

Regulation of the Minister of Social Affairs No. 111 of 31.10.2005

Entry into force of this wording 13 November 2005

**REQUIREMENTS FOR TRAINING IN MARITIME MEDICINE FOR PERSONS
WHO CONDUCT MEDICAL EXAMINATION**

The Regulation has been adopted on the basis of subsection (2) of § 26¹ of the Maritime Safety Act of the Republic of Estonia

§ 1 Scope of Application

This Regulation establishes the requirements for training in maritime medicine for persons who conduct medical examination.

§ 2 Requirements for 18-hour training in maritime medicine

- (1) The curriculum of the 18-hour training in maritime medicine shall include the following topics:
 - 1) national maritime legislation and international conventions;
 - 2) the specifics of the working environment and living conditions on board;
 - 3) health risks of seafarers;
 - 4) organisation of first aid and emergency care on board;
 - 5) absolute and relative contraindications to working on board;
 - 6) requirements for hearing and vision for working on board;
 - 7) medical records.
- (2) The subject dealing with national maritime legislation and international conventions shall include at least the following topics:
 - 1) ensuring the safety of vessel traffic;
 - 2) familiarisation with international conventions;
 - 3) introduction to national maritime legislation.
- (3) The subject dealing with the specifics of the working environment and living conditions on board shall include at least the following topics:
 - 1) the specifications of work and rest hours on board;
 - 2) occupational accidents on board;
 - 3) peculiarities of the microclimate on board;
 - 4) a training visit on board.
- (4) The subject dealing with health risks of seafarers shall include at least the following topics:
 - 1) physical hazards (noise, vibration, electric and magnetic fields, high and low temperatures);
 - 2) chemical hazards;
 - 3) biological hazards;
 - 4) night duty;
 - 5) work related to forced positions and movements;
 - 6) psycho-emotional hazards.

- (5) The subject dealing with organisation of first aid and emergency care on board shall include the topics listed in Annex 1 of Regulation No. 31 of the Minister of Social Affairs of 26 February 2003 “The Curricula and Volume of First Aid and Medical Care Training for Crew Members, and Qualification Requirements for Trainers”, as well as in §§ 3, 5 and 6 and Annexes 2 and 3 of Regulation No. 128 of the Minister of Social Affairs of 23 October 2002 “The arrangement of medical assistance on board and a list of medical equipment required on board of ships registered in Estonia”.
- (6) The subject dealing with absolute and relative contraindications to working on board shall include at least the following topics:
 - 1) allergic diseases;
 - 2) diseases of the hematopoietic system;
 - 3) oncological diseases;
 - 4) infectious diseases;
 - 5) skin diseases;
 - 6) respiratory diseases;
 - 7) gastrointestinal diseases;
 - 8) circulatory system diseases;
 - 9) diseases of the urinary system;
 - 10) pregnancy;
 - 11) endocrine diseases;
 - 12) mental diseases;
 - 13) nervous system diseases;
 - 14) congenital or acquired diseases of the musculoskeletal system and post-traumatic disorders;
 - 15) eye diseases and related disorders;
 - 16) ear diseases, mastoiditis and hearing problems;
 - 17) other health disorders.
- (7) The subject dealing with requirements for hearing and vision for working on board shall include at least the following topics:
 - 1) requirements for and examination of hearing;
 - 2) noise-induced hearing loss of seafarers;
 - 3) requirements for and examination of eyesight.
- (8) The subject dealing with medical records shall include at least the following topics:
 - 1) formalisation of documents;
 - 2) preservation of documents.

§ 3 Requirements for 30-hour training in maritime medicine

- (1) The curriculum of the 30-hour training in maritime medicine shall include the following topics:
 - 1) national maritime legislation and international conventions;
 - 2) the specifics of the working environment and living conditions on board;
 - 3) health risks of seafarers;
 - 4) organisation of first aid and emergency care on board;
 - 5) absolute and relative contraindications to working on board;
 - 6) requirements for hearing and vision for working on board;
 - 7) tropical infectious diseases and vaccination;
 - 8) medical records.
- (2) The subject dealing with national maritime legislation and international conventions shall include at least the following topics:

- 1) ensuring the safety of vessel traffic;
 - 2) familiarisation with international conventions;
 - 3) introduction to national maritime legislation.
- (3) The subject dealing with the specifics of the working environment and living conditions on board shall include at least the following topics:
- 1) the specifications of work and rest hours on board;
 - 2) occupational accidents on board;
 - 3) peculiarities of the microclimate on board;
 - 4) a training visit on board.
- (4) The subject dealing with health risks of seafarers shall include at least the following topics:
- 1) physical hazards (noise, vibration, electric and magnetic fields, high and low temperatures);
 - 2) chemical hazards;
 - 3) biological hazards;
 - 4) night duty;
 - 5) work related to forced positions and movements;
 - 6) psycho-emotional hazards.
- (5) The subject dealing with organisation of first aid and emergency care on board shall include the topics listed in Annex 1 of Regulation No. 31 of the Minister of Social Affairs of 26 February 2003 “The Curricula and Volume of First Aid and Medical Care Training for Crew Members, and Qualification Requirements for Trainers”, as well as in §§ 3, 5 and 6 and Annexes 2 and 3 of Regulation No. 128 of the Minister of Social Affairs of 23 October 2002 “The arrangement of medical assistance on board and a list of medical equipment required on board of ships registered in Estonia”.
- (6) The subject dealing with absolute and relative contraindications to working on board shall include at least the following topics:
- 1) allergic diseases;
 - 2) diseases of the hematopoietic system;
 - 3) oncological diseases;
 - 4) infectious diseases;
 - 5) skin diseases;
 - 6) respiratory diseases;
 - 7) gastrointestinal diseases;
 - 8) circulatory system diseases;
 - 9) diseases of the urinary system;
 - 10) pregnancy;
 - 11) endocrine diseases;
 - 12) mental diseases;
 - 13) nervous system diseases;
 - 14) congenital or acquired diseases of the musculoskeletal system and post-traumatic disorders;
 - 15) eye diseases and related disorders;
 - 16) ear diseases, mastoiditis and hearing problems;
 - 17) other health disorders.
- (7) The subject dealing with requirements for hearing and vision for working on board shall include at least the following topics:
- 1) requirements for and examination of hearing;
 - 2) noise-induced hearing loss of seafarers;
 - 3) requirements for and examination of eyesight.

- (8) The subject dealing with tropical infectious diseases and vaccination shall include at least the following topics:
 - 1) health risks in different geographical areas;
 - 2) prevention of malaria;
 - 3) vaccination requirements in different countries;
 - 4) vaccination of seafarers for different navigational areas;
 - 5) familiarisation with the World Health Organization's publication "International Travel and Health".
- (9) The subject dealing with medical records shall include at least the following topics:
 - 1) formalisation of documents;
 - 2) preservation of documents;
 - 3) international requirements for medical examination of seafarers;
 - 4) an overview of the forms of health certificates and health requirements for seafarers established in different maritime states.
- (10) The topics specified in subsections (2)–(9) of this section may be exchanged within the curriculum and be taught within the frames of other topics or in relation thereto.