

## **SHIPPING NOTICE 06/2014**

### **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 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 (Medical Care) Regulations, 2014.
- 1.2 The MLC entered into force internationally on 20 August 2013. The UK ratified the convention on 8 August 2013 which means it entered into force for the UK on 7 August 2014. The MLC has been extended to the Cayman Islands by the UK who is the ratifying ILO Member State which means that the MLC also entered into force for the Cayman Islands on 7 August 2014. More information on the MLC can be found on the [MLC Section of the website](#).

#### **2. Introduction**

- 2.1 The Merchant Shipping (Maritime Labour Convention) (Medical Care) Regulations, 2014 (the Regulations) implements in to 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.

#### **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

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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 Cayman Islands Shipping Registry (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 The following vessels are excluded from the requirements of this Notice:
- inland navigational vessels
  - warships
  - pleasure vessels
  - tugs operating in harbour areas
- 3.4 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
- 3.5 A checklist of all the medicines and equipment required by this Shipping Notice should be kept on board and reviewed annually.
- 3.6 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.
- 3.7 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).
- 3.8 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.
- 3.9 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.

- 3.10 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](http://www.seafarerswelfare.org)  
[www.dft.gov.uk/mca/min375a.pdf](http://www.dft.gov.uk/mca/min375a.pdf)

**6. Further Information**

- 6.1 Should you have any queries on any aspect of the MLC please contact James Hatcher by email to [shipping.master@cishipping.com](mailto:shipping.master@cishipping.com).

## Schedule 1: Medical Supplies

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	Adrenaline / Epinephrine inj BP 0.5ml – adrenaline acid tartrate inj 1.0mg in 1ml (1 in 1000)	5*	1*	-
(b)	Anti – angina preparations	Glyceral Trinitrate Spray 400 micrograms/metred 200 dose aerosol or transdermal patches 5mg x 2	1 unit	1 unit	1 unit
(c)		Frusemide / Furosemide i) 40mg tablets ii) 10mg in 1ml inj. 2ml ampoule	20* 2	5* -	- -
(d)	Anti – haemorrhagics (including uterotics if there are women with potential for child bearing working onboard)	i) Phytomenadione (Vitamin K1) 0.2ml (1 ampoule) Paediatric inj. ii) Ergometrine maleate 500mg inj. Oxytocin units in 1ml ampoule	1* 2*	1* 1*	1* 1*
(e)	Anti - hypertensive	Atenolol 50mg tablets x 28	1 pack	-	-
2. Gastro intestinal system					
(a)	Medicines for gastric and duodenal disorders <ul style="list-style-type: none"> <li>Histamine H2 receptor anti ulcer antagonists</li> <li>Anti acid mucous mixture</li> </ul>	Cimetidine 400mg tablets – 60 tablet pack Proprietary antacid of choice	1 pack As required	- As required	- As required
(b)	Anti - emetics	i) Prochloroperazine maleate 3mg buccal tablets ii) Promethazine hydrochloride 25mg per ml (1ml ampoules) iii) Hyoscine hydrochloride 0.3mg tablets	30* 10* -	30* - -	- - 60

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(c)	Lubricant laxatives	Glycerol Suppository 4mg mould	12	-	-
(d)	Anti - diarrhoeals	Codeine Phosphate 30 mg tablets	30	30	20
(e)	Intestinal antiseptics	Trimethoprim 200mg tablets	20	20	-
(f)	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) Diclofenac sodium 100mg suppository	10	-	-
		iii) Codeine phosphate 30mg tablets	-	-	20
(b)	Powerful analgesics	i) Codeine phosphate 30mg tablets	30	30	-
		ii) Morphine sulphate 10mg in 1ml injection	10	-	-
(c)	Anti – spasmolytics	Hyoscine hydrobromide 0.3mg tablets	60	60	-
4. Nervous system					
(a)	Anxiolitics	i) Diazepam Injection 5mg per ml, 2ml ampoules	5*	-	-
		ii) Diazepam 10mg tablets	20*	-	-
(b)	Neuroleptics	i) Chlorpromazine hydrochloride 25mg injection	5*	-	-
		ii) Chlorpromazine hydrochloride 25mg tablets	20*	-	-
(c)	Seasickness remedies	Hyoscine hydrobromide 0.3mg tablets	60	60	60
(d)	Anti - epileptics	Diazepam rectal solution 10mg in 2.5ml	4	4	-
5. Anti – allergics and Anti – anaphylatics					
(a)	H1 Anti - histamines	Astermizole 10mg tablets	30*	30*	-
(b)	Injectable glucocorticoid	i) Hydrocortisone inj. powder for reconstitution, 100mgm vial with 2ml water for injection	3	1	-
		ii) Prednisolone 5mg tablets	10	5	-
6. Respiratory system					
(a)	Bronchospasm preparations	i) Salbutamol inhaler 100mgms per metered dose. 200 dose inhaler with	1	1	-

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		ii) spacer device Beclomethasone /Beclometasone 50mgms per metered dose. 200 dose inhaler	1	1	-
(b)	Anti - tussives	Codeine phosphate 30mg tablets (cough suppressant)	30	30	-
(c)	Medicines used for colds and sinusitis	Paracetamol 500mg tablets (not in addition to those specified in table 3)	100	50	-
7. Anti – infection					
(a)	Antibiotics (of at least two families)	i) Benzylpenicillin – Benzylpenicillin sodium 600mg inj. (powder for reconstitution in a rubber capped and metal topped vial) and water for inj. 2ml	10	1	-
		ii) Ciprofloxacin as hydrochloride 500mgm tablets	10	10	-
		iii) Cefuroxime inj. 750mgm vial and water for injection	20	-	-
		iv) Erythromycin 250mg tablets	40	20	-
		v) Doxycycline 100mg tablets	10	-	-
(b)	Anti – bacterial sulphonamide	Trimethoprim 200mg tablets	20	-	-
(c)	Urinary antiseptics	Trimethoprim 200mg tablets	20	-	-
(d)	Anti - parasitics	Mebendazole 100mg tablets in 6 tablet pack	1*	1*	-
(e)	Intestinal anti - infectives	i) Metronidazole suppositories 1mg	10	-	-
		ii) Metronidazole tabs. 400mg tabs	14	14	-
8. Compounds promoting rehydration, caloric intake and plasma expansion					
		Sodium chloride & dextrose rehydration salts, 8g sachets of oral rehydration salts, Formula A BP Oral powder in sachet to provide Na=35mmol, K=20mmol, Cl=37mmol, HCO <sub>3</sub> 18mmol and glucose 200mmol when reconstituted in a litre of water	12	12	-
9. Medicines for external use					

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(a)	Skin Medicines				
	Antiseptic solutions	100ml solution or pre-impregnated wipes containing 0.015% w/v chlorohexidine and 0.15% w/v cetrimide	1* bottle or 1 pack wipes	1* bottle or 1 pack wipes	1 bottle or 1 pack wipes
	Antibiotic ointments	Cicatrín cream 15mg tube	1	1	-
	Anti – inflammatory and analgesic ointments	i) Hydrocortisone 1% cream 15mg tube ii) Benzoic acid ointment BP 50mg (benzoic acid 6%, salicylic acid 3% in emulsifying ointment 15g)	2 3	- 1	- -
	Anti – mycotic skin creams	Miconazole nitrate 2% topical cream 30g	2	1	-
	Burn preparations	i) Silver sulphadiazine 1% cream 50mg tube ii) Cetrimide cream 50g tube	2 -	1 -	- 1
		<i>Miscellaneous skin preparations</i>			
		i) Permethrin 1% in a basis containing isopropylalcohol 20% cream rinse	2*	-	-
		ii) Zinc ointment, BP (containing zinc oxide 15%) 25g	1*	-	-
		iii) Potassium permanganate crystals 10g container	1*	-	-
(b)	Eye medicines				
		<i>Antibiotic ointment</i>			
	Antibiotic and anti – inflammatory drops	Framycetin sulphate 0.5% ointment 5g tube Betamethasone sodium phosphate 0.1% neomycin sulphate 0.5% eyedrops 5ml	4 2	1 1*	- -
	Anaesthetic drops	Amethocaine hydrochloride 0.5% 5ml	5*	5*	-
	Hyotonic myotic drops	Pilocarpine hydrochloride eyedrops 0.5% 10ml	1*	1*	-
		<i>Detection of foreign bodies</i>			
		Fluorescein Sodium 1% eyedrops	1*	-	-

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(c)	Ear medicines				
	Antibiotic solutions	Antibiotic eardrops containing in each ml; neomycin 3400 units, polymixin B sulphate 10000 units, hydrocortisone 10mg, 5ml dropper bottle	1*	1*	-
	Anaesthetic and anti – inflammatory solutions	Ephedrine nasal drops BP 0.5% ephedrine hydrochloride 10ml	1*	1*	-
(d)	Medicines for oral and throat infections				
	Antibiotic or antiseptic mouthwashes	Chlorohexidine gluconate 0.2% mouthwash 300ml	1	1	–
(e)	Local anaesthetics				
	Local anaesthetics using freezing	Ethyl chloride liquid spray 50mg	1*	1*	-
	Local anaesthetics given by subcutaneous	Lignocaine / lidocaine hydrochloride 1% 25mg in 5ml for injection	5	5	-
	Dental anaesthetics and antiseptic mixtures	i) Lignocaine / lidocaine Gel 20g (lignocaine hydrochloride 2% in a water miscible(base) gel)	1	-	-
		ii) Oil of cloves 10ml	1*	1*	-

**Schedule 2: Medical Equipment**

Equipment	Recommended Specification	Quantity Category A	Quantity Category B	Quantity Category C
<b>1. Resuscitation equipment</b>				
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 4 litres/minute 3) 1 pressure regulating unit 4) 1 set of tubing 5) 5 x 24% oxygen disposable face masks 6) 5 x 35% oxygen disposable face masks  Each part constructed so that it can only be assembled in the correct manner	1	1	-
Mechanical aspirator to clear upper respiratory passages	Aspirator to clear airways (manual, hand operated) + 2 catheters	1	1	-
Equipment for mouth to mouth resuscitation	Laerdal pocket mask	1	1	1
	Guedal airway sizes 3 and 4	1	1	-
<b>2. Dressing and suturing equipment</b>				
Disposable suture stapler or suture kit with needles	Suture and needle pack			
	Sterile non absorbable, sutures BP, of monofilament nylon or silk, swaged to a 26mm and 40mm half circle needle with a cutting edge. Each needle suture to be in a sealed pack:			
	1) 26mm half circle needle	3	-	-
	2) 40mm half circle needle	3	-	-
	3) Sterile absorbable sutures	26	-	-
	BP of catgut swaged to a 40mm half circle cutting needle			
Adhesive elastic bandage	Adhesive elastic bandage 7.5cm x 4m	4	1	1

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	Crepe bandage 7.5cm x 4.5m when stretched	4	1	-
Tabular gauze bandage, seamless, of a size suitable for finger dressings	20m length with an applicator	1	1	-
Sterile gauze compresses	Packet containing 5 sterile gauze pads BP size 7.5cm x 7.5cm	1	1	1
Cotton wool	Absorbent cotton and viscose wadding BP in a roll in damp proof packaging: 1) 15gm, sterile 2) 100gm, non-sterile	6	3	-
		3	1	-
Sterile sheet for burns victims		1	1	1
Triangular sling	Calico, with two sides at 90cm and base at 127cm	4	4	4
Disposable polyethylene gloves	Large size	25 pairs	25 pairs	25 pairs
Adhesive dressings	Assorted sterile	40	40	20
Sterile compression bandages and unmedicated bandages	1) Medium, 10cm x 8cm	5	3	6
	2) Large, 13cm x 9cm	5	3	2
	3) Extra large, 28cm x 17.5cm	4	2	2
	4) Eye pad dressings	1	1	1
Adhesive sutures or zinc oxide bandages	75mm adhesive suture strips	6	6	6
Non absorbable sutures with needles	[Use equipment items 2(1) & 2(2) on previous page]	3	-	-
		3	-	-
Vaseline gauze	Paraffin gauze dressings, size 10cm x 10cm	40	10	10
<b>3. Instruments</b>				
Disposable scalpels		2	-	-
Stainless steel instrument box		1	1	-
Scissors: stainless steel or sterile disposable	i) About 18cm one blade sharp pointed and the other round headed	1	1	1
	ii) 12.5cm both blades sharp pointed	1	1	-
Dissecting forceps		1	1	-
Haemostatic clamps		1	1	-
Needle forceps		1	-	-
Disposable razors		5	-	-
<b>4. Examination and monitoring equipment</b>				

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Reactive strips for urine analysis		50	-	-
Temperature charts		1 pad	-	-
Disposable tongue depressors		10	10	-
Medical evaluation reports		1 pad	1 pad	-
Stethoscope		1	1	-
Aneroid sphygmomanometer		1	1	-
Standard medical thermometer		3	1	-
Hypothermic thermometer		1	1	-
Additional equipment	Sputum cup with cover (disposable)	2	-	-
	Specimen jars (strong glass or plastic with airtight lid 50ml with blank labels)	2	-	-
5. Equipment for injection, perfusion, puncture and catheterization				
Bladder drainage instruments	Bladder drainage set (including bag spigots and tube)	1	-	-
Rectal drip		1	-	-
Disposable filter infuser	Integral in UK type equipment. Non UK produced items may require a separate filter	If required	If required	-
Urine drainage bag	Use bladder drainage set	1	1	-
Disposable syringes and needles	2ml, 5ml & 10ml quantities of each size	6	3	-
Catheter	1) Foley type 16, charriere gauge 5ml balloon (short/medium term use in adults)	1	-	-
	2) Nelaton size 16, charriere gauge (with no balloon)	1	-	-
	3) Penile sheath set	1	-	-
6. General medical equipment				
Bedpan	Stainless steel or sterilisable plastic	1	-	-
Hot water bottle	With fabric cover	1	-	-
Urine container		1	-	-
Icebag		1	-	-
7. Immobilisation and setting equipment				
Malleable finger splint		1	1	-

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Malleable forearm and hand splint		1	1	-
Inflatable splints	Set of 4 (half leg, full leg, half arm and full arm)	1	1	-
Thigh splint		1	1	-
Collar for neck immobilisation	Adult size set of 3, small, medium and large	1	1	-
Thomas splint or dimple mattress		1	-	-
8. Disinfection, disinsectisation and prophylaxis				
Water – disinfection compound	In liquid form – litres	5	-	-
Liquid insecticide	In liquid form – litres	5	-	-
Kit for protection against blood transmitted diseases (to be carried in all ships trading in known malarial areas and in areas where 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)	Each kit to contain the following: 1) 10 x 2ml syringes 2) 10 x 10ml syringes 3) 20 x 21 swg 0.8mm needles 4) 1 blood giving set 5) 1 blood taking set 6) Pack of pre – injection site swabs 7) Disposable plastic gloves 2 pairs (large size)	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 Annex 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 Shipping Notice CISN x/2013.

#### Statutory treatments required for passenger ships doctor’s bag

Name of medicine	Ordering size	Quantity
Adrenaline / Epinephrine - Adrenaline tartrate injection (1 in 1000) 1mg in 1ml	1ml ampoule	5
Aminophylline - Aminophylline injection 25mg in 1ml	10ml ampoule	4
Aspirin - Dispersible aspirin 300mg	300mg tablets	50
Beclomethasone Dipropionate - Beclomethasone Dipropionate + spacer device	50 micrograms	200 metered inhalations
Chlorpromazine – Chlorpromazine hydrochloride injection	25mg in 1ml ampoule	1ml ampoule
Cyclizine – Cyclizine lactate	Injection 50mg in 1ml ampoule	5
Dextrose – Dextrose intravenous infusion 50%	20ml ampoule	2
Diazepam – Diazepam injection 5mg in 1ml	2ml ampoule	5
Frusemide / Furosemide – Frusemide injection 10mg in 1ml	2ml ampoule	5
Glucagon – Glucagon injection 1mg with diluent	1ml ampoule	1
Glucose – Glucose intravenous infusion 5%	1 litre	1
Glucose in blood – (1) Blood test sticks – glucose		10
(2) Blood lancets - sterile		10
Guedel Airway	Size 1 (adult type in Schedule 2)	1
Hydrocortisone – Hydrocortisone sodium succinate powder for reconstitution with diluent	100mg vial	1
Insulin – Insulin injection, soluble, 100 units per ml	10ml vial	1
Intravenous Infusion giving sets with Cannulae	1) Cannula size 16g (1.3mm OD x 45mm)	2
Intravenous placement device consisting of over needle cannula attached to a disposable syringe of 2.5ml capacity in a sterile pack.	2) Cannula size 18g (1.7mm OD x 45mm)	2
Intravenous infusion cannula with luer-lok	1) Cannula size 16g	2

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injection port in a sterile pack	(1.7mm x 45mm)	1
Disposable filter infuser – if not inbuilt in the equipment	2) Cannula size 18g (1.2mm x 45mm)	
Laerdal Pocket Mask		1
Modified Gelatine Infusion Solution (for plasma substitution)	500ml container	4
Morphine – Morphine sulphate 10mg in 1ml	1ml ampoule	5
Oxygen Resuscitator – Hand operated manual adult bag resuscitator (bag to be of silicon rubber) complete with oxygen reservoir of 2600ml capacity and face masks size 5,3 and 1		1
Manual suction pump – with two yankauer suction catheters and two flexible catheters FG 14 size		1
Paediatric Paracetamol (soluble)	120mg tablet	24
Prednisolone	5mg tablet	25
Salbutamol – Salbutamol aerosol inhaler unit giving 100 micrograms per metered inhalation + spacer device	200 inhalations	1
Swabs – Alcohol impregnated swabs, sterile		50
Syringe and needle, Hypodermic pack – sterile disposable conforming to BSI Standard BS691 published on 21.12.1979		2
1) 2ml syringe with 0.8mm (21g) x 4cm needle		2
2) 20ml syringe with 0.8mm (21g) x 4cm needle		2
3) 1ml insulin syringe 100 units with 0.5mm (25g) x 15cm needle		
Stethoscope		1
Aneroid Sphygmomanometer		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.