or remotely. Where physical attendance on board is not feasible, the Master shall:

- Ensure that the medicines and supplies packaging are not damaged, and the medical equipment is usable and free from damage.
- Provide to the entity conducting the inspection the updated medicine list required in paragraph 3.1, below.
- Provide information to the entity conducting the inspection whether the ship falls into WHO Category A, B or C based on ship type and distance from shore (see section 1.3.3, Table 1, above) and whether the medicine chest is stocked in accordance with the recommendations contained in Appendix 1 of this Notice or with other guidance. In either case, the recommendations/guidance on which the medicine chest is based shall be identified and forwarded to the entity conducting the inspection.
- Confirm with the entity conducting the inspection the number of persons allowed on board by the safety equipment certificate.
- Inform the entity conducting the inspection of whether the vessel carries dangerous good/chemicals.

**2.3** The Master shall instruct the entity conducting the inspection to review the information provided in 2.2, above. If the review shows the medicine chest is stocked so that the inventory is appropriate to the particular vessel's route, operation and number of persons on board, then documentation certifying that this is the case shall be obtained from the entity conducting the inspection. Such documentation shall include a statement that all required contents of the medicine chest are present and will not expire during the period covered by the issued documentation. The documentation (which may or may not take the form of a certificate) shall also include, to the extent possible:

- IMO Number;
- Name of Vessel;
- Registry of Vessel;
- Unique document/certificate serial number/ID code; and
- Dates of issuance and expiry.

The documentation/certificate shall be signed and stamped by the entity conducting the inspection whose full name and title shall appear on the documentation/certificate.

**2.4** Should the results of the review show that the medicine chest is not appropriate to the particular vessel's route, operation and number of persons on board, the Master shall take corrective action. Signed and stamped documentation from the entity conducting the inspection (whose full name shall appear on the documentation/certification) shall be



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obtained by the Master once the medicine chest is deemed appropriate by the entity conducting the inspection.

- 2.5 Flag State annual inspections shall also be used to verify that medicine chests are adequate and have been certified within the last 12 months.

## 3.0 Recordkeeping Requirements

### 3.1 Inventory of Medicines

A list of medicines and medical supplies shall be maintained on board all PISR flagged vessels. The list must be regularly updated and contain for each item the expiry date, storage conditions, quantities remaining after purchase or use and disposal information. The medicine chest shall be inventoried no less than once a year. All items contained in the medicine chest should have an expiration date and should be re-supplied as necessary by the expiry date.

### 3.2 Seafarer Injury and Illness Medical Report

- 3.2.1 The Master or designated and certified onboard “medical care provider” shall complete an *Injury and Illness Report*, to the extent possible, whenever treatment of a seafarer aboard a vessel needs to be rendered on shore. The purpose of this report is to facilitate the exchange of medical and related information concerning individual seafarers between the vessel and shore in cases of illness or injury.

- 3.2.2 This report shall be kept confidential and shall be used only to facilitate the treatment of seafarers. As such, it shall be:

- used to transmit information in the evacuation of a seafarer;
- provided to shoreside medical personnel either filled out in part or full, as applicable, or forwarded to shoreside medical personnel as a blank form to be completed and returned to the vessel upon examination of the seafarer;
- provided in copy to the seafarer upon request;
- kept with the seafarer’s medical records while on board the vessel or ashore by the Shipowner when the seafarer leaves the ship; and
- forwarded as a copy to the Office of the Maritime Administrator when a *Report of Personal Injury or Loss of Life* is filed.

- 3.2.3 The Seafarer Injury and Illness Medical Report shall be kept by the Shipowner for a period of two (2) years.

### 3.3 Ship Master’s Report Form

- 3.3.1 Assisted by the ship’s doctor or crew members assigned to basic medical duties, the ship’s Master shall complete the *Ship Master’s Report Form* as provided in Appendix 2 for each medical case managed on board that is the result of a seafarer being injured or ill for 72 hours or more in duration, or requires medical advice or assistance from a medical facility or practitioner ashore. This form shall be filed in the ship’s logbook with the *Seafarer Injury and Illness Medical Report* attached.

- 3.3.2 The Ship Master’s Report shall be kept by the Shipowner for a period of two (2) years.





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## 3.4 Ship's Logbook

Every case of illness or injury happening to any member of the crew, passenger or other persons engaged in the business of the vessel; the nature thereof; and the medical treatment shall be entered into the ship's logbook.

## 3.5 Controlled Drugs Register

**3.5.1** A register of controlled drugs must be maintained by the Master.

**3.5.2** Controlled drugs must be entered into the controlled drugs register on reception by the vessel. The information logged shall include the type, quantity, supplier name and date received.

**3.5.3** The following shall also be recorded in the Controlled Drugs Register:

- the doses given, including the name of the person ordering the dose, the name of the person giving it and the name of the person receiving it;
- date and time when a dose is lost or spoiled (e.g., broken ampoule, drug prepared, but not injected, etc.);
- a running count of remaining stocks, updated after each use;
- a count, made at least weekly, of remaining ampoules, tablets, etc. in store, to be checked against records of use and the running count; and
- information on disposal, including method, drug type, amount, date, time, receipts and witness documentation, including signatures (e.g., control signature form).

**3.5.4** The register of controlled drugs shall be kept for a period of two (2) years after the date of last entry.

## 3.6 Electronic Records

All records required under this section may be kept and managed electronically.

## 4.0 Responsibilities and Training

**4.1** The vessel owner/operator is ultimately responsible for the content of the medicine chest on board a vessel and, therefore when putting together the medicine chest, should seek qualified medical consulting, particularly when considering travel to areas with certain medical risks (e.g., malaria).

**4.2** The Master is responsible for keeping and managing medical supplies kept on board to ensure that the medications are properly dispensed and that records are kept of their disposition. This responsibility may be delegated to a properly trained and certified crew member.

**4.3** The Administrator requires vessels which do not carry a medical doctor to have on board:

- one (1) certified seafarer "Medical Care Person in Charge" responsible for medical care and administering medicine as part of their regular duties; and
- one (1) certified seafarer "Medical First Aid Provider" designated to undertake the duties of providing immediate first aid in case of injury or illness aboard ship.

A single individual may serve in both capacities, provided he/she duly competent.



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- 4.4** Seafarers in charge of medical care or first aid shall report to the master on health-related conditions on board and shall present the medical logbook to the master on request.
- 4.4.1** Seafarers on board whom are designated to provide medical care, or first aid shall have training as required by the International Convention on Standards of Training, Certification and Watchkeeping, 1978, as amended, (STCW). The training should be based on the contents of the most recent editions of the IMGS, MFAG and the medical section of the *International Code of Signals* (published by the IMO). Such persons should undergo refresher training approximately every five (5) years to ensure proper utilization of all medicines or medical supplies on board.
- 4.4.2** This certification is not required of, nor will it be issued to ship's doctors or ship's nurses. It shall be the responsibility of the shipowner or operator to verify the validity of such persons' medical certification.
- 4.5** Full use of all available (24-hour per day) medical advice by radio or radiotelephone shall be made by the Master or other persons designated with responsibilities for medical care or first aid. Seafarers with such responsibilities shall be instructed in the use of the vessel's medical guide and the medical section of the most recent edition of the *International Code of Signals* to enable them to understand the type of information needed by the advising doctor as well as the advice received.
- 4.6** However well-trained, crew members are not medically qualified. A doctor should always be consulted about serious illness or injury or when any doubt exists about the action to take in treating a patient.

## 5.0 International Health Regulations

- 5.1** As of 15 June 2007, the WHO International Health Regulations (2005) ("IHR (2005)"), have introduced new certification procedures for ships. The new certificates are entitled Ship Sanitation Control Exemption Certificate/Ship Sanitation Control Certificate ("Ship Sanitation Certificates" or "SSC"). This SSC replace the previous Derating/Derating Exemption certificates ("DC/DEC") provided for under the 1969 Regulations.
- 5.2** The IHR (2005) provide a code of procedures and practices for preventing the transboundary spread of infectious disease. Article 37 of the regulations require, in general, a Master of a ship arriving from a foreign port to provide a State that is a Party to IHR (2005) with a Maritime Declaration of Health (MDH) prior to arrival in port. The MDH contains a series of health-related questions, including those addressing illness, death and sanitary measures on board, to which a Master must attest.

## 6.0 Pest Management

- 6.1** The presence of insects, rodents and other pests shall be controlled to prevent the transmission of illness and disease to seafarers and other persons on board a vessel.
- 6.2** In controlling pests, it is important to note that very few pesticides are suitable for use against all kinds of pests that may occur aboard or in different parts of the ship. It is therefore necessary to consider the pesticides individually and utilize them in accordance with manufacturer instructions and as recommended in the IMDG Code



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Supplement, *Revised Recommendations on the Safe Use of Pesticides in Ships*. In developing a pest control strategy, cruise ships and commercial yachts also may want to consider recommendations regarding pest control contained in §8 of the United States Centers for Disease Control and Prevention, *Vessel Sanitation Program Operations Manual*.

## 7.0 Mosquito Protection

Ships regularly trading to mosquito-infested ports shall be fitted with appropriate devices (e.g., nets, screens) as prophylaxes against mosquitoes and carry mosquito and anti-malarial medications. The quantity and formulation (depending on area of travel) of the anti-malarial medications shall be adequate to protect all crew before, during and after the arrival/departure of the vessel to and from the malaria endemic area. Mosquito repellent should be in a quantity of at least one per crew member.

The WHO provides International Health Regulations and Guide to Ship Sanitation within which are ship designer and constructor guidelines for the control of insects, more particularly for sleeping quarters, mess rooms, and dining rooms, indoor recreational areas, as well as all food spaces, where vessels are in transit in areas where flies and mosquitoes are prevalent. Control measures that may be employed by the master and crew are also provided.

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## Appendix 1 – Inventory Guidelines for Medicines and Medical Supplies for Ships Without a Doctor On Board Table I

### Recommended Quantities of Medicines for Ships Without a Doctor On Board

(WHO Quantification Addendum to be used in conjunction with the *International Medical Guide for Ships, 3rd Edition*)

**Category A:** Oceangoing ships. Stock levels are based on a six (6) months' supply.

**Category B:** Vessels engaged in coastal trade or going to nearby ports that travel no more than 24 hours from port of call. Stock levels are based on a six (6) months' supply.

**Category C:** Fishing vessels and private craft usually traveling no more than a few hours from home port or a port of call. The assumed duration of each trip is up to 3-4 weeks.

Name	Form*	Strength	Indication**	Quantities per 10 Crew***			Notes
				A	B	C	
Acetylsalicylic acid	tab	300mg	pain, fever, blood clots	50	50	-	
Aciclovir	tab	400mg	herpes simples/zoster	70+	35+	-	
Adrenaline	Amp	1 mg/ml	anaphylaxis	10+	5+	5+	
Amoxicillin + clavulanic acid	tab	875mg/125mg	infections	20	10	-	
Artemether	Amp	80mg/ml	malaria treatment	12+	12+	-	
Artemether + Lumefantrine	tab	20mg/120mg	Malaria treatment	24+	24+	-	double if crew size > 30
Atropine	Amp	1.2mg/ml	MI/organophosphate poisoning	10+	5+	-	double quantity if carrying organophosphates



# Palau International Ship Registry



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<b>Azithromycin</b>	tab	500mg	infections	10+	5+	-	double if crew size > 30
<b>Ceftriaxone</b>	Amp	1g	Infections	15+	5+	-	
<b>Cetirizine</b>	tab	10mg	Hay fever/hives/dermatitis	30+	30+	-	
<b>Charcoal, activated</b>	powder		Poisoning	120g+	120+	-	
<b>Ciprofloxacin</b>	Tab	250mg	Infections	20+	10+	-	Double if crew size >30
<b>Cloves, oil of</b>	Liq		toothache	10ml	10ml	-	
<b>Dexamethasone</b>	Amp	4mg/ml	Severe asthma/anaphylaxis	3	1	-	
<b>Diazepam</b>	Tab	5mg	Alcohol withdrawal	50+	20+	-	
<b>Docusate with Senna</b>	tab	50mg/8mg	constipation	30+	-	-	
<b>Doxycycline</b>	tab	100mg	infections	10	-	-	
<b>Ethanol, hand cleanser</b>	gel	70%	hand cleaning	500ml	500ml+	100ml+	
<b>Ethanol</b>	liq	70%	disinfect instruments	500ml	100ml	-	
<b>Fluorescein</b>	eye strips	1%	Detect corneal damage	20+	20+	-	
<b>Frusamide</b>	amp	40mg/4ml	Pulmonary edema	5+	5+	-	
<b>Glucagon</b>	amp	1mg	hypoglycemia	1+	1+	-	
<b>Haloperidol</b>	amp	5mg/ml	psychosis/severe agitation	5	5+	-	
<b>Hydrocortisone</b>	crm	1%	allergy/inflammatory skin	2x30g	1x30g	-	one (1) tube per patient
<b>Ibuprofen</b>	tab	400 mg	inflammation/pain	100	50	50+	
<b>Isosorbide dinitrate</b>	tab	5 mg	angina/MI	10	10	5+	





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<b>Lignocaine</b>	amp	1%, 5ml	suturing/minor surgery	5	5	-	
<b>Loperamide</b>	tab	2mg	diarrhea	30	30	10+	
<b>Mebendazole</b>	tab	100mg	intestinal worms	6+	6+	-	
<b>Metoprolol</b>	tab	100mg	HTN/AF/angina/migraine	60+	-	-	
<b>Metronidazole</b>	tab	500 mg	infections	30+	20+	-	
<b>Miconazole</b>	crm	2%	Fungal skin infections	2x30g	1x30g	-	double quantities if females on board
<b>Midazolam</b>	amp	5mg/ml	epileptic fits	10+	5+	-	
<b>Misoprostol</b>	tab	200ug	Post-partum hemorrhage	3+	3+	-	only if females on board
<b>Morphine (Controlled Substance)</b>	amp	10mg/ml	severe pain	10	10	-	
<b>Morphine (Controlled Substance)</b>	liq	1mg/ml	severe pain in patients able to eat and drink	100ml+	100ml+	-	
<b>Naloxone</b>	amp	0.4mg/ml	Opiate overdose	10+	5+	-	
<b>Omeprazole</b>	tab	20mg	Reflux, peptic ulcers	30+	30+		
<b>Ondansetron</b>	tab	4mg	vomiting, sea-sickness	10	10	10+	
<b>Oral rehydration solution</b>	powder	sachet	Dehydration due to diarrhea	15l(75)	10l(50)	2l(10)+	quantities in brackets are number of sachets based on sachets made up to 200ml



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<b>Oxymetazoline</b>	nasal drop	0.50%	nasal obstruction/drain sinuses	2	1	-	one (1) bottle per patient
<b>Paracetamol</b>	tab	500mg	pain and fever	100	50	25	
<b>Permethrin</b>	lot	1%	lice	200ml+	100ml+	-	double if crew size > 30
<b>Permethrin</b>	lot	5%	scabies	300ml+	100ml+	-	100ml per patient
<b>Povidone iodine</b>	liq	10%	disinfect skin/wounds	100ml	100ml	100ml+	
<b>Povidone iodine</b>	oint	10%	disinfect skin/wounds	1x25g	1x25g	-	
<b>Prednisone</b>	tab	25mg	asthma/inflammatory conditions	30+	30+	-	
<b>Salbutamol</b>	inh	100ug/dose	asthma/bronchitis/emphysema	1	1	-	one (1) inhaler per patient
<b>Sodium chloride</b>	liq	0.9%, 1litre	fluid replacement	5+	1	-	
<b>Tetracaine (amethocaine)</b>	eye drop	0.50%	eye examination	20+	20+	-	
<b>Tetracycline</b>	eye oint	1%	minor eye infections	2	1	1+	one (1) tube per patient
<b>Vitamin K</b>	amp	10mg/ml	reverse warfarin or similar	2+	2+	-	
<b>Water for injection</b>	amp	5ml	reconstitute injection	10	5+	-	only used to reconstitute ceftriaxone
<b>Zidovudine + lamivudine</b>	tab	300mg/150mg	needle-stick injury prophylaxis	56+	56+	-	
<b>Zinc Oxide</b>	Paste/ ointment	20%	irritated skin	200g+	100g+	100g+	4x25g or 3X30gtubes per 100g



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\* amp=ampoule; crm=cream; inh=inhalation; liq=liquid; lot=lotion; oint=ointment; tab=tablet

\*\* AF=atrial fibrillation; HTN=hypertension; MI=myocardial infarction

\*\*\* Quantities marked with a „+“ are suggested quantities irrespective of crew size.

**Table I (Continued) Supplies and Equipment**  
(International Medical Guide for Ships, 3rd Edition)

Category	Recommended Item	Quantity
<b>RESUSCITATION EQUIPMENT</b>		
Appliance for the administration of oxygen	Portable oxygen set, complete, containing:	1
	• oxygen cylinder, 2 1/200 bar	1
	• spare oxygen cylinder, 2 1/200 bar	1
	Pressure regulating unit and flow meter with tubes such that ship's industrial oxygen can also be used	1
	• disposable face masks of choice; including simple face mask and non-rebreathing mask	3
Oropharyngeal airway	Guedel airway (Mayo-tube): sizes medium and large	2
Mechanical aspirator	Manual aspirator to clear upper airways, including 2 catheters	1
Bag and mask resuscitator	Ambubag (or equivalent); supplied with large, medium and small masks	1
Cannula for mouth-to-mouth resuscitation	Brook Airway, Lifeway, pocket face mask or equivalent	1
<b>DRESSING MATERIAL AND SUTURING EQUIPMENT</b>		
Adhesive dressings	Assorted wound-plaster or plaster strips, water-resistant	200
Eye pads	Eye pads	3
Sterile gauze compresses	Sterile gauze compresses, 5x5 cm, sterile	100
Sterile gauze compresses, 10x10 cm, sterile	100	
Gauze roll	Gauze roll, 5cm and 90cm or 60cm x 100 m, non-sterile	1



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Gauze dressing with non-adherent surface	Non-adherent gauze dressing, square, 10 cm	100
Vaseline gauze	Paraffin gauze dressing, 10 x 10 cm, sterile	50
Bandage	Elastic fixation bandage, 4 m x 6 cm	3
Sterile compression bandages	First-aid absorbent gauze-covered cotton pad sewn into a cotton bandage (ambulance dressing), small/medium/large	5
Tubular gauze for finger bandage	Tubular gauze bandage for finger bandage with applicator, 5 m	1
Adhesive elastic bandage	Adhesive elastic bandage, 4 m x 6 cm	10
Triangular sling	Triangular sling	5
Sterile sheet for burn victims	Sterile sheet for burn patients	1
Honey for dressing burns	1 kg	1
Adhesive sutures or zinc oxide bandages	Adhesive tape, waterproof, skin-friendly, 5 x 1.25 cm	10
Q-tips	Q-tips (wooden)	100
Safety pins	Safety pins (stainless steel) 12 pcs	50
Butterfly sutures	Butterfly sutures, Steristrips® or Leukostrip®, sterile	20
Skin adhesive	2-octyl cyanoacrylate liquid, 0.5 ml	2
Tubular gauze for finger bandage	Tubular gauze bandage for finger bandage with applicator, 5 m	1
Adhesive elastic bandage	Adhesive elastic bandage, 4 m x 6 cm	10
Triangular sling	Triangular sling	5
Sterile sheet for burn victims	Sterile sheet for burn patients	1
Honey for dressing burns	1 kg	1
Adhesive sutures or zinc oxide bandages	Adhesive tape, waterproof, skin-friendly, 5 x 1.25 cm	10
Q-tips	Q-tips (wooden)	100
Safety pins	Safety pins (stainless steel) 12 pcs	50
Butterfly sutures	Butterfly sutures, Steristrips® or Leukostrip®, sterile	20



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Skin adhesive	2-octyl cyanoacrylate liquid, 0.5 ml	2
Suturing equipment	Sutures, absorbable with curved non-traumatic needs, 1-O, 3-O, & 4-O or 5-O	10 each
		10
Gloves	Disposable examination gloves	50
Gloves	Surgical gloves sizes, 6.5, 7.5, 8.5, sterile, in pairs	3 of each size
<b>INSTRUMENTS</b>		
Disposable scalpels	Scalpel, sterile, disposable	20
Stainless-steel instrument box	Instrument box (stainless steel)	1
Scissors	Operating scissors, straight (stainless steel)	1
	Bandage scissors (stainless steel)	1
Forceps	Splinter forceps, pointed (stainless steel)	3
	Teeth tissue forceps (stainless steel)	1
Needle holder	Needle holder, Mayo-Hegar, 1800 mm, straight	1
Haemostatic clamps	Hemostatic clamp, Lahlstead mosquito, 125 mm, stainless steel	3
Disposable razors	Razor, disposable	50
<b>EXAMINATION AND MONITORING EQUIPMENT</b>		
Disposable tongue depressors	Tongue depressors, disposable	100
Reactive strips for urine analysis	Reactive strips for urine analysis: blood/glucose/protein/nitrite/leukocytes, 50 paper strips	100
Microscope slides	Microscope slides	100
Stethoscope	Stethoscope	1
Aneroid sphygmomanometer	Sphygmomanometer (blood pressure set), preferably automatic	1
Standard thermometer	Thermometer, digital if possible	1
Rectal thermometer	Thermometer, digital if possible	1
Hypothetic thermometer	Thermometer 32°-34°, digital if possible	1
Penlight	Penlight + blue cover	1
Magnifying glass	a x 8 loupe	1





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Marker	Waterproof indelible marker	1
<b>EQUIPMENT FOR INJECTION, INFUSION, AND CATHETERIZATION</b>		
Equipment for injection	Syringes, Luer connection, 2 ml, sterile, disposable	50
	Syringes, Luer connection, 5 ml, sterile, disposable	50
	Hypodermic subcutaneous needle, Luer connection, 16 x 0.5 mm, sterile, disposable	20
	Hypodermic intramuscular needle, Luer connection, 40 x 08 mm, sterile, disposable	20
	Needles, 19G, blunt, "drawing up" type	20
	Syringes, Luer connection, 5 ml, sterile, disposable	50
	Hypodermic subcutaneous needle, Luer connection, 16 x 0.5 mm, sterile, disposable	20
Equipment for infusion	Intravenous infusion cannula 16G (1.2 mm) and 22G (0.8 mm), Luer-lock connection, sterile non-recap type	10 each
	Intravenous giving set, Luer-lock connection, sterile	3
	Tourniquet, blood-taking type to be used with intravenous infusion cannula	1
Bladder drainage equipment	Penile sheath set with condom catheter, tube, and bag	2
	Short-term urine catheter with soft-eye straight tip Thiemann No. 12 and No. 16 or equivalent, sterile, individually packed, pre-lubricated or with additional lignocaine/chlorhexidine lubricant	2
	Urine collecting bag and tube	2
<b>GENERAL MEDICAL AND NURSING EQUIPMENT</b>		
Eye protection	Plastic goggles or full-face masks	2
Plastic apron	Disposable	20
Kidney dish	Kidney dish, stainless steel, 825 ml	2
Plastic backed towels	Towels, plastic backed, absorbent 600 x 500 mm	10
Safety box	Safety box for sharps disposal, 5 l	1
Mask	Mask, duckbill type, disposable	50
Tape measure	Tape measure, vinyl coated, 1.5 m	1
Draw sheets	Draw sheet, plastic 90 x 180 cm	2
Bedpan	Bedpan, stainless steel	1



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Hot-water bottle	Hot-water bag	1
Urine bottle	Urinal, male (plastic)	1
Ice bag	Cold Hot pack Maxi	1
Aluminum foil blanker	Aluminum foil blanket	1
Condoms	Male condoms	100
Wash bottle	Plastic wash bottles, 250 ml	1
Plastic bottle	Bottle, 1 litre, plastic with screw top	3
Dressing tray	Stainless steel dressing tray, 300 x 200 x 30 mm	1
Plastic apron	Apron, protection, plastic, disposable	20
Bowl	Bowl, stainless steel, 180 ml	3
Specimen jars	Jars, plastic, with lids and labels, 100 ml	10
Plaster-of Paris bandage	Bandages, POP, 5 cm and 10 cm x 2.7m	12 each
Stockinet	Sizes for arm and leg splints, 10 m roll	1 each
Cotton wool	Cotton wool roll, 500 g	10
Alcohol swabs	70 % alcohol swabs for skin cleansing prior to injection	200
Nail brush	Nail brush	1
Thermometer for refrigerator	Thermometer for refrigerator	1
Mortuary transfer bag	Mortuary transfer bag	1
<b>IMMOBILIZATION AND TRANSPORTATION EQUIPMENT</b>		
Malleable splints	Malleable finger splint	1
	Malleable forearm/hand splint	2
	Malleable splint leg	2
Cervical ridge collar	Cervical rigid collar variable size for neck immobilization	1
Stretcher	Stretcher equipment allowing immobilization and crane/helicopter lifting	1



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Europe Head Office  
 Piraeus, 18536, Greece  
 5, Sachtouri Street  
 6<sup>th</sup> floor  
 T: +30 210 4293500  
 F: +30 210 4293505  
[info@palaureg.com](mailto:info@palaureg.com)

USA Head Office  
 The Woodlands, TX, 77380  
 9595 Six Pines Drive,  
 Suite 8210, Office 277  
 T: +1 832 631 6061  
 F: +1 832 631 6001  
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## Appendix 2 – Publications, Forms and Charts

### Publications, Forms and Charts to Be Carried

The following publications, forms and charts must be carried on board each vessel in the quantities indicated.

PUBLICATION, FORMS AND CHARTS	QUANTITY Per Vessel
<i>International Medical Guide for Ships (IMGS)</i> (hard copy of most recent edition)	1
<i>Quantification Addendum, International Medical Guide for Ships, 3rd Edition</i> , World Health Organization, 2010	1
<i>Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG)</i> (hard copy of most recent edition; carry if transporting dangerous goods)	1
Cards/Charts for tracking temperature	10 cards up to 40 persons 20 cards for 41-100 persons
Ship Master's Report Form	
Maritime Declaration Of Health	
Controlled drugs register	



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Piraeus, 18536, Greece  
5, Sachtouri Street  
6<sup>th</sup> floor  
T: +30 210 4293500  
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9595 Six Pines Drive,  
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## Ship Master's Report Form

### SHIP MASTER'S REPORT FORM

Date of report: \_\_\_\_\_

#### Ship's identity and navigation status

Name: \_\_\_\_\_

Owner: \_\_\_\_\_

Name and Address of on shore agent: \_\_\_\_\_

Position (latitude, longitude) at onset of illness: \_\_\_\_\_

Destination and ETA (expected time of arrival): \_\_\_\_\_

### The patient and the medical problem

Surname and first name: \_\_\_\_\_

Sex: Male  Female

Date of birth (dd-mm-yyyy): \_\_\_\_\_

Nationality: \_\_\_\_\_

Seafarer registration number: \_\_\_\_\_

Shipboard job title: \_\_\_\_\_

Hour and date when taken off work: \_\_\_\_\_

Hour and date when returned to work: \_\_\_\_\_

- Attach all relevant medical reports to this report form



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Piraeus, 18536, Greece  
5, Sachtouri Street  
6<sup>th</sup> floor  
T: +30 210 4293500  
F: +30 210 4293505  
[info@palaureg.com](mailto:info@palaureg.com)

USA Head Office  
The Woodlands, TX, 77380  
9595 Six Pines Drive,  
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## **Injury or Illness**

Hour and date of injury or onset of illness: \_\_\_\_\_

Hour and date of first examination or treatment: \_\_\_\_\_

Location on ship where injury occurred: \_\_\_\_\_

Circumstances of injury: \_\_\_\_\_

\_\_\_\_\_

Symptoms: \_\_\_\_\_

\_\_\_\_\_

Findings of physical examination: \_\_\_\_\_

\_\_\_\_\_

Findings of X-ray or laboratory tests: \_\_\_\_\_

\_\_\_\_\_

Overall clinical impression before treatment: \_\_\_\_\_

\_\_\_\_\_

Treatment given on board: \_\_\_\_\_

\_\_\_\_\_

Overall clinical impression after treatment: \_\_\_\_\_

## **Telemedical consultation**

Hour and date of initial contact: \_\_\_\_\_

Mode of communication (radio, telephone, fax, other): \_\_\_\_\_

Surname and first name of telemedical consultant: \_\_\_\_\_

Details of telemedical advice given: \_\_\_\_\_

\_\_\_\_\_





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Piraeus, 18536, Greece  
5, Sachtouri Street  
6<sup>th</sup> floor  
T: +30 210 4293500  
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[info@palaureg.com](mailto:info@palaureg.com)

USA Head Office  
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9595 Six Pines Drive,  
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## Model Declaration of Health

### MODEL OF MARITIME DECLARATION OF HEALTH

To be completed and submitted to the competent authorities by the Masters of ships arriving from foreign ports.

Submitted at the port of: \_\_\_\_\_

Date: \_\_\_\_\_

Name of ship on island navigation vessel: \_\_\_\_\_

Registration/IMO No: \_\_\_\_\_

Arriving from: \_\_\_\_\_

Sailing to: \_\_\_\_\_

(Nationality) (Flag of vessel): \_\_\_\_\_

Master's name: \_\_\_\_\_

Gross tonnage (ship): \_\_\_\_\_

Tonnage (inland navigation vessel): \_\_\_\_\_

Valid Sanitation control Exemption/Control Certificate carried on board? Yes  No

Issued: \_\_\_\_\_ Date: \_\_\_\_\_

Re-inspection required? Yes  No

Has ship/vessel visited an effected area identified by the World Health Organization? Yes  No

Port and date of: \_\_\_\_\_

List ports of call from commencement of voyage with dates of departure, or within past thirty days, whichever is shorter:

Upon request of the competent authority at the port of arrival list crew members, passengers or other persons who have joined ship/vessel since international voyage began or within past thirty days, whichever is shorter, including all ports/countries visited in this period (add additional names to the attached schedule):

Name: \_\_\_\_\_ Joined from: \_\_\_\_\_

Number of crew members on: \_\_\_\_\_

Number of passengers on: \_\_\_\_\_



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## HEALTH QUESTIONS

- (1) Has any person died on board during the voyage otherwise than as a result of accident?  
Yes  No   
If yes, state particulars in attached schedule. Total no. of deaths: \_\_\_\_\_
- (2) Is there a board or has there been during the international voyage any case of disease which you suspect to be of an infectious nature? Yes  No  If yes, state particulars in attached schedule.
- (3) Has the total number of ill passengers during the voyage been greater than normal/expected?  
Yes  No   
How many ill persons? \_\_\_\_\_
- (4) Is there any ill person on board now? Yes  No  If yes, state particulars in attached schedule.
- (5) Was a medical practitioner consulted? Yes  No  If yes, state particulars of medical treatment or advice provided in attached schedule.
- (6) Are you aware of any condition on board which may lead to infection or spread of disease?  
Yes  No  If yes, state particulars in attached schedule.
- (7) Has any sanitary measure (e.g., quarantine, isolation, disinfection or decontamination) been applied on board? Yes  No  If yes, specify type, place and date.
- (8) Have any stowaways been found on board? Yes  No   
If yes, where did they join the ship (if known)? \_\_\_\_\_
- (9) Is there a sick animal or pet on board? Yes  No

NOTE: In the absence of a surgeon, the Master should regard the following symptoms as grounds for suspecting the existence of a disease of an infectious nature:

(a) fever, persisting for several days or accompanied by (i) prostration; (ii) decreased consciousness; (iii) glandular swelling; (iv) jaundice; (v) cough or shortness of breath; (vi) unusual bleeding; or (vii) paralysis.

(b) with or without fever; (i) any acute skin rash or eruption; (ii) severe vomiting (other than sea sickness); (iii) severe diarrhea; or (iv) recurrent convulsions.

I hereby declare that the particulars and answers to the questions given in this Declaration of Health (including the schedule) are true and correct to the best of my knowledge and belief.

Signed: \_\_\_\_\_

Master

Countersigned: \_\_\_\_\_

Ship's Doctor (if carried)

Date: \_\_\_\_\_



# Palau International Ship Registry



Europe Head Office Piraeus, 18536, Greece 5, Sachtouri Street 6 <sup>th</sup> floor T: +30 210 4293500 F: +30 210 4293505 <a href="mailto:info@palaureg.com">info@palaureg.com</a>	USA Head Office The Woodlands, TX, 77380 9595 Six Pines Drive, Suite 8210, Office 277 T: +1 832 631 6061 F: +1 832 631 6001 <a href="http://www.palaureg.com">www.palaureg.com</a>
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## ATTACHMENT TO MODEL OF MARITIME DECLARATION OF HEALTH\*

Name	Class or rating	Age	Sex	Nationality	Port, date joined ship/vessel

Nature of illness	Date on onset of symptoms	Reported to a port medical officer?	Disposal of case**	Drugs, medicines or other treatment given to patient	Comments

\* Add additional sheets as necessary.

\*\* State: (1) whether the person recovered, is still ill or died; and (2) whether the person is still on board, was evacuated (including the name of the port or airport), or was buried at sea



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Europe Head Office  
Piraeus, 18536, Greece  
5, Sachtouri Street  
6<sup>th</sup> floor  
T: +30 210 4293500  
F: +30 210 4293505  
[info@palaureg.com](mailto:info@palaureg.com)

USA Head Office  
The Woodlands, TX, 77380  
9595 Six Pines Drive,  
Suite 8210, Office 277  
T: +1 832 631 6061  
F: +1 832 631 6001  
[www.palaureg.com](http://www.palaureg.com)

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