

## **What to expect at your ENG1 medical**

Your medical will usually take approximately 45 minutes.

### **What to wear/bring with you:**

- Any **comfortable clothing** is suitable but please be aware that:
  - You will be asked to undress down to your underwear during the examination;
  - If your body mass index is above 30 and is not attributable to muscle bulk, you may be asked to carry out an exercise step-test (see below). You may wish therefore to ensure that you are wearing or have available suitable loose/cool clothing and footwear to perform this.
- **Glasses/spare lenses/contact lens case** and fluid if you wear these (including any near vision or reading glasses)
- **List of any medications**
- **Photo ID** (Discharge book or passport preferred)
- **Old ENG1 certificate** if you have one. This needs to be the original, not a copy. We need to retain your old ENG1 certificate before issuing you a new one.
- Means of **payment** if you have not paid in advance.
- **Evidence of colour testing if you have previously failed a colour vision test** but been assessed by the lantern test (deck) or City or Farnsworth tests (engine).
- **Letters/reports from doctor/specialists if you are undergoing any medical treatment** if you have any (this is particularly useful if you are undergoing more complex treatment or if the condition or treatment is likely to affect your fitness as occasionally we do need to seek further from other doctors involved in your care). Your GP should be able to provide you with a 'Patient Summary' print off, free of charge. You can ask this to include any recent blood tests/ blood pressure and a list of your medication. They can also print off any letters from the hospital. Examples of conditions where it is useful to have the above information include diabetes or high blood pressure.

### **When you arrive:**

Please report to the receptionist on arrival. Please ask for them to give you a **urine specimen bottle** and direct you to the toilet. Take this into your medical with you.

### **Examination with the doctor**

**Checking Identity and Medical History:** The doctor will need to see your photographic ID (usually your discharge book, passport or photocard driving licence) and go through your personal details, your GPs address and details of your family and personal medical history.

**Physical Examination:** For the medical examination you will be asked to remove your clothing down to your underwear. A medically trained chaperone (a person to be with you alongside the doctor) is available if you wish one to be present. Seafarers of the opposite sex to the doctor (ie females) will always automatically be offered a chaperone but any seafarer may request one to be present. This examination will include checking ears, eyes, mouth, examination of the neck, chest, abdomen (including checking for hernias) and upper/lower limbs and spine. No intimate examination is required or carried out.

You will then have your weight, height, pulse and blood pressure measured.

**Vision Tests:** Vision tests will include checking your distant and near vision (with and without spectacles if you wear them for reading). If you wear contact lenses you will be asked to remove these during the test so please bring your contact lens case/fluid, or a spare pair of spectacles if they are disposable lenses. Your colour vision will be tested using coloured number plates unless we have done this in the previous 2 or 3 years. If you know that you have problems with colour vision and this is critical to your job (eg deck/engine) then please ensure that you bring copies of any reports/certificates from lantern, City, Farnsworth or other tests with you.

**Hearing test:** A hearing test is required every 10 years. We use a phone based hearing test developed by Action on Hearing Loss or an audiometry test. This involves entering numbers into the computer as they are read out with increasing background noise. The audiometer is a machine that plays a beep at various frequencies and you will press a button when you hear it. Occasionally, or if there is any particular concern we suggest you obtain an official hearing test at a high street hearing testing centre such as boots or specsavers.

**Exercise testing:** We may need to establish the level of your physical fitness, this can be particularly relevant to seafarers who are overweight and have a high BMI. This involves a step test. The test requires you to step on and off a step for 5 minutes and then measure your pulse and recovery rate. If you are significantly overweight or feel that a test may be required please ensure you are wearing or bring suitable clothing and footwear for this. The test more difficult if wearing layers of warm clothes, tight jeans or heels!

**Other tests:** Some employers require a drugs test, pregnancy test or other blood tests. Please feel free to send specifying what you may require and we will reply if this is possible.

**After the medical:**

Providing everything is in order you will receive an ENG1 certificate at the end of your medical. For most seafarers this will be an unrestricted certificate valid for 2 years. If it is your first medical we will go through the details on the reverse of the certificate in detail before asking you to sign the certificate. Please do check that we have got all the details correct including your personal details and all dates on the certificate. If there are any restrictions/limitations on your certificate these will be discussed with you at your medical referring to the relevant guidelines. You may also be issued with an ENG 3 certificate if the ENG1 certificate is restricted or you do not pass the medical. A copy of this is sent to the Marine Coast Guard Agency and you are given a copy with details of how to appeal if you disagree with any decision, or would like another opinion. This will be explained at the time.