Get Ready for Your PEME

A simple checklist for the pre-employment medical exam. Print it, or send it to new crew before their clinic day.

Bring with you

- [ ] Passport and seaman's book (SIRB)
- [ ] Your last medical certificate, if you have one
- [ ] Glasses or contact lenses you use
- [ ] A list of your medicines, with prescriptions
- [ ] Letters or results for any health problem you have
- [ ] Ask the clinic if you need to fast before blood tests
- [ ] Get a dental check first if you can. Many PEMEs include one.
- [ ] A good night's sleep and no alcohol the day before

On the day

- Tell the doctor the truth about your health. Hiding a problem can put you and your crew at risk.
- Do not stop your tablets to try to pass. Bring them and the prescription.
- Ask what the results mean. Ask for a copy of your certificate.
- If you are found unfit or pending, ask why, and what you can do next.

Who pays?

Ask the agency in writing who pays for the PEME before you go. Agencies must not charge you recruitment fees.

CLINIC	DATE AND TIME	AGENCY CONTACT

More help for seafarers: seafarershealth.org/medical-certificates/peme/

Free to print and adapt. General information, not medical or legal advice.