

SHIPPING NOTICE 06/2014 Rev 3

REQUIREMENTS AND GUIDANCE ON THE CARRIAGE OF MEDICAL STORES AND RADIO MEDICAL ADVICE ON CAYMAN ISLANDS FLAGGED VESSELS

**To: OWNERS, MANAGERS, OPERATORS AND MASTERS OF CAYMAN ISLANDS SHIPS
(INCLUDING YACHTS).**

1. Background

- 1.1 The purpose of this Shipping Notice is to provide updated guidance on the minimum requirements for medical stores and for radio medical advice for Cayman Islands ships which is a requirement of the Merchant Shipping (Maritime Labour Convention) (Medical Care) Regulations, 2014. These requirements should be complied with in full by 30 April 2022 and as medical stores are replaced prior to that date.

2. Introduction and transition

- 2.1 The Merchant Shipping (Maritime Labour Convention) (Medical Care) Regulations, 2014 (the Regulations) implements into Cayman Islands law Regulation 4.1 of The Maritime Labour Convention, 2006 (MLC, 2006).
- 2.2 Regulation 11 of the Regulations requires that ships comply with the requirements for medical stores as set out in this Shipping Notice.
- 2.3 Regulation 9 of the Regulations requires that a ship must carry a complete and up-to-date list of radio stations relevant to the ship's area of operation, through which medical advice can be obtained, and if equipped with a system of satellite communication, carry an up-to-date and complete list of land earth stations through which medical advice can be obtained.
- 2.4 To allow for ship operators to comply with the new requirements set out in this Shipping Notice and to minimise wastage, the Cayman Islands Shipping Registry (CISR) will give one calendar year from 1 May 2021 to allow for medicines and equipment to be replenished and where necessary for seafarers to be trained in use of any new medical stores they now carry (see particularly section 3.3 of this notice).
- 2.5 In order to stop excess wastage of unused medicine or equipment, an implementation period of one year has been permitted. Replacement of medical stores by the ship operator will be due by the end of April 2022 allowing medicine or equipment to be replaced with any recommended alternative as and when it expires. E.g. if a medicine which has been altered in this Shipping Notice expires in December 2021, it does not need to be replaced and disposed of immediately. It should be replaced with the recommended alternative when it expires in December 2021, as that will be within the implementation period of one year.

3. Medical Stores

3.1 The categories of vessels and the consequent requirements for medical stores and equipment areas are:

Category A: Seagoing or sea-fishing vessels with no limitation on length of trips.

Category B: Seagoing or sea-fishing vessels making trips of less than 150 nautical miles from the nearest port with adequate medical equipment. This category is extended to seagoing or sea-fishing vessels which make trips of less than 175 nautical miles from the nearest port that has adequate medical equipment and which remain continuously within range of helicopter rescue services.

Category C: Harbour vessels, boats and craft staying very close to shore or with no cabin accommodation other than a wheelhouse. Lifeboats and life-raft are also required to carry Category C stores.

3.2 The CISR interprets the phrase "very close to shore" as meaning that a vessel operating more than 60 nautical miles out to sea would not be operating very close to shore. Notwithstanding this interpretation, it is for owners and skippers, for the purpose of complying with the Regulations, to assess whether, in respect of voyages in which the vessel goes less than 60 nautical miles out to sea, the vessel is "very close to shore".

3.3 Within Category C there is a new "risk assessed" option to allow additional items for ships that carry Category C medical stores. The minimum contents of a Category C kit are designed to provide for immediate care where a minor delay is considered acceptable. For some vessels operating with Category C medical stores, the machinery on board or the type of operation may give rise to risks which this kit is not adequate to treat. If a risk assessment shows that because of the nature of the work on board, or the type or pattern of operation, the range of stores required in a Category C kit may not be adequate to respond to likely medical requirements on board then the owner or master should consider whether a vessel operating less than 60 miles from a safe haven should carry some or all of the additional items marked "RA" (for risk assessment). If ship operators decide to carry any or all of the RA items, the owner must therefore ensure that the Master and any person in charge of medical treatment have the appropriate level of training to use the medical stores and equipment carried.

3.4 The following vessels are excluded from the requirements of this Notice:

- inland navigational vessels
- warships
- pleasure vessels
- tugs operating in harbour areas

3.5 The requirements and recommended stores are set out in the attached schedules.

Schedule 1: Medical Supplies

Schedule 2: Medical Equipment

Schedule 3: Additional requirements for passenger ships – Doctor's Bag

Schedule 4: First Aid Kits

Schedule 5: Medical Guides to be carried and Radio Medical Advice

Schedule 6: Precautions against Malaria

- 3.6 A checklist of all the medicines and equipment required by this Shipping Notice should be kept on board and reviewed annually.
- 3.7 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. If a defibrillator is carried, the CISR recommends that systems are in place to ensure regular maintenance of the equipment (in accordance with the manufacturer's instructions), and adequate training for the first aiders, including regular refresher training (at least every 6 months). Training should also particularly cover care of the patient after defibrillation bearing in mind that immediate hospitalisation may not be possible.
- 3.8 The Ship Captain's Medical Guide should be referred to for help with diagnosis. This Shipping Notice should be kept with the current edition of the Guide. Radio medical advice should be sought as appropriate (See Schedule 5).
- 3.9 Under regulation 6 of the Regulations all Cayman Islands registered ships which carry more than 100 persons on board, and which are engaged on an international voyage of more than three days, or on a voyage which is more than one and a half days from port with adequate medical equipment, are required to carry a qualified medical practitioner.
- 3.10 The owner of the vessel is responsible for the cost of any medicine and medical equipment, including the periodic replacements in order to keep stocks of any required medicines in date and immediately useable.
- 3.11 If a person, while employed in a Cayman Islands ship receives any surgical or medical treatment or such dental or optical treatment (including repair or replacement of any appliance) outside the Cayman Islands, that cannot be postponed without impairing the seafarer's efficiency, the reasonable expenses of this treatment shall be paid by the employer(s).

4. Radio Medical Advice

- 4.1 The MLC and the regulations require the designation of one or more centres to provide radio medical advice to ships. For Cayman Islands ships the officially designated centres are at Queen Alexandra Hospital, Portsmouth and at Aberdeen Royal Infirmary.
- 4.2 Radio medical advice is available free of charge to provide support in cases where an individual suffers either illness or an accident at sea. The advice is intended to supplement the first aid training of the ship's crew and the written guidance that is available, such as the Ship's Captain's Medical Guide.
- 4.3 To obtain radio medical advice Masters and Skippers should first contact HM Coastguard. Contact should be made on either MF DSC, VHF DSC, VHF Channel 16 or INMARSAT. Urgent calls for assistance may be broadcast using the normal Urgency prowords "PAN PAN" as follows:

"PAN PAN" x3
"All Stations" x3 OR Individual Coastguard /
Coast Station x3 (If name known)
"This is [ship name]" x3
"Call Sign"
"In Position"
"I require medical advice"
"Over"

Users should not use mobile telephones for seeking medical advice or assistance.

- 4.4 The Coastguard or Coast Station will direct the caller to a working frequency and is obliged to seek basic details, including brief details of the casualty's illness or injury, type of vessel, next port of call or nearest at which the casualty could be landed, confirmation of position, and if mid-ocean, to discuss with Coastguard when likely to be in range of helicopter. The Coastguard will then put the caller through to a doctor at one of the radio medical advice centres. Medical Staff who deal with radio medical advice calls have some familiarisation training so should be aware of the special circumstances and limited facilities likely to be available at sea. Depending on the circumstances and the advice of the doctor, the Coastguard may assist in arranging evacuation either by helicopter or lifeboat.

5. Health promotion and health education programmes

- 5.1 Information should be provided on-board on preventative measures such as health promotion and health education programmes for seafarers. This information can refer to information regarding health promotion and education activities which are available through various international and industry publications. For example please see:

www.seafarerswelfare.org

<https://www.gov.uk/topic/working-sea/medical-certification>

6. Further Information

- 6.1 Should you have any queries on any aspect of the MLC please contact shipping.master@cishipping.com.

Schedule 1: Medical Supplies

For any items marked* the specified quantity is considered sufficient regardless of crew size.

Ref No.	Treatment Requirements	Recommended medicine and dosage strength representing best practice	Recommended Quantity for 10 workers: Category A	Recommended Quantity for 10 workers: Category B	Recommended Quantity for 10 workers: Category C
1. Cardio Vascular					
(a)	Cardio vascular analeptics - Symathomimetics	i) Adrenaline / Epinephrine inj BP 0.5ml – adrenaline acid tartrate inj 1.0mg in 1ml (1 in 1000)	10*	10*	-
		ii) (Optional) Adrenaline auto-injector (0.3mg or 0.5mg)	5*	5*	-
iii)	Anti – angina preparations	i) Glyceral Trinitrate Spray 400 micrograms/metred 200 dose aerosol or transdermal patches 5mg x 2	1 unit	1 unit	1 unit*
		ii) Metoprolol 50mg tab or Atenolol 25mg tab	56* 56*	28* 28*	- -
iv)		Frusemide / Furosemide			
		i) 40mg tablets ii) 20mg in 2ml inj	28* 10*	28* -	- -
v)	Anti – haemorrhagics (including uterotics if there are women with potential for child bearing working onboard)	i) Tranexamic Acid 500mg tab	60*	60*	-
		ii) Tranexamic Acid 500mg/5ml inj If there are women onboard	5*	-	-
		iii) Phytomenadione (Vitamin K1) 0.2ml (1 ampoule) Paediatric inj.	5*	5*	-
		iv) Ergometrine maleate 500mg inj. Oxytocin units in 1ml ampoule	5*	5*	-

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vi)	Anti - hypertensive	i) ii)	Amlodipine 5mg tab Atenolol 25mg tab Or Metoprolol 50mg tab	56* Use 1b(ii)*	28* Use 1b(ii)*	- -
vii)	Antiplatelet drugs	i) ii)	Aspirin 300mg tab (Optional) Clopidogrel 75mg tab	32* 28*	32* -	RA 32*
2. Gastro intestinal system						
(a)	Medicines for indigestion, reflux ,gastric/duodenal ulceration Antacids	i) ii)	Lansoprazole 30mg tab or Ranitidine 150mg tab (availability issues) Proprietary antacid of choice	28 60 As required	28 60 As required	- * -
(b)	Anti - emetics	i) or ii) iii)	Ondansetron 4mg tab or Domperidone 10mg tab Prochloroperazine maleate 3mg buccal tablets Cyclizine 50mg/1ml inj Or Promethazine hydrochloride 25mg per ml (1ml ampoules)	60* 60* 50* 10*	30* 30* 50* 5*	- - - -
(c)	Laxatives	i) or ii) iii)	Lactulose 10g/15ml or Magnesium hydroxide 79mg/1ml Bisacodyl 5mg tab Glycerol Suppository 4mg mould	500ml* 500ml* 60* 12*	300ml* 200ml* 20* -	- - - -
(d)	Anti - diarrhoeals		Loperamide 2mg cap	30	30	30
(e)	Haemorrhoid preparations		Proprietary preparation of choice	As required	As required	-

3. Analgesics and Anti – spasmodics						
(a)	Analgesics, anti – pyretics and anti – inflammatory agents	i)	Paracetamol 500mg tablets	100	50	50
		ii)	Ibuprofen 400mg tab or Naproxen 250mg tab	100	50	50
		iii)	Diclofenac sodium 100mg suppository	56 10*	28 10*	28 -
(b)	Powerful analgesics	i)	Codeine phosphate 30mg tablets Or Tramadol 50mb tab	28 60	28 30	- -
		ii)	a) Morphine sulphate 10mg in 1ml injection and b) Naloxone 400mcg/1ml inj (Naloxone must be carried if Morphine Sulphate is carried)	10 10	10 10	RA 10 RA 10
			or Tramadol 100mg/2ml inj	20	10	RA 10
		iii)	(Optional) Methoxyflurane 3ml inh	1	1	RA 1
(c)	Anti – spasmolytics	Hyoscine butylbromide 10mg tablets	56*	56*	-	
4. Nervous system						
(a)	Anxiolitics	i)	Diazepam 5mg tab	28*	28*	-
		ii)	Diazepam 10mg/2ml inj	10*	-	-
(b)	Neuroleptics	i)	Chlorpromazine hydrochloride 25mg/1 ml injection	28*	28*	-
			Or Haloperidol 5mg/1ml inj	28*	28*	-
		ii)	Chlorpromazine hydrochloride 25mg tablets	10*	-	-
			Or Haloperidol 5mg tab	10*	-	-

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(c)	Seasickness remedies	i)	Cinnarizine 15mg tab or Promethazine teoclate 25mg tab	84 28	84 28	60 -
		ii)	Prochlorperazine maleate 3mg buccal tab or Promethazine hydrochloride 25mg/1ml inj or Cyclizine 50mg/1ml inj	Use 2b (ii) Use 2b (ii)	Use 2b (ii) Use 2b (ii)	- -
(d)	Anti - epileptics	i)	Diazepam 5mg tab	Use 4a(i)	Use 4a(i)	-
		ii)	Diazepam 10mg in 2ml inj	Use 4a(i)	-	-
		iii)	Diazepam rectal solution 10mg in 2.5ml	5*	5*	-
5. Anti – allergics and Anti – anaphylatics						
(a)	Anti - histamines	i)	Cetirizine 10mg tab or Loratadine 10mg tab	60* 60*	30* 30*	- -
		ii)	Chlorphenamine 10mg/1ml inj or Promethazine hydrochloride 25mg/1ml inj	10* Use 2biii)	5* Use 2biii)	- -
(b)	Steroids	i)	Hydrocortisone inj. (with diluent if required)	5*	1*	-
		ii)	Prednisolone 5mg tablets	56	56	-
6. Respiratory system						
(a)	Asthma	i)	Salbutamol 100mcg/dose 200 dose inh	1 1	1 1	RA 1 -

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		ii) Beclometasone 100mcg/dose 200 dose inh iii) Spacer compatible with both Salbutamol and Beclometasone	1*	1*	RA 1*
(b)	Anti - tussives	Proprietary cough mixture	As required	As required	-
7. Anti – infection					
(a)	Antibiotics, Antivirals, Antifungals	i) Co-Amoxiclav 500mg/125mg tab or Amoxicillin 500mg cap ii) Ciprofloxacin 500mg tab iii) Azithromycin 500mg tab or Erythromycin 500mg tab iv) Flucloxacillin tablets 500mg tab v) Doxycycline 100mg cap vi) Metronidazole 400mg tab vii) Metronidazole suppositories 1g viii) Co-Amoxiclav 1.2g inj ix) Ceftriaxone injection 1g inj x) Aciclovir 400mg tab xi) Fluconazole 50mg tab or Terbinafine 250mg tab	42 42 20 3 28 28 16 21 10* 10* 10* 56* 14* 14	21 21 10 3 28 28 8 21 - - - - 7* 7*	- - - - - - - - - - - - - -
(b)	Anti - parasitics	Mebendazole 100mg tablets	6*	6*	-
(c)	Anti-tetanus vaccines and immunoglobulin	i) Tetanus vaccine (DTP or other combinations are acceptable) 0.5ml inj ii) Tetanus immunoglobulin 250iu inj	5* 1*	1* -	- -

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(d)	Anti-malaria medicines – requirement for inclusion in the medical stores is dependent upon operational area	For prophylaxis, and for treatment of active disease. Dependent upon operational area and expert advice	As required	As required	-
8. Compounds promoting rehydration, caloric intake and plasma expansion					
	WHO Generic Formula	Oral rehydration salts, as per current WHO formula sachet or Proprietary equivalent sachet	20 20	20 20	- -
9. Medicines for external use					
(a)	Skin Medicines				
	Antiseptic solutions	Proprietary solution of choice 250ml Chlorhexidine-based preparation Or Proprietary sterile wipes - pack of choice Chlorhexidine-based preparation	1* 1*	1* 1*	1* 1*
	Antibiotic ointments	i) Aciclovir 5% cream 2g ii) Fusidic acid 2% cream/ointment 15g or Mupirocin 2% cream/ointment 15g	1 1 1	1 1 1	- - -
	Anti – inflammatory and analgesic ointments	i) Hydrocortisone 1% cream 15mg tube ii) Proprietary NSAID gel/ointment 30g	2 As required	- As required	- As required
	Anti-fungal skin treatments	i) Miconazole nitrate 2% topical cream 30g or Terbinafine 1% cream 30g If there are women on board:	2 2	1 2	- -

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		ii)	Clotrimazole 500mg pessary	2	1	-
	Burn preparations	i)	Silver sulphadiazine 1% cream 50mg tube	2	1	-
		ii)	Proprietary antiseptic cream	-	-	1
	Miscellaneous skin preparations	i)	a) Permethrin 5% cream 30g and b) Permethrin 1% Cream Rinse or Malathion 0.5% 200ml	2* 2* 2*	- - -	- - -
		ii)	Proprietary barrier cream	1*	-	-
		iii)	Magnesium sulphate paste 50g	1*	-	-
(b)	Eye medicines					
	Antibiotic and anti-inflammatory treatments	i)	Chloramphenicol 1% ointment 4g	4	4	-
		The following eye drops are recommended in single dose form:				
	Steroid drops	ii)	Dexamethasone 0.1% 0.5ml	20*	20*	-
	Anaesthetic drops	iii)	Tetracaine 0.5% 0.5ml	20*	20*	-
	Hypotonic miotic drops	iv)	Pilocarpine 2% 0.5ml	20*	20*	-
	Diagnostic drops	v)	Fluorescein Sodium 1% 0.5ml	20*	20*	-
			or Fluorescein strips	20*	20*	-
	Sterile saline solution for eyewash			20	20	-

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		vi) Sterile saline solution for eyewash 20ml			
(c)	Ear medicines				
	Antibiotic and anti-inflammatory treatments	Combined antibiotic and steroid ear drops 10ml	2*	1*	-
	Nasal drops or spray	Xylometazoline 0.1% 10ml	1*	1*	-
		or Oxymetazoline 0.05% 15ml	1*	1*	-
(d)	Medicines for oral and throat infections				
	Antiseptic mouthwashes	Proprietary antiseptic mouthwash 250ml	1	1	-
(e)	Local anaesthetics				
	Local anaesthetics for subcutaneous injection	Lidocaine hydrochloride 1% 5ml for injection	10*	10*	-
	Local anaesthetic for topical application	Lidocaine 2% and chlorhexidine 0.25% in lubricant gel (in applicator)	1	-	-
	Dental anaesthetics and antiseptic mixtures	i) Proprietary anaesthetic gel	1	1	-
		ii) Oil of cloves 10ml	1*	1*	-
(f)	Water for injection	Water for injection 10ml inj	40	-	-

Schedule 2: Medical Equipment

Equipment	Recommended Specification	Quantity Category A	Quantity Category B	Quantity Category C
1. Resuscitation equipment				
Equipment for mouth-to-mouth resuscitation and airway equipment	i) Bag/valve/mask (BVM); supplied with large, medium and small masks	1*	1*	-
	ii) Pocket face mask with valve and oxygen inlet	1*	1*	1*
	iii) Oropharyngeal airway sizes 3 and 4	1 of each *	1 of each *	-
	iv) (Optional) Nasopharyngeal airways 6mm and 7mm internal diameter	1 of each *	1 of each *	-
Appliance for the administration of oxygen	Oxygen giving set comprising of the following: 1) Oxygen reservoir 2) 1 flow metre unit giving a minimum setting of 400 litres including 1 pressure regulator 1 flow meter unit 1-15 litres/min And (optional) Oxygen concentrator with flow capacity of 8-10 litres/min 3) 1 set of oxygen tubing 4) 5 x medium concentration face masks 5) 5 x high concentration disposable nonrebreather oxygen masks with reservoir	1	1	-

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	Each part constructed so that it can only be assembled in the correct manner			
Mechanical aspirator to clear upper respiratory passages	Manual aspirator and two suction catheters	1*	1*	-
2. Dressing and suturing equipment				
Disposable suture stapler or suture kit with needles	Skin stapler disposable with 15 staples and Staple remover or Non-absorbable sutures swaged to a half circle needle sterile size 3.0 and Absorbable sutures swaged to a half circle needle sterile size 3.0	1	1	-
		1	1	-
		2	1	-
		2	1	-
Wound skin adhesive	Skin adhesive 0.5ml single use	1	1	-
Adhesive elastic bandage	Adhesive elastic bandage 7.5cm x 4m	2	1	1
Elasticated bandage	Crepe bandage 7.5cm x 4m	4	2	-
Tabular gauze bandage for finger dressings	20m length with an applicator	1*	1*	-
Disposable gloves – non sterile	Latex-free, small, medium, large	10 prs of each	10 prs of each	5 prs of each
Disposable gloves – sterile	Latex-free sizes 6, 7, 8	4 prs of each	2 prs of each	-
Adhesive dressings	Assorted sterile	40	40	10
Sterile compression bandages and unmedicated bandages (ambulance dressings)	1) Medium, No.1 12cm x 10cm	3	2	2
	2) Large, No.2 20cm x 15cm	3	2	2
	3) Extra large, No.3 28cm x 20cm	2	1	1
Adhesive sutures	Adhesive wound closure strips 100mm x 12mm 6 pack	4	4	2
Sterile gauze compresses	sterile gauze swabs size 7.5cm x 7.5cm 5 pack	6	4	2
Sterile sheet for procedures	Sterile sheet for procedures 50cm x 50cm	1	1	-
Burn Dressings	i) Plastic wrap roll 30cm x 80m	1*	1*	-
		2*	2	-

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	ii) Burns bag dressings for hands and feet			
Triangular bandage	Triangular bandage	2*	2*	-
Paraffin gauze dressings	Paraffin gauze dressings, 10cm x 10cm Or Hydrogel dressings 10cm x 10cm	10 10	10 10	- -
3. Instruments				
Disposable scalpels	e.g 10 blade	2*	-	-
instrument box (made of suitable material)		1*	1*	-
Scissors	i) Dressing scissors blunt/sharp ii) Dressing scissors sharp/sharp iii) Tough cut scissors	1* 1* 1*	1* 1* 1*	- - -
Dissecting forceps	Toothed forceps	1*	1*	-
Haemostatic clamps	Haemostatic clamp/Needle holder	1*	1*	-
Splinter/Needle forceps	Splinter forceps	1*	-	-
Disposable razors	Disposable razors	5*	-	-
4. Examination and monitoring equipment				
Pen torch	Pen torch with blue filter for eye exam	1*	1*	-
Disposable tongue depressors	Disposable tongue depressors	10*	10*	-
Urine analysis testing strips	Urine analysis testing strips 25 strips/pack To test for: Leukocytes Nitrites Protein Glucose Specific gravity Ketones Blood pH	1 pack*	-	-
Patient vital signs monitoring chart	Patient vital signs monitoring chart 25 sheets as per Ship Captain's medical Guide	1 pad*	1 pad*	-

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Medical incident report forms	Medical incident report forms 25 sheets as per Ship Captain's medical Guide	1 pad*	-	-
Pregnancy Test Kit	When women on board	2*	-	-
Stethoscope		1*	1*	-
Sphygmomanometer		1*	1*	-
Standard clinical thermometer	Thermometer, digital with range including hypothermia with covers	1*	1*	-
Glucometer	i) Glucometer with 25 testing sticks	1*	-	-
	ii) Lancets for use with glucometer	25	25	-
Pulse Oximeter	Pulse Oximeter	1*	-	-
Malaria medical test kit stores – requirement for inclusion in the is dependent upon operational area	WHO approved Malaria medical test kit	As required	As required	
5. Equipment for injection, perfusion, puncture and catheterization				
Bladder drainage instruments (suitable for men and women)	i) Bladder drainage set (including urine bag, spigots and tube)	1*	-	-
	ii) Foley Catheter 12 or 14 gauge, 10 ml balloon (short / medium term use adults) in	2*	-	-
	iii) Water for injections 5ml	As per 9(f) 1*	-	-
	iv) Penile sheath set		-	-
Disposable syringes	2ml, 5ml & 10ml quantities of each size	10 of each	5 of each	As required - RA
Disposable needles	21G (0.8mm) and 23G (0.6mm)	20 of each	10 of each	-
"Sharps" Disposal Box	1 litre size	1*	1*	-
Intravenous or intraosseous infusion set (depending on training)	i) Intravenous cannulae 18g	5*	2*	-
	ii) Intravenous cannulae 20g	5*	2*	-
	iii) Cannula dressing 10* 5*	10*	5*	-
	iv) Tourniquet – quick release	1*	1*	-
	or i) Intraosseous (IO) access device	1*	1*	-

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	ii) IO dressing	1*	2*	-
Intravenous fluid set	i) Intravenous fluid giving set	2	2	-
	ii) Saline flush 5ml	10*	10*	-
	iii) Intravenous fluid – Ringers Lactate 1 litre	2	2	-
6. General medical equipment				
Personal protective medical and nursing equipment	i) Disposable Aprons	50*	10*	-
	ii) Masks (surgical type 2)	50*	10*	-
	iii) Respirator mask (FFP2 or FFP3)	10*	5*	-
	iv) eye protection	5*	5*	-
Bedpan	Stainless steel or sterilisable plastic	1*	-	-
Hot water bottle	With fabric cover	1*	-	-
Urinebottle (urinal)		1*	-	-
Icebag		1*	-	-
7. Immobilisation and setting equipment				
Malleable finger splint		1*	1*	-
Malleable forearm / lower limb splint		1*	1*	-
Vacuum splints and pump	upper and lower limb set	1*	1*	-
Inflatable splints	upper and lower limb set	1*	1*	-
Traction splint	Traction splint for thigh	1*	1*	-
Collar semi rigid for neck immobilisation	Adult size pack of 3, small, medium and large	1*	1*	-
	Or Adult adjustable	1*	1*	-
8. Disinfection, disinsectisation and prophylaxis				
Water – disinfection compound	Of choice	As required	-	-
Liquid insecticide	Of choice	As required	-	-
Powder insecticide	Of choice	As required	-	-
Kit for protection against blood transmitted diseases (to be carried in all vessels trading in areas where	Each kit to contain the following: 1) 10 x 2ml syringes 2) 10 x 10ml syringes	1	-	-

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medical facilities are limited and emergency shore based treatment is necessary) To be kept in a heavy gauge polythene bag and labelled "to be used only for the treatment of.....(insert name of seafarer going ashore for emergency treatment)	3) 20 x 21G 0.8mm needles 4) 1 giving set suitable to give blood or other fluids 5) 4 x 18g cannulae plus dressings 6) Pack of pre – injection site swabs 7) Disposable latex free gloves 2 pairs (large size)			
Recommended Additional Equipment				
Naso-gastric tube 14G		1*	1*	-
Plastic measuring jug ½ litre size		1*	1*	
Disposable paper towels		100*	100*	-
Plastic backed absorbent paper bed pads		10*	-	-
Lotion bowl	(size at least 200mm x 90mm, stainless steel or sterilisable plastic, to be marked "medical")	1*	-	-
Kidney dish	(Size 250mm stainless steel or sterilisable plastic)	1*	-	-
Safety pins	rustless medium	6*	6*	6*
Magnifying glass	7.5 cm diameter with handle	1*	1*	-
Nail brush		1*	1*	-
Stretcher equipment	(A system for trauma management, i.e. immobilisation and stretcher equipment most suited for treatment on the vessel concerned)	1*	1*	-
Body bag – Large size		1*	1*	-
Dental kit – for emergency repairs	i) Excavator double ended Guys' pattern G2 ii) Filling paste inserter (for inserting filling paste into the tooth) iii) Dental mirror size 4 on handle iv) Temporary dental filling material	1 set of all items *	-	-
Defibrillators subject to risk assessment		-	-	-
Tough cut stainless steel scissors		-	-	1pr

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Triangular bandages	about 90cm x 127cm	-	-	4
Sterile paraffin gauze dressings		-	-	10
Plastic Burns bags		-	-	1

Schedule 3 – additional requirements for passenger ships Doctor’s Bag

1. A Doctor’s Bag is required for seagoing ships where there is no qualified medical practitioner among the crew, and the vessel carries more than 12 passengers.

2. All the medicines and equipment in this list should be kept in a Doctor’s Bag or case. The case should be locked and kept in a locked cabinet and the keys held by the Master or someone nominated by him. The Doctor’s Bag should be clearly labelled as follows: *"The medicines in this case are only to be used by a qualified medical practitioner, registered general nurse, qualified paramedic, or someone under the direct supervision of a medical practitioner on board the ship"*

3. Except where indicated the items listed in this Schedule are additional to those which the vessel may be required to carry as set out in Schedule 1 of this Notice. Where an injection is specified, a prefilled syringe is acceptable.

4. A doctor or other authorised person using the Doctor’s Bag should be made aware that radio medical advice may be obtained and if necessary medical evacuation arranged, please refer to section 4 of this Shipping Notice.

Statutory treatments required for passenger ships doctor’s bag

Name of medicine	Quantity
Adrenaline / Epinephrine - injection BP 1mg in 1ml inj	5
Adrenaline (base) 1mg/10ml (1 in 10000) dilute solution for injection pre-filled syringes	5
Glyceryl Trinitrate 400mcg/dose 200 dose sublingual spray	1
Frusemide 20mg/2ml inj	5
Tranexamic Acid 500mg/5ml inj	1
Aspirin - 300mg tab	32
Atropine pre filled syringe	1
Amiodarone 150mg/3ml amps for IV infusion	5
Codeine Phosphate 30mg tab	28
Or	
Tramadol 50mg tab	30
Morphine Sulphate 10mg/1ml inj and Naloxone 400mcg/1ml inj	10
Or	
Tramadol 100mg/2ml inj	10
Methoxyflurane (if carried)	1
Chlorpromazine hydrochloride 25mg/1ml inj	10
Or	
Haloperidol 5mg/1ml inj	10
Diazepam – 10 mg/2ml inj	10
Prochloroperazine maleate 3mg buccal tab	8
Or	
Cyclizine – 50 mg/1ml inj	5
Diazepam – 10mg/205ml rectal solution tube	5
Chlorphenamine 10mg/1ml inj	5
Or	
Promethazine hydrochloride – 25 mg/1ml inj	5
Hydrocortisone – 100mg inj	1
Salbutamol – 100mcg/dose 200 dose inh	1
Beclomethasone – 100mcg/dose 200 dose inh	1
Spacer compatible with Beclomethasone and Salbutamol	1
Magnesium Sulphate injection 500mg/ml 10 ml amps	10
Ceftriaxone injection 1g inj	10

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Insulin injection, soluble, 100 units per ml 10 ml ampoule	1
Proprietary antiseptic solution of choice 250 ml Chlorhexidine based preparation Or Proprietary sterile wipe pack of choice 250 wipes Chlorhexidine based preparation	1
Glucagon injection 1mg	2
Silver sulfadiazine 1% cream 50g	1
Tetracaine 0.5% 0.5ml	4
Bag/valve/mask (BVM) supplied with large, medium and small masks	1
Pocket face mask with valve and oxygen inlet	1
Oropharyngeal Airway size 3, 4 and 5 And / or Nasopharyngeal airways 6mm and 7mm internal diameter	1 each
Second generation supraglottic airway size 4 and 5	1 each
Mechanical aspirator and two suction catheters	1
If not already carried onboard Oxygen giving set comprising the following: Oxygen reservoir minimum 400litres including: 1 pressure regulator 1 flow meter unit 1-15 litres/min 1 set of Oxygen tubing 5x medium concentration disposable oxygen masks 5x high concentration disposable non-rebreather oxygen masks with reservoir Each part constructed so that it can only be assembled in the correct manner	1
Trauma tourniquet	1
Plastic wrap roll 30cm x 80m	1
Pen torch	1
Cardiology Stethoscope	1
Sphygmomanometer	1
Glucometer with 25 testing sticks	1
Lancets for use in Glucometer	25
Thermometer digital	1
Pulse oximeter	1
disposable syringes of 2, 5, 10ml	2 each
disposable hypodermic needles 21G (0.8mm) and 23G (0.6mm)	2 each
Sharps disposal box, small, portable	1
Intravenous Cannulae 18g	2
Intravenous Cannulae 20g	2
Cannula dressing	2
Tourniquet – quick release	1
Intravenous fluid giving set	2
Saline flush 5ml	2
Intravenous fluid – ringers lactate 1 litre	2
10% Glucose infusion 500ml	1
Aprons	2
Masks (surgical)	2
FPP2 or FPP3 masks	2
Eye protection	1
Semi-rigid neck collar for neck immobilisation – Adult pack of 3 – small, medium, large or Adult adjustable	1

Schedule 4 – First Aid Kits

Seagoing ships with a crew of more than 10 should carry first aid kits, distributed in appropriate locations on the ship e.g. in the galley and engine room.

Passenger vessels must carry one first aid kit for every 100 passengers or fraction of that number subject to a maximum requirement for 3 kits e.g. 250 persons require three kits. A first aid kit is to be included in the Doctor's Bag. (Schedule 3).

The first aid kit should include the following items, kept in a portable waterproof container.

- (1) 4 x triangular bandages
- (2) 6 x medium sterile bandages with unmedicated dressings
- (3) 2 x large sterile bandages with unmedicated dressings
- (4) 2 x extra large unmedicated dressings
- (5) 6 medium safety pins, rustless
- (6) 20 assorted elastic adhesive dressings medicated
- (7) 2 x sterile eye pads with attachment
- (8) 2 x packages containing sterile gauze swabs
- (9) 5 pairs large size disposable latex-free examination gloves
- (10) sterile eye wash in eye wash bottle

Schedule 5: Medical Guides to be carried

Category A: Ship Captain's Medical Guide

Category B: Ship Captain's Medical Guide

Category C: First Aid Manual or First Aid Instructions, in English on waterproof paper (Lifeboats and Liferafts only)

In addition, vessels in all Categories (other than lifeboats and liferafts) should carry a copy of this Notice or subsequent replacements.

Schedule 6: Precautions Against Malaria

PREVENTIVE MEASURES

Avoid mosquito bites

1. Mosquitoes are most active after dusk. Cabin and working accommodation doors, windows and ventilators should be kept shut. Any mosquitoes found in compartments should be killed using "knockdown" insecticide spray. If you go on deck or ashore after dusk keep your arms, legs and feet covered and use insect repellents e.g. containing diethyltoluamide known as DEET, on any remaining exposed areas. If you have to stay ashore in non-air conditioned accommodation make sure that the beds have nets, preferably impregnated with permethrin, that they have no tears or holes and are well tucked in.

Medication

2. Anti-malarial tablet treatment varies depending on the nature and resistance of local malarial parasites. You should take the treatment strictly in accordance with the specific instructions for the medication prescribed. Most deaths occur in those who do not take the tablets for the required period or in the recommended dosages.

Warning signs

3. Anyone who develops a fever in a malarial area should obtain medical advice as soon as possible. It is important to consult a doctor immediately if any feverish illness develops within twelve months of return from a malarial area. Be sure to let the doctor know that you have been to a country where malaria is a health risk.
4. ANYONE WHO HAS BEEN TREATED FOR MALARIA OR SUSPECTED MALARIA MUST HAVE A MEDICAL EXAMINATION AT THE NEXT PORT OF CALL, ACCOMPANIED BY A BLOOD SLIDE. SERIOUS CASES NEED URGENT HOSPITALISATION (See Ship Captain's Medical Guide for more details).

KEY POINTS

- Travellers to malarial areas must avoid mosquito bites, take anti-malarial medicines and urgently seek early diagnosis and treatment for any feverish illness.
- The key to preventing malaria is avoiding infective mosquito bites by using repellents, covering up at night and sleeping with bednets if mosquitoes cannot be excluded from the room.
- Appropriate anti-malarial medicine is essential when travelling to known malarial areas. Drug resistance is increasing in many areas so recommended regimens have changed.
- Doses and choice of medicine may have to be altered when someone has another illness or is taking treatment for another medical condition.
- Standby treatment may be given to those who will be unable to reach medical services for extended periods.
- No preventive treatment is infallible so all fever and flu like illnesses occurring within a year of returning from malarial regions need to be urgently investigated with malaria in mind.
- Diseases other than malaria can be transmitted by biting insects. Take local advice and observe recommended precautions.