

Dear \_\_\_\_\_:

Due to your body habitus as indicated by your body mass index (BMI) score of \_\_\_\_\_, a demonstration of physical ability is required. BMI is calculated based upon height and weight. Normal BMI is in the range of 14-24, overweight is 25-29, and obesity is over 30. Applicants with a BMI over 40 may represent a safety risk and must be evaluated for the ability to perform common shipboard tasks. Please refer to the enclosed documents entitled: **PHYSICAL ABILITY GUIDELINES** for a description of the required physical abilities and guidelines.

You should take these documents to a primary health care provider in order to certify your physical abilities as listed in the guidelines. If questions arise about your ability to perform the required tasks, the primary care provider may consider referring you to a physical therapist for evaluation. Again, it is not necessary to perform the exact task as listed in enclosure 2, but you should be able to demonstrate the physical strength, agility, dexterity and coordination necessary to perform these tasks.

In accordance with the NVIC 04-08, the National Maritime Center will need your physician to certify that you are physically competent to perform the shipboard tasks as described in enclosure (2) of NVIC 04-08. We request that your physician make a written comment in the space below regarding your ability to perform the following:

Yes	No	
		Disturbance in sense of balance.
		Able to climb up/down vertical ladders and stairways.
		Able to move through a restricted opening of 24 x 24 inches.
		Able to open/close water tight doors that may weigh up to 55 pounds: Able to move hands/arms to open and close valve wheels in vertical and horizontal directions; rotate wrists to turn handles. Reach above shoulder height.
		Able to lift at least a 40-pound load off the ground, and to carry, push, or pull the same load.
		Able to crouch, kneel and crawl.
		Able to stand on feet for up to 4 hours with minimal rest periods.
		Able to carry and handle fire hoses and fire extinguishers.
		Agility, strength and range of motion to put on a personal floatation device and exposure suit without assistance.

Additional comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Physician Signature: \_\_\_\_\_ Date: \_\_\_\_\_

License #: \_\_\_\_\_ Phone: \_\_\_\_\_

## PHYSICAL ABILITY GUIDELINES

1. Credential applicants should be physically able to perform assigned shipboard functions and meet the physical demands that would reasonably arise during an emergency response. As used in this context, an “*emergency response*” refers to emergency evolutions such as abandon ship and firefighting, and the basic procedures to be followed by each mariner.
2. If the examining medical practitioner doubts the applicant’s ability to meet the guidelines contained within this table, and for all applicants with a Body Mass Index (BMI) of 40.0 or higher, the practitioner should require that the applicant demonstrate the ability to meet the guidelines. This does not mean, for example, that the applicant must actually don an exposure suit, pull an uncharged 1.5-inch diameter 50’ fire hose with nozzle to full extension, or lift a charged 1.5-inch diameter fire hose to fire fighting position. Rather, the medical practitioner may utilize alternative measures to satisfy himself or herself that the applicant possesses the ability to meet the guidelines in the third column. A description of the methods utilized by the medical practitioner should be reported on the CG-719K or CG-719K/E (or approved equivalent form) as appropriate. All demonstrations of ability should be performed by the applicant without assistance. Any prosthesis normally worn by the applicant and other aid devices such as prescription glasses may be used by the applicant in all practical demonstrations except when the use of such would prevent the proper wearing of mandated personal protective equipment (PPE).
  - a. Those applicants where only a physical demonstration of abilities is required (719-K/E) may substitute a physical exam (719-K) . Enclosure (1) details the relevant standards applicable to each type of credential.
  - b. The BMI calculation is discussed on the Centers for Disease Control and Prevention website:  
[http://www.cdc.gov/nccdphp/dnpa/bmi/adult\\_BMI/about\\_adult\\_BMI.htm](http://www.cdc.gov/nccdphp/dnpa/bmi/adult_BMI/about_adult_BMI.htm)
3. The Coast Guard recognizes that the guidelines contained in this table refer to shipboard conditions and tasks that may not be applicable to all vessels, e.g. a crewmember on a 79-foot towing or small passenger vessel may not be required to carry a 1.5 inch diameter fire hose with nozzle 50 feet; however, for the most part, credentials issued by the Coast Guard are not vessel specific, and they provide authority to work on different types and sizes of vessels, with each vessel having its own equipment and operating conditions. An applicant (along with his or her employer, as appropriate) who is unable to meet any of the guidelines contained within this table may propose alternatives that reflect the conditions applicable to his or her operating environment. Such proposals should be made in writing to the NMC, which will give full consideration to each proposal on an individual, case-by-case basis. *See* paragraph 10 of enclosure (6).
4. If an applicant is unable to meet any of the guidelines contained within this table, the examining medical practitioner should provide information on the degree or severity of the applicant’s inability to meet the guidelines. Applicants with physical limitations who do not meet the related physical ability guidelines in this table may be issued a credential with appropriate limitations upon evaluation by the Coast Guard. Mariners and marine employers are responsible for restricting the mariner’s duties to the limitations of the credential.
  - a. Any prosthesis or similar device used to successfully meet the physical standards should be noted on the credential(s), along with a requirement that the individual must use the prosthesis or similar device while acting under the authority of the credential(s).

<b>SHIPBOARD TASKS, FUNCTION, EVENT OR CONDITION:</b>	<b>RELATED PHYSICAL ABILITY:</b>	<b>THE EXAMINER SHOULD BE SATISFIED THAT THE APPLICANT:</b>
Routine movement on slippery, uneven and unstable surfaces.	Maintain balance (equilibrium).	Has no disturbance in sense of balance.
Routine access between levels.	Climb up and down vertical ladders and stairways.	Is able, without assistance, to climb up and down vertical ladders and stairways.
Routine movement between spaces and compartments.	Step over high doorsills and coamings, and move through restricted accesses.	Is able, without assistance, to step over a doorsill or coaming of 24 inches (61 centimeters) in height. Able to move through a restricted opening of 24 inches by 24 inches (61 centimeters by 61 centimeters).
Open and close watertight doors, hand-cranking systems, open/close valve wheels.	Manipulate mechanical devices using manual and digital dexterity, and strength.	Is able, without assistance, to open and close watertight doors that may weigh up to 55 pounds (25 kilograms). Should be able to move hands/arms to open and close valve wheels in vertical and horizontal directions; rotate wrists to turn handles. Reach above shoulder height.
Handle ship's stores.	Lift, pull, push and carry a load.	Is able, without assistance, to lift at least a 40-pound (18.1 kilogram) load off the ground, and to carry, push or pull the same load.
General vessel maintenance.	Crouch (lowering height by bending knees); kneel (placing knees on ground); and stoop (lowering height by bending at the waist). Use hand tools such as spanners, valve wrenches, hammers, screwdrivers, pliers.	Is able, without assistance, to grasp, lift and manipulate various common shipboard tools.

Emergency response procedures, including escape from smoke-filled spaces.	Crawl (the ability to move the body with hands and knees); feel (the ability to handle or touch to examine or determine differences in texture and temperature).	Is able, without assistance, to crouch, kneel and crawl, and to distinguish differences in texture and temperature by feel.
Stand a routine watch.	Stand a routine watch.	Is able, without assistance, to intermittently stand on feet for up to four hours with minimal rest periods.
React to visual alarms and instructions, emergency response procedures.	Distinguish an object or shape at a certain distance.	Fulfills the eyesight standards for the merchant mariner credential(s) applied for. <i>See footnote 1 of this table &amp; enclosure (5) of this NVIC.</i>
React to audible alarms and instructions, emergency response procedures.	Hear a specified decibel (dB) sound at a specified frequency.	Fulfills the hearing capacity standards for the merchant mariner credential(s) applied for. <i>See footnote 1 of this table &amp; enclosure (5) of this NVIC.</i>
Make verbal reports or call attention to suspicious or emergency conditions.	Describe immediate surroundings and activities, and pronounce words clearly.	Is capable of normal conversation.
Participate in firefighting Activities.	Be able to carry and handle fire hoses and fire extinguishers.	Is able, without assistance, to pull an uncharged 1.5-inch diameter, 50' fire hose with nozzle to full extension, and to lift a charged 1.5-inch diameter fire hose to fire fighting position.
Abandon ship.	Use survival equipment.	Has the agility, strength and range of motion to put on a personal flotation device and exposure suit without assistance from another individual.