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## Medical Stores

Notice to ship owners, managers, Masters, Approved Nautical Inspectors, Recognised Organisations and surveyors

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### 1. Purpose

- 1.1. The purpose of this Marine Notice (MN) is:
- To provide guidance on the application of The Merchant Shipping (Medical Stores) Regulations 1986 (as amended), AND
  - To satisfy the requirements of Standard A4.1 (Medical care on board ship and ashore) of the Maritime Labour Convention, 2006, as amended.
- 1.2. This Marine Notice adopts and addresses medical chest requirements under the Quantification Addendum: International Medical Guide for Ships, 3<sup>rd</sup> Edition, published by the World Health Organization (WHO), with reference to:
- i. Ship's Medicine Chest: the kinds and amounts of medicines, medical supplies and equipment that should be considered for a ship's medicine chest, and requirements for their re-supply, replacement, and disposal;
  - ii. Record keeping: requirements for inventorying and recording medicines, including controlled drugs; injury and illness record, ship master's report form

### 2. Application

- 2.1. These Regulations apply to all Bahamian ships, including passenger vessels, other than:
- i. fishing vessels;
  - ii. fishery research vessels;
  - iii. pleasure vessels used for non-commercial purposes and not manned by professional crews;
  - iv. ships employed in inland navigation;
  - v. tugs operating in harbour areas
- 2.2. The Bahamas Maritime Authority (BMA) may grant exemptions from all or any of the provisions of these Regulations for classes of cases or individual cases on such terms, on receipt of application with proper justifications and supporting evidence.

### 3. Background

- 3.1. The Bahamas Merchant Shipping (Medical Stores) Regulations 1986, refers to United Kingdom Statutory Instruments (UK SI) 144/1986 and 1116/1988. The BMA recognises that UK SI 144/1986 and 1116/1988 were revoked by UK SI 1802/1995 and UK SI 1802/1995 was further amended by UK SI 1202/2018.
- 3.2. The Bahamas Regulations are in the process of being revised and updated. In the meantime, this Notice provides the medical scales for use on Bahamian ships
- 3.3. This Notice should be read in conjunction with:
  - i. The medical store requirements under Title 4 of the [Maritime Labour Convention, 2006, as amended](#)<sup>1</sup>; and
  - ii. The medical scales published under the [International Medical Guide for Ships, 3<sup>rd</sup> Edition](#)<sup>2</sup>, published by the World Health Organization (WHO).

### 4. Medicine Chest Requirements on Bahamian vessels

#### 4.1. Vessel Category

- 4.1.1. Each Bahamian vessel must carry at least the **minimum scale of medicines and medical equipment** commensurate with the vessel's usual voyage category as described below:

Category A	Ocean going merchant vessels without a doctor on board and with no limitation on length of trip
Category B	Merchant vessels without a doctor that are engaged in coastal trade and not more than 24 hours from the home port or a port of call, including MODUs and vessels which remain continuously within range of helicopter rescue services
Category C	Any other vessels that are not under Category A or B and not excluded from the requirements of this MN

- 4.1.2. The list of vessels in Table 1 below should not be considered as exhaustive and if the Company<sup>3</sup> has any doubt about the category of a vessel under this provision, it should contact the BMA by email to [tech@bahamasmaritime.com](mailto:tech@bahamasmaritime.com).

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<sup>1</sup> <https://www.ilo.org/global/standards/maritime-labour-convention/lang--en/index.htm>

<sup>2</sup> [https://apps.who.int/iris/bitstream/handle/10665/43814/9789240682313\\_eng.pdf;jsessionid=3A9735F58458B728FAA53B57B89DD485?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/43814/9789240682313_eng.pdf;jsessionid=3A9735F58458B728FAA53B57B89DD485?sequence=1)

<sup>3</sup> The "Company" is the entity responsible for the management of the ship in accordance with the ISM Code. For ships to which the ISM Code is not applicable, the Company is the Managing Owner in accordance with Section 52 of the Bahamas Merchant Shipping Act

**Table 1: List of vessels commensurate with their usual voyage category under the provisions of this MN**

<b>Vessel (with no medical practitioners)</b>	<b>Category</b>
Ocean going ships	Cat A
Merchant vessels that are engaged in coastal trade and not more than 24 hours from the home port or a port of call.	Cat B
Mobile and immobile floating production, storage and offloading units (FPSOs) and floating storage units (FSUs)	Cat B
Lifeboats, life rafts, Harbour vessels, boats and craft staying very close to shore or with no cabin accommodation other than a wheelhouse and private vessels.	Cat C
Yachts	Cat A, B or C based on length and time of voyages
Ro-Ro Passenger Ships that are engaged in coastal trade and not more than 24 hours from the home port or a port of call.	Cat B + ANNEX C
vessels which remain continuously within range of helicopter rescue services	Cat B
Vessels carrying dangerous goods	Cat A, B or C + ANNEX B
fishing vessels, fishery research vessels, pleasure vessels used for non-commercial purposes and not manned by professional crews, ships employed in inland navigation, tugs operating in harbour areas	Excluded from the requirements under this MN

#### 4.2. **Contents of medicine chest.**

- 4.2.1. Annex A to this MN details the minimum medicines that are required to be carried on board Bahamian vessels according to individual vessel category as in section 4.1. The medicine quantities are based on per 10 persons while quantities of medical equipment are based on per 40 persons and the assumed duration of each trip is up to 4 weeks.
- 4.2.2. This MN details minimum requirement of the medicines and equipment that vessels under Bahamian flag shall carry. Vessel owners will need to decide on adequate amounts by taking into account a number of factors including the following;
- i. the number and gender of persons who will be on board the vessel at any particular time;
  - ii. the type of vessel and any particular risks inherent to its operation;
  - iii. the particular health hazards of the cargoes being carried;
  - iv. the length of the proposed voyage; and
  - v. the distance the vessel will be from medical facilities on shore and the capacity for evacuation of sick or injured persons in an emergency.

- 4.2.3. If there is any question about the appropriate types or quantities of medicines or supplies to be carried, particularly when considering travel to areas where certain medical risks (e.g. malaria) exist, it is highly recommended that the contents of the medicine chest be established by the ship owner or operator in consultation with a qualified medical practitioner or pharmacist.
- 4.2.4. The Master is responsible for managing medical supplies kept on board to ensure that the medications are properly dispensed and that records are maintained. This responsibility may be delegated to a properly trained and certified crew member.
- 4.2.5. There shall be kept on board every ship on a voyage on which a medical practitioner is carried as a member of the crew, any additional supplies which the medical practitioner may reasonably require having regard to the size of the crew, the number of passengers on board and the intended voyage.
- 4.2.6. All Bahamian 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.
- 4.2.7. For mobile offshore drilling units and mobile offshore units with more than 100 persons onboard the requirement for a medical practitioner on board may be met with a qualified medic or nurse where the unit is within helicopter range to shore medical services and facilities.
- 4.2.8. All ships carrying hazardous or dangerous chemicals or goods as cargo or as shipboard use or their residues (as defined under the International Maritime Dangerous Goods (IMDG) Code), in addition to the scale of medicines and equipment commensurate to their regular vessel category as per in Annex A, shall have available on board the appropriate additional medicines and equipment as specified by the manufacturer, supplier or other authorised body or publication, including the Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG) and the material safety data sheets (MSDS) relating to the hazardous chemical or goods.
- 4.2.9. As stated in the MFAG, medicines and equipment already available in the vessel's medicine chest may be counted towards the MFAG requirements. The list of medicine and equipment under MFAG is reproduced in Annex B to this MN. The recommended quantities are based on 24 persons per ship.

4.3. **Emergency Medical Kit (EMK)**

- 4.3.1. An Emergency Medical Kit is required for:
- i. seagoing ships where there is no qualified medical practitioner among the crew, and the vessel carries more than 12 passengers;
  - ii. Ro-Ro Passenger Ships.
- 4.3.2. Passenger ships not carrying a medical doctor on board but carrying more than 100 passengers on a route where the response time for a medical intervention from ashore is longer than 30 minutes should benefit from being equipped with an Emergency Medical Kit.
- 4.3.3. The recommended content of the Emergency Medical Kit is provided in Annex C.

4.4. **First Aid Kits**

- 4.4.1. 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.
- 4.4.2. 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 Emergency Medical Kit.
- 4.4.3. The recommended content of the first aid kits is provided in Annex D.

4.5. **Medical Oxygen Sets**

- 4.5.1. Vessels under category A and B shall carry medical oxygen sets with accessories as per Annex A.
- 4.5.2. Vessels carrying materials/substances or articles under the IMDG Code as cargo, residues or ship stores, vessels complying with the International Code for the Construction and Equipment of Ships Carrying Dangerous Chemicals in Bulk (IBC Code), and the International Code for the Construction and Equipment of Ships Carrying Liquefied Gases in Bulk (IGC Code) and Oil Tankers shall carry additional medical oxygen sets and accessories as published in the Medical First Aid Guide for use in Accidents involving Dangerous Goods (MFAG) see Annex B.
- 4.5.3. Medical Oxygen cylinders should be sent ashore for refill/refreshment as per the manufacturer's instructions or before the expiry date marked on individual cylinders.
- 4.5.4. To reduce the risk of explosion or fire, oxygen cylinders should be kept away from sources of heat, sparks or smoking areas.

- 4.5.5. Contamination of oxygen systems with oil or grease may result in an explosion and care must therefore be taken to ensure that all parts of the oxygen system are kept free of oil and grease.
- 4.5.6. Pressure regulators for medical oxygen require periodic servicing as per the manufacturer's instructions. Only suitably trained and qualified persons, experienced in the servicing of oxygen regulators, should undertake servicing of oxygen equipment.
- 4.5.7. Hydrostatic pressure testing of medical oxygen cylinders shall be undertaken at least once every 5 years, or on a more frequent basis if required by the manufacturer's instructions.

## **5. Medicine Chest construction and Medicine storage requirement**

### **5.1. Packaging**

- 5.1.1. Wherever practicable, medicines should be supplied in their original sealed blister or foil packages. Where recommended quantities are not exactly compatible with the standard commercial package sizes, advice on appropriate quantities should be sought from the dispensing pharmacist.
- 5.1.2. Where medicine or disinfectant is not in the container supplied by its manufacturer, it shall be packed in a sturdy, brown-coloured or non-translucent container. Where original sealed packages are not available, the dispensing pharmacist shall seal medicines before supply with all labelling requirements and medicine information adhered with.
- 5.1.3. Containers of tablets or capsules shall be capable of reclosure to prevent ingress of moisture.
- 5.1.4. Containers of disinfectant shall not show deleterious reaction with the disinfectant after storage in normal conditions for six months.
- 5.1.5. Containers of insecticide shall be air-tight, water-tight, packed in a suitable and sturdy case and, if the container is a pressure canister, have a cap or other means of protecting the valve against accidental opening when the canister is not in use



**5.2. Labelling**

- 5.2.1. Labels shall either be firmly affixed to the container and rendered resistant to moisture by an effective means, be an integral part of the container, or be clearly printed and enclosed inside a sealed packaging.
- 5.2.2. Medicine labelling should be in English and should include the following information:
- i. the ordering name by which the medicine or medical store is referred to and its generic name
  - ii. strength or quantity as applicable
  - iii. expiry date
  - iv. contact details of the supplying pharmacy
  - v. special instructions for storage including in the case of a container of hypochlorite, a notice indicating that the chemical may combust spontaneously, and that the hypochlorite should be stored in a cool, dark place
  - vi. special marking stating that it is a controlled substance, if applicable.

**5.3. Medicine information**

- 5.3.1. The following minimum information shall be onboard in relation to medicines and medical equipment carrying under this MN. The information can be in printed or electronic format which shall be readily available in any case:
- i. Generic name of the drug
  - ii. Indications
  - iii. contraindications/warnings
  - iv. instruction for use and dosage

**5.4. Medicine Chest Design**

- 5.4.1. The medicine chest shall be fitted with an adequate number of separate inner storage compartments by considering physical properties including but not be limited to packaging material and size of the medicines in Annex A and B to this MN.
- 5.4.2. All medicines must be stored in accordance with the manufacturer's recommendation.
- 5.4.3. The medicine chest shall be provided with lockable outer door and an inner cupboard, independently lockable, for the storage of controlled drugs or to be kept in the Master's safe.
- 5.4.4. A separate lockable section with permanent name tag attached showing "Expired Medicines" shall be provided.
- 5.4.5. Each inner cupboard key should be kept in the custody of the Master or nominated responsible officer.

5.4.6. Storage should be secure enough to prevent misuse, while ensuring that prompt access to medical supplies is available when they are required.

5.5. **Controlled Drugs**

5.5.1. Controlled drugs should be obtained only from a retail pharmacist or other person licensed to supply drugs, who will require a written requisition.

5.5.2. Drugs must be stored to ensure that they will meet the standards at the time of use. Where no specific storage temperature is given drugs should be stored at room temperature between 15 – 25 degrees Celsius. Some of the drugs should be kept under refrigeration, at 2 – 5 degrees Celsius, but care must be taken not to freeze them, otherwise they will lose their potency, or the ampoules will be broken.

5.5.3. The medicine chest to have an ‘inner cupboard’ solely for the storage of the controlled drugs. The cupboard should be fitted with a door and a lock which cannot be opened by the key to the medicine chest. The master or a person authorised by them may open the inner cupboard. Master’s safe also can be used to store control drugs as far as access to the safe is limited to the Master.

5.5.4. Unwanted or expired controlled drugs should be disposed of only by giving them to a person who may lawfully supply them, such as qualified pharmacist or qualified doctor. It is also possible to dispose of drugs via the police. A receipt should be obtained from the recipient, and kept with, or affixed to, the controlled drugs register described at section 8.4. See also section 6.

5.5.5. The expired control drugs **shall not be** transferred to the “Expired Medicine” locker described in section 5.4.4 and shall be kept at the same locker with unexpired control drugs until proper disposal.

**6. Disposal of Medicines and Medical Equipment**

6.1. The expired medicine or medical equipment shall be replaced by the expiry date, and in any event within three months prior to the expiry date.

6.2. Medicines or medical stores which have passed the expiry date shall be stored in the “Expired Medicine” locker described in 5.4.4, until proper disposal is arranged.

6.3. All expired medicines and medical equipment shall be recorded at the “expired medicine register” and properly managed until disposal. The expired medicine disposal procedure shall be incorporated to Safety Management System of Bahamas registered vessels that applying this MN.



- 6.4. Expired medicines and medical equipment shall be returned to the supplier, registered medical doctor or pharmacist who can assure safe, ethical and environmentally friendly disposal. The vessel is to be provided with a receipt showing quantity of medicines and equipment, registration details, company, contact details of the party who received the expired medicines and equipment for disposal.
- 6.5. Notwithstanding the above, the BMA recognises that it is not always possible to return expired medicines to the supplier or a pharmacist. In such cases, expired medicines may be disposed of to a hazardous waste disposal company, authorised or licenced by the local competent authority for such operations. The vessel is to be provided with a receipt showing quantity of medicines and equipment, registration details, company, contact details of the party who received the expired medicines and equipment for disposal.
- 6.6. In exceptional cases where there is no option for disposal as per paragraphs 6.4 and 6.5, the BMA should be contacted for advice on acceptable means of destroying the medicines ([tech@bahamasmaritime.com](mailto:tech@bahamasmaritime.com)).

## **7. Medicine chest inspection and certification requirements**

- 7.1. MLC Standard A4.1.4(a) requires regular inspection of the vessel medicine chest by the competent authority. For Bahamian ships this is conducted by Bahamas Recognised Organisations at MLC 2006 inspections.
- 7.2. The medicine chest shall be inspected at least once every 12 months, in accordance with Regulation 24(6) of the Bahamas Merchant Shipping (Maritime Labour Convention) Regulations 2012. This inspection shall be recorded in the Official Logbook.
- 7.3. The annual inspection described in 7.2 can be carried out by the Master of the vessel who has satisfactorily completed training in medical care in accordance with the Merchant Shipping (Training, Certification, Manning and watchkeeping) Regulation, 2011 or by a medical doctor or a pharmacist.
- 7.4. Inspection and certification of the vessel medicine chest by a qualified medical doctor or a pharmacist can be conducted remotely.
- 7.5. The certificate shall be signed and stamped by the entity conducting the inspection (onboard or remotely) whose full name and title shall appear on the certificate.
- 7.6. The medicine chest also to be inspected at the Bahamas Flag State Annual vessel inspections.

## **8. Recordkeeping and Publications Requirement**

### **8.1. General**

Records that are not required to be kept in an approved paper form, may be kept and managed electronically. Bahamian vessels shall carry publications, documents and maintain records relevant to this Notice as described in the following sub-paragraphs.

### **8.2. Inventory of Medicines.**

8.2.1. A list of all medicines and medical supplies shall be maintained on board all Bahamian vessels.

8.2.2. The list should be regularly updated and contain, for each item:

- the expiry date
- storage conditions
- quantities remaining after purchase, use or transferring to the expired medicine locker.

8.2.3. Expired medicines shall be recorded in a separate section of the inventory (Expired Medicine Register) and manage them until disposal as per section 6 of this MN. Disposal information including but not be limited to the contact details of the disposal entity, date and amount of discharge, master's confirmation for discharge and reference to the disposal certificate shall be recorded in this section.

### **8.3. Injury and Illness Medical Record.**

8.3.1. The form, Injury and Illness Medical Record (Annex 2), to be completed whenever treatment of a seafarer aboard a vessel needs to be sent ashore. The purpose of this form is to facilitate the exchange of medical and related information concerning individual seafarers between the vessel and shore in cases of illness or injury.

### **8.4. Medical Log**

8.4.1. Bahamian vessels shall maintain a medical log book to record every case of illness or injury happening to any member of the crew, passengers or other persons engaged in the business of the vessel; the nature thereof; and the medical treatment administered. Electronic records are acceptable.

### **8.5. Controlled Drug Register**

8.5.1. For controlled drugs, the Master is required to maintain a two section register. The two sections of the register should detail, why, when and in what quantity the Master

purchased a controlled drug and similarly the history of the dispensing or disposal of those controlled drugs. Electronic records are acceptable.

8.5.2. This register must be kept for two years after the date of the last entry.

## 8.6. **Publications**

8.6.1. Bahamian vessels (Category A and B) shall carry following publications relevant to this MN

- i. International Medical Guide for Ships (IMGS) (hard copy of most recent edition)
- ii. Quantification Addendum, International Medical Guide for Ships, 3rd Edition, World Health Organization, 2010
- iii. Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG) (hard copy of most recent edition; carry if transporting dangerous goods)
- iv. The medical section of the International Code of Signals.
- v. A complete and up-to-date list of radio stations through which medical advice can be obtained.
- vi. If equipped with a system of satellite communication, carry an up-to-date and complete list of coast earth stations through which medical advice can be obtained.
- vii. Cards for telemedical advice (fill in before calling for radio medical advice)  
\* 10 cards up to 40 persons, 20 cards for 41-100 persons
- viii. Cards/Charts for tracking temperature  
\* 10 cards up to 40 persons, 20 cards for 41-100 persons
- ix. A copy of this Marine Notice

8.6.2. Category C vessels shall carry following minimum publications

- i. First Aid Manual (St John's, Red Cross or St Andrew's) or First Aid Instructions, in English on waterproof paper (Lifeboats and Life-rafts only)

## 9. **Bahamas TeleMedical Advice Services**

9.1. Even well-trained crew members are not medically qualified. Therefore, a doctor should always be consulted about serious illness or injury or when any doubt exists about the action to take in treating a patient.

9.2. Medicines should only be administered after careful assessment of the patient, noting any past allergy or sensitivity to medications. Seek advice if unsure of the correct treatment.

- 9.3. Telemedical 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 on board.
- 9.4. Admiralty List of Radio Signals, Volume 1 (NP281) - Maritime Radio Stations (Parts 1 & 2) lists all Maritime TeleMedical Assistance Services (TMAS) around the world.
- 9.5. For vessels in the Bahamian Search and Rescue Region, TeleMedical Assistance Service (TMAS) is provided through the Rescue Coordination Centre (Bahamas).

**10. Queries**

- 10.1. Any queries on this Notice may be addressed to [tech@bahamasmaritime.com](mailto:tech@bahamasmaritime.com) or by contacting any BMA office.

### Annex A - List of medicines and medical equipment for ships without a doctor onboard

Category A: Ocean going merchant vessel with no limitation on length of trip.

Category B: vessels that are engaged in coastal trade and not more than 24 hours from the home port or a port of call including MODUs and vessels which remain continuously within range of helicopter rescue services.

Category C: Any other vessel that are not under Category A or B.

Name	Form <sup>a</sup>	Strength	Indication <sup>b</sup>	Quantities per 10 crew <sup>4c</sup>			Notes
				A	B	C	
Acetylsalicylic acid	tab	300mg	Pain, fever, blood clots	50	50	-	
Aciclovir	tab	400mg	Herpes simplex/zoster	70+	35+	-	
Adrenaline	amp	1mg/ml	Anaphylaxis	10+	5+	5+	
Amoxicillin/clavulanic acid	tab	875mg/125mg	Infections	20	10	-	
Artemether	amp	80mg/ml	Malaria treatment	12+	12+	-	
Artemether + lumefantrine	tab	20mg/120mg	Malaria treatment	24+	24+	-	Double if crew size >30
Atropine	amp	1.2mg/ml	MI/organophosphate poisoning	10+	5+	-	Double quantity if carrying organophosphates
Azithromycin	tab	500mg	Infections	10+	5+	-	Double if crew size >30
Ceftriaxone	amp	1g	Infections	15	5+	-	
Cetirizine	tab	10mg	Hayfever/hives/dermatitis	30+	30+	-	
Charcoal, activated	powder		Poisoning	120g+	120g+	-	
Ciprofloxacin	tab	250mg	Infections	20+	10+	-	Double if crew size >30
Cloves, oil of	liq		Toothache	10ml	10ml+	-	
Dexamethasone	amp	4mg/ml	Severe asthma/anaphylaxis	3	1	-	
Diazepam	tab	5mg	Alcohol withdrawal	50+	20+	-	
Docusate with senna	tab	50mg/8mg	Constipation	30+	-	-	
Doxycycline	tab	100mg	Infections	10	-	-	
Ethanol, hand cleanser	gel	70%	Hand cleaning	500ml	500ml+	100ml+	
Ethanol	liq	70%	Disinfect instruments	500ml	100ml	-	
Fluorescein	eye strips	1%	Detect corneal damage	20+	20+	-	

Name	Form <sup>a</sup>	Strength	Indication <sup>b</sup>	Quantities per 10 crew <sup>c</sup>			Notes
				A	B	C	
Frusemide	amp	40mg/4ml	Pulmonary oedema	5+	5+	-	
Glucagon	amp	1mg	Hypoglycaemia	1+	1+	-	
Haloperidol	amp	5mg/ml	Psychosis/severe agitation	5	5+	-	
Hydrocortisone	crm	1%	Allergy/inflammatory skin	2 x 30g	1 x 30g	-	One tube per patient
Ibuprofen	tab	400mg	Inflammation/pain	100	50	50+	
Isosorbide dinitrate	tab	5mg	Angina/MI	10	10	5+	
Lignocaine	amp	1%, 5ml	Suturing/minor surgery	5	5	-	
Loperamide	tab	2mg	Diarrhoea	30	30	10+	
Mebendazole	tab	100mg	Intestinal worms	6+	6+	-	
Metoprolol	tab	100mg	HTN/AF/Angina/Migraine	60+	-	-	
Metronidazole	tab	500mg	Infections	30+	20+	-	
Miconazole	crm	2%	Fungal skin infections	2 x 30g	1 x 30g	-	Double quantities if females on board
Midazolam	amp	5mg/ml	Epileptic fits	10+	5+	-	
Misoprostol	tab	200ug	Post-partum haemorrhage	3+	3+	-	Only if females on board
Oral Rehydration Solution	powder	sachet	Dehydration due to diarrhoea	15l (75)	10l (50)	2l (10)+	Quantities in brackets are number of sachets based on sachets made up to 200ml
Oxymetazoline	nasal drop	0.50%	Nasal obstruction/drain sinuses	2	1	-	One bottle per patient
Morphine	amp	10mg/ml	Severe pain	10	10	-	
Morphine	liq	1mg/ml	Severe pain in patients able to eat and drink	100ml+	100ml+	-	
Naloxone	amp	0.4mg/ml	Opiate overdose	10+	5+	-	
Omeprazole	tab	20mg	Reflux, peptic ulcers	30+	30+	-	



Name	Form <sup>a</sup>	Strength	Indication <sup>b</sup>	Quantities per 10 crew <sup>c</sup>			Notes
				A	B	C	
Ondanestron	tab	4mg	Vomiting, sea-sickness	10	10	10+	
Paracetamol	tab	500mg	Pain and fever	100	50	25	
Permethrin	lot	1%	Lice	200ml+	100ml+	-	Double if crew size >30
Permethrin	lot	5%	Scabies	300ml+	100ml+	-	100ml per patient
Povidone iodine	oint	10%	Disinfect skin/wounds	1 x 25g	1x25g	-	
Povidone iodine	liq	10%	Disinfect skin/wounds	100ml	100ml	100ml+	
Prednisone	tab	25mg	Asthma/inflammatory conditions	30+	30+	-	
Salbutamol	inh	100ug/dose	Asthma/bronchitis/ emphysema	1	1	-	One inhaler per patient
Sodium chloride	liq	0.9%, 1 litre	Fluid replacement	5+	1	-	
Tetracaine [amethocaine]	eye drop	0.50%	Eye examination	20+	20+	-	
Tetracycline	eye oint	1%	Minor eye infections	2	1	1+	One tube per patient
Vitamin K	amp	10mg/ml	Reverse warfarin or similar	2+	2+	-	
Water for injection	amp	5ml	Reconstitute injections	10	5+	-	Only used to reconstitute ceftriaxone
Zidovudine + lamivudine	tab	300mg/150mg	Needle-stick injury prophylaxis	56+	56+	-	
Zinc oxide	paste/oint	20%	Irritated skin	200g+	100g+	100g+	4 x 25g or 3 x 30g tubes per 100g

a. amp=ampoule; crm=cream; inh=inhalation; liq=liquid; lot=lotion; oint=ointment; tab=tablet

b. AF=atrial fibrillation; HTN=hypertension; MI=myocardial infarction

c. Category of ship; see main text for definitions; quantities marked with an '+' are suggested quantities irrespective of crew size. The assumed duration of each trip is up to 3-4 weeks.

#### **MEDICAL EQUIPMENT (Quantity per 40 persons)**

Equipment Category	Specification	A	B	C
<b>1. Resuscitation Equipment</b>				
Appliance for the administration of oxygen	<i>Oxygen giving set comprising of the following:-</i> 1) 1 oxygen cylinder, 2 l/200 bar 2) 1 spare oxygen cylinder, 2 l/200 bar 3) 1 flow meter unit giving a minimum setting of not less than 4ltrs per minute 4) 1 pressure regulating unit, 1 set of tubing 5) 3 disposable face masks of choice: including simple face mask and non-rebreathing mask 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	Pocket face mask with valve and O2 inlet Guedal Airway Sizes medium & Large	1 1	1 1	1 -
<b>2. Dressing and suturing equipment</b>				
Disposable skin stapler /or suture kit (including staple remover)	1) Sterile non-absorbable sutures swaged to a half circle needle with a cutting edge 2 sizes e.g. 16mm & 26mm 2) Sterile absorbable sutures swaged to a half circle needle 1 size e.g. 26mm	6 each  3	-  -	-  -

Equipment Category	Specification	A	B	C
Adhesive elastic bandage	Adhesive elastic bandage 7.5cm x 4m	10	10	10
	Crepe bandage 7.5cm x 4m	12	12	-
Tubular gauze bandage, for finger dressings	20m length with applicator	1	1	-
Disposable gloves	Latex free, vinyl	100	100	20
Adhesive dressings	Assorted sterile	80	80	40
Sterile bandages with unmedicated dressings (Ambulance dressings)	(1) medium, No.1 (12x10) cm	10	6	4
	(2) large, No.2 (20x15) cm	10	6	4
	(3) extra large, No.3 (28x20) cm	10	4	2
Adhesive sutures	75mm adhesive suture strips	6	6	6
Sterile gauze swabs	Packet containing 5 sterile gauze pads size 7.5cm x 7.5cm	20	10	2
Sterile sheet for burns victims		2	2	-
Triangular sling / bandage		5	5	-
Paraffin gauze dressings, size 10cm x 10cm		40	40	-
<b>3. Instruments</b>				
Disposable scalpels		10	-	-
Stainless steel instrument box		1	1	-
Scissors	Stainless steel dressing scissors	1	1	-
	Sharp pointed scissors	1	1	-
Dissecting forceps	toothed	1	1	-
Haemostatic clamps		2	2	-
Needle forceps		1	-	-
Disposable razors		5	-	-
<b>4. Examination and monitoring equipment</b>				
Disposable tongue depressors		100	100	-
Reactive strips for urine analysis		100	-	-
Equipment Category	Specification	A	B	C

Temperature charts		1 pad	1 pad	-
Medical evaluation reports		1 pad	-	-
Pregnancy test kit	When women on board	2	-	-
Stethoscope		1	1	-
Aneroid sphygmomanometer		1	1	-
Standard clinical thermometer		3	1	-
Hypothermic thermometer low reading rectal thermometer		2	2	-
Sputum cup with cover	Disposable	2	-	-
Specimen jars	Strong glass or plastic with airtight lid 50 ml with blank labels	2	-	-
<b>5. Equipment for injection, perfusion, puncture and catheterization</b>				
Bladder drainage/ Urine drainage bag	Bladder drainage set (including bag, spigots and tube)	2	-	-
Rectal drip set		2	-	-
Disposable syringes	2ml, 5ml, 10ml	40 of each	20 of each	-
Disposable hypodermic needles	(21G) 0.8mm and (25G) 0.5mm	50	25	-
"Sharps" disposal box	1 litre size	1	1	-
Catheter	1. Foley type 16 Charriere gauge, 5 ml balloon (short / medium term use in adults)	2	-	-
	2. Nelaton size 16 Charriere gauge (with no balloon)	2	-	-
	3. Penile sheath set	2	-	-
<b>6. General Medical Equipment</b>				
Bedpan	(stainless steel or sterilisable plastic)	2	-	-
Hot water bottle	With fabric cover	2	-	-
Urine bottle (urinal)		2	-	-
Icebag		2	-	-
<b>Equipment Category</b>	<b>Specification</b>	<b>A</b>	<b>B</b>	<b>C</b>
<b>7. Immobilization and setting equipment</b>				

Malleable finger splint		1	1	-
Malleable forearm and hand splint		2	2	-
Splints – simple, vacuum (inflatable only if others unavailable)	Set of four (half leg, full leg, half arm and full arm)	1	1	-
Thigh splint - (Traction)	e.g. Thomas splint, Donway etc.	2	2	-
Collar for neck immobilisation – (semi-rigid)	Adult size pack of 3, small, medium and large or adjustable collar	2	2	-

#### 8. Disinfection, Disinsectization and Prophylaxis

Water – disinfection compound	In liquid form - litres	5	-	-
Liquid insecticide	In liquid form - litres	5	-	-
Powder insecticide				

#### 9. General Medical and Nursing Equipment

Face masks disposable		100	100	-
Plastic measuring jug 1/2 litre size		1	1	-
Disposable paper towels		100	100	-
Latex free sterile surgical disposable gloves (large)		25prs	25prs	-
Waterproof plastic sheeting, size 1m x 2m		2	1	-
Lotion bowl (size at least 200mm x 90mm, stainless steel or sterilisable plastic, to be marked "medical")		2	-	-
Kidney dish (size 250mm stainless steel or sterilisable plastic)		2	-	-
Safety pins, rustless medium		25	25	25

Equipment Category	A	B	C
Magnifying glass 7.5cm 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	
Vessels in malarial areas only - microscope slides in individual transit containers	20	20	
1) Excavator double ended Guys' pattern G2 2) Filling paste inserter (for inserting filling paste into the tooth) 3) Dental mirror size 4 on handle 4) Cavit (temporary dental filling) tube	1 Set of all items	-	-
Scissors stainless steel or disposable			1pr
Triangular bandages about 90cm x 127cm			8
Sterile paraffin gauze dressings			20
Plastic burn bags			1



## ANNEX B: List of Additional Medicines and Medical Equipment to be carried as per MFAG Guide

Column A of the following table shows the recommended minimum requirements for ships when casualties **cannot** be hospitalized on shore within 24 hours.

Column B shows the recommended minimum requirements for ships when casualties can be hospitalized on shore within 24 hours.

Column C shows the recommended minimum requirements for ships when casualties can be hospitalized on shore within 2 hours

NOTE: As stated in the MFAG, medicines and equipment already available in the vessels medicine chest may be counted towards the MFAG requirements. Recommended minimum quantities are based on 24 persons

Medicine	Format/ Standard unit	Recommended minimum quantity/ 24 persons			Dosage	MFAG Reference
		A	B	C		
amoxicillin	capsules 500 mg	30 capsules	<i>none</i>	<i>none</i>	500 mg x 3	Table 9
anaesthetic eye drops	eye drops (bottle)	5 bottles	5 bottles	5 bottles	several drops x several	Table 7
antibiotic eye ointment	eye ointment (tube)	5 tubes	5 tubes	<i>none</i>	apply 2 to 4 times daily or more frequently if wounded	Appendix 7
atropine	injection fluid 1 (or 0.5) mg/mL (1 ml ampoule)	15 (or 30) x 1 mL	15 (or 30) x 1 mL	<i>none</i>	1 mg x several	Table 17
beclomethasone (including inhalation device) <b>or</b> budesonide (including inhalation device)	inhalation aerosol 50 µg/dose (200 doses) <b>or</b> 250 µg/dose (200 doses) inhalation aerosol 200 µg/dose (100 doses)	5 x 200 doses 5 x 100 doses	5 x 200 doses 5 x 100 doses	<i>none</i> <i>none</i>	250 µg x several (5 puffs of 50 µg/dose) <b>or</b> (1 puff of 250 µg/dose) 400 µg x several (2 puffs of 200 µg/dose)	Table 9
calcium gluconate gel	gel 2% (25 g tube)	5 tubes	5 tubes	5 tubes	apply several times	Tables 8, 16
calcium gluconate	effervescent tablets 1 g	20 tablets	20 tablets	<i>none</i>	5 g x 2	Table 16

Medicine	Format/ Standard unit	Recommended minimum quantity/24 persons			Dosage	MFAG Reference
		A	B	C		
cefuroxime	injection substance 750 mg	10 x 750 mg	<i>none</i>	<i>none</i>	750 mg x 3	Table 10
charcoal, activated	powder (50 g bottle) or effervescent granules	2 x 50 g or 10 x 5 g	2 x 50 g or 10 x 5 g	<i>none</i>	50 g x 1	Table 10
diazepam	rectal solution 10 mg (ampoule)	5 x 10 mg	5 x 10 mg	<i>none</i>	10 mg x 1 to 5	Tables 4, 5, 6
erythromycin	tablets 500 mg	30 x 500 mg	<i>none</i>	<i>none</i>	500 mg x 4	Table 9
ethyl alcohol	solution 99.5% (500 mL bottle)	3 x 500 mL	1 x 500 mL	<i>none</i>	25 mL x 8 (25 mL 99.5% in 250 to 300 mL water or soft drink)	Table 19
fluorescein	eye test strip	1 package	<i>none</i>	<i>none</i>	1 test strip x 2	Appendix 7
furosemide (frusemide)	injection fluid 10 mg/mL (5 mL ampoule)	5 x 5 mL	<i>none</i>	<i>none</i>	50 mg x 3	Tables 2, 9
metoclopramide	injection fluid 5 mg/mL (2 mL ampoule)	30 x 2 mL	10 x 2 mL	5 x 2 mL	10 mg x 3	Tables 7, 8, 10, 13, 15, 20
metronidazole	suppositories 1 g	10 x 1 g	<i>none</i>	<i>none</i>	1 g x 3	Table 10
morphine sulphate	injection fluid 10 mg/mL (1 mL ampoule)	40 x 1 mL	10 x 1 mL	5 x 1 mL	10 to 20 mg x 6 or 7	Tables 7, 8, 10, 13
naloxone	injection fluid 0.4 mg/mL (1 mL ampoule)	5 x 1 mL	5 x 1 mL	2 x 1 mL	0.4 mg x 1 to 5	Tables 4, 13
oral rehydration salts (ORS)	sachets or tablets to dissolve in water	ORS to give 18 L solution	ORS to give 6 L solution	<i>none</i>	1 L x 3 or more	Tables 8, 10, 11
paracetamol	tablets 0.5 g	200 tablets	100 tablets	20 tablets	1 g x 4	Tables 7, 8, 13

Medicine	Format/ Standard unit	Recommended minimum quantity/24 persons			Dosage	MFAG Reference
		A	B	C		
phytomenadione	injection fluid 10mg/mL (1 ml ampoule)	10 x 1 mL	<i>none</i>	<i>none</i>	10 mg x 2 or more	Table 14
plasma expander (gelatine-based)	infusion fluids (500 mL bottles)	3 x 500 mL	3 x 500 mL	<i>none</i>	500 mL x 1 to 3	Appendix 13
rehydration salts – see oral rehydration salts						Tables 8, 10, 11
Salbutamol (including inhalation device) <b>or</b> terbutaline (including inhalation device)	inhalation aerosol 100 µg/dose (200 doses) inhalation aerosol 500 µg/dose (50 doses)	5 x 200 doses 5 x 50 doses	5 x 200 doses 5 x 50 doses	1 x 200 doses 1 x 50 doses	200 µg x several (2 puffs of 100 µg/dose) 500 µg x several (1 puff of 500 µg/dose)	Table 9
sodium chloride, isotonic (saline) terbutaline – see salbutamol	9 mg/mL (0.9%) (1 L bottle)	5 x 1 L	3 x 1 L	1 x 1 L	1 L x 1 to 3	Table 7

**List of equipment (MFAG) (per 40 persons)**

Equipment	Recommended minimum quantity/40 persons			MFAG Reference
	A	B	C	
Guedel airway size 2	2	2	2	Appendix 3
size 3	2	2	2	
size 4	2	2	2	
IV cannula (size 1.2)	10	10	none	Appendix 13
IV set	10	10	none	Appendix 13
Needles size 0.8	100	50	10	
Simple face mask (allowing up to 60% oxygen), disposable	10	10	2	Appendix 3
Valve and bag manual resuscitator	2	2	2	Appendix 3
Oxygen cylinder	40 L/200 bar*	40 L/200 bar*	none	Appendix 3
Portable oxygen-giving set ready for use	1* (2 L/200 bar)	1* (2 L/200 bar)	1	
Spare portable oxygen cylinder	1* (2 L/200 bar)	1* (2 L/200 bar)	1	
Rectal infusion set catheter (26 French gauge)	1 6	none none	none none	Appendix 13
Syringes				
2 mL	100	50	10	
5 mL	10	10	none	

\* A minimum of 44 L/200 bar oxygen of which there should be at least:

- One complete portable set with 2 L/200 bar oxygen ready for use with a spare cylinder of 2 L/200 bar and
- One oxygen cylinder of 40 L/200 bar (at ship's hospital, assembled for direct use) with one flowmeter unit (two ports) for supplying of oxygen for two persons at the same time. If more than one non-portable oxygen cylinder is used, there must be two flowmeter units for supplying of oxygen for two persons at the same time.

**ANNEX C: Additional Requirements for Emergency Medical Kit**

1. 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 them. The Doctor’s Bag should be clearly labelled as follows :  
*“The medicines in this bag are to be used by a qualified medical practitioner or a registered general nurse, a qualified paramedic or a ship personnel in charge of the medical care on board under the direct supervision of a medical practitioner on board the ship or under telemedical advice/prescription by a TeleMedical Advice Service (TMAS)”*
2. 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 Annex A or B of this Notice. Where an injection is specified, a prefilled syringe is acceptable.
3. The obtaining, use and disposal of morphine from this case should be recorded in the ship’s Controlled Drugs Register.
4. A doctor or other authorized person using the Emergency Medical Kit should be made aware that radio medical advice may be obtained and if necessary medical evacuation arranged, by contacting Bahamas Rescue Coordination Centre (RCC).

<b>1 - Medical Equipment</b>	
<b>Airway - Ventilation</b>	
Oxygen giving set - (small portable)	1
Manual Resuscitator: (bag-valve - mask-resuscitator complete with oxygen reservoir and facemasks in 2 sizes)	1
Guedel Airway	in 3 sizes
Nebulizer with aerosol mask and oxygen tubing	1
Manual suction pump with:	1
Yankauer suction catheters	2
Flexible catheters FG 14 size	2
Laryngoscope with Mc.Intosh spatula small, medium, large	1
Endotracheal tubes	range of sizes
Magill-forceps	1
Flexible introducer for endotracheal tube	1
<b>Diagnostic</b>	
Anaeroid Sphygmomanometer	1
Stethoscope	1
Diagnostic penlight	1
Blood test sticks-glucose	1 set
Blood lancets-sterile	1 set
Electro Cardiogram Monitor with telemetry facility	*

Automatic External Defibrillator (AED)	*
<b>Infusion - Injection</b>	
Disposable infusion set	2
IV indwelling cannulas (G 16,18,20)	2 of each
Adhesive dressing for indwelling cannulas	2
Disposable syringes 2,5,10 ml	2 of each
Sterile disposable Needles	6 (various sizes)
Tourniquet	1
"Sharps" disposable box	1
Sterile/antiseptic swabs	5
<b>Miscellaneous</b>	
Scissors (EMT shears)	1
Disposable gloves	2 pairs
Thoracic drainage set + dual suction and discharge valve	*

<b>2 - Medicines</b>	
<b>Cardiovascular</b>	
Atropine (1mg ampoule)	3
Adrenaline/Epinephrine (1 mg/1ml ampoule)	5
Adrenaline/Epinephrine (10 mg/1ml ampoule)	5
Furosemide (20 mg ampoule)	4
Glyceryl trinitrate (spray)	1
<b>Anti-Arrhythmics (If ECG monitoring available):</b>	*
Digoxin, Lidocaine, Amiodarone, Adenosine, Magnesium Sulphate	*
<b>Beta Blockers :</b>	
Propranolol or equivalent (ampoule)	1
<b>Anti-Hypertension :</b>	
Urapidil (ampoule)	1
<b>Anticoagulants / Thrombolytics</b>	
Heparin or alternative (ampoule)	1
Acetyl salicylic acid (250 - 500 mg)	1
<b>Respiratory</b>	
Salbutamol aerosol inhaler unit	1
Salbutamol for nebulisation (5 mg ampoule)	5
Beclomethasone Dipropionate (Aerosol Inhaler)	1
Aminophylline and/or Salbutamol (IV) (ampoule)	1
<b>Steroids</b>	
Methylprednisolone (250 mg)/ Hydrocortisone (100 mg) (ampoule)	1
<b>Antihistamines</b>	
Promethazine or equivalent (25 mg ampoule)	1



<b>Analgesics</b>	
Morphine sulphate (10 mg ampoule)	3
Ketamine (50mg ampoule)	2
Tramadol or alternative (100 mg ampoule)	2
<b>Sedatives</b>	
Diazepam injection (10 mg ampoule) or equivalent	2
Neuroleptic: chlorpromazine (25 mg ampoule) or equivalent	2
Naloxone injection (0.4 mg ampoule)	*
<b>Antiemetic</b>	
Metoclopramide .(10 mg ampoule) or equivalent	1
<b>IV Anesthetics</b>	
Etomidate (20 mg ampoule) or equivalent	2
Midazolam (10 mg ampoule)	2
Suxamethonium (100 mg ampoule)	1
<b>2 - Medicines</b>	
<b>IV Fluids</b>	
Ringer solution or NaCl solution 0,9%	1000 ml
HEA or Modified Gelatine Infusion Solution (for plasma substitution)	1000 ml
Hypertonic Glucose for IV infusion (30% - 50%)	50 ml
Physiologic saline (10 ml ampoule)	2
<b>3 - First Aid Kit</b>	
- one to be included or attached to the Emergency Medical Kit/Bag	

\* Recommended item

## **ANNEX D: 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 EMK.

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

