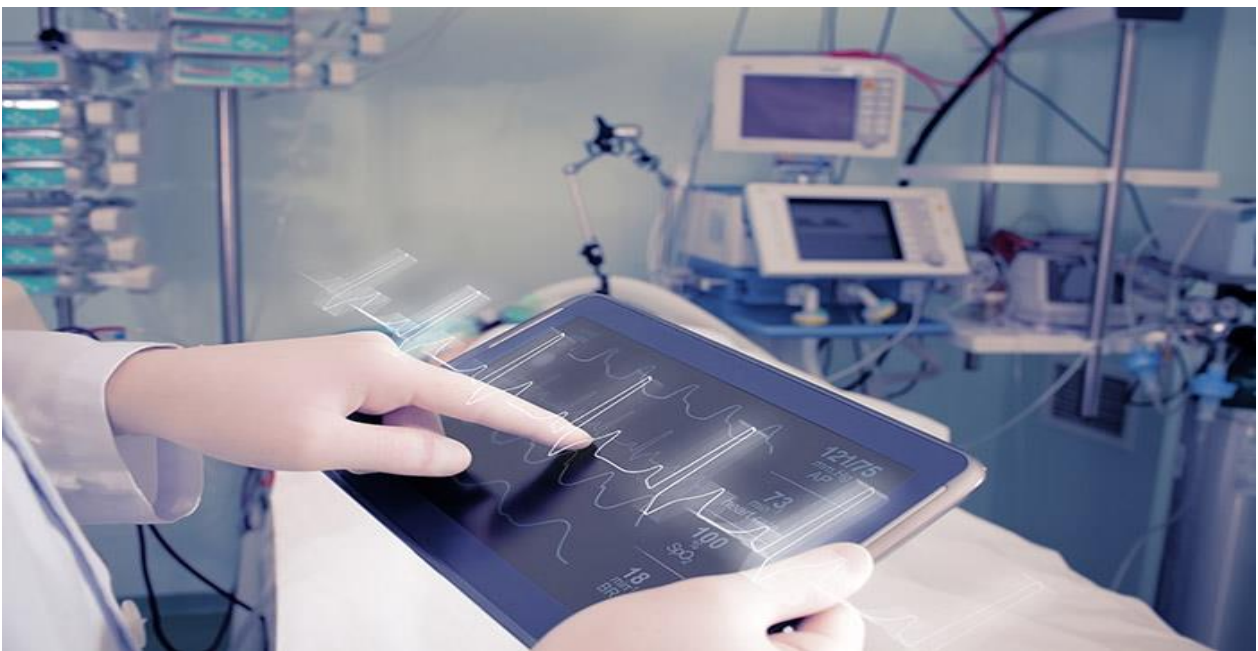




## How and where to get your ENG1 crew medical certificate

If you are crew planning on working on a yacht, you will need to obtain an ENG1 medical certificate or equivalent before you start your job aboard.



### **What is the ENG1 medical certificate?**

The MLC states that every seafarer must have a valid medical certificate recognised by the administration before they can start work at sea. The ENG1 is a basic medical examination, carried out by an MCA certified doctor, confirming that you are in a fit condition to work on board.

## **Why do I need an ENG1 certificate?**

The ENG1's purpose is to establish whether you have any medical conditions that might cause you to be unable to perform your duties at sea. It will ensure that your sight, hearing, etc... are satisfactory and that you are suitably fit to perform your duties on board and don't suffer from any condition, which could be aggravated by time at sea, or endanger the health of other people on board.

## **What to take to your ENG1 examination**

- A form of photo ID
- Your previous ENG1 (if you have one)
- The name, address and contact details of your local
- A list of any medication(s) you are taking

## **What does an ENG1 examination involve?**

If you're worried about the ENG1 examination, don't be! It's a painless examination, which is done relatively quickly and with minimal fuss, by professional experts. It will usually include:

- Measuring your height and weight
- A typical eye test
- A hearing test (Listening for beeps with headphones on for example)
- A test for seeing colour
- Ear/throat examination
- Teeth/gums inspection
- Questions on your medical conditions and drinking habits etc...
- A urine sample (to test kidney functionality and blood sugar)
- Testing your reflexes (By tapping your joints as usual)
- Listening to your heart and lungs, testing blood pressure and heart rate
- Hernia testing (Asking you to cough when gently pressing your abdomen)

Though the speed of the exam can depend on the doctor and location, it will probably take approximately 30 minutes (an hour maximum and 20 minutes minimum).

If you pass, the doctor will issue you with an ENG1 certificate straight away and you can be on your way.

Where can I get my ENG1?

Only MCA-approved doctors will be able to issue the ENG1 certificate upon passing the medical.

[MCA-approved doctors overseas \(Romania, France, USA, Spain etc.\)](#)

You can contact any of the doctors above to carry out your ENG1 medical, receiving a certificate upon successful completion of the course.

When to get your ENG1

You will have to have your ENG1 before you start work on a yacht, so it is a good idea to get your certificate as early as possible. It's also recommended because the earlier the better would be the best time to discover any reasons why you are unable to work in the yachting industry or any restrictions you have when it comes to job roles or tasks. You will also find that the ENG1 can also be a prerequisite of an STCW course with many [crew training companies](#), which is also mandatory before you start work on board.