



**Military Sealift Command** employs civilian mariners (CIVMARS) on ships in locations around the world. Appreciating the industrial environment aboard ship, the potential for long hours of work required under a variety of weather conditions, and duties that involve periods at sea without the availability of physician level medical care, MSC has developed medical standards to maximize the health and safety of its mariners.

The Medical Office, located in Norfolk, Virginia, is tasked with medically screening applicants who've otherwise met all the criteria for hiring. This is accomplished by monitoring the status of exams and the associated medical results and providing guidance regarding MSC's medical standards.

Should you have any questions regarding the medical screening process you are invited to contact the Medical Office via the address or phone number provided in this brochure.

**MEDICAL OFFICE**

Norfolk Naval Station  
1959 Morris Street  
Suite 120  
Norfolk, VA. 23511

Voice (757) 443-5760  
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*Medical  
Requirements  
for Sea-going  
Applicants*



*The following is a partial list of disqualifying medical conditions:*



- Asthma after the age of 12
- Uncontrolled or insulin dependent diabetes
- Seizure disorders
- Severe hearing loss
- Heart conditions including:
  - Irregular heartbeat
  - Angina
  - Recent heart attack
- Recent heart surgery
- Uncontrolled high blood pressure
- Use of some psychiatric medications
- Sleep apnea
- Uncorrected dental problems
- Any bone or muscle condition that restricts movement or the ability to repeatedly lift over 45 pounds
- Any lung condition that interferes with the use of an “on-demand” respirator

### *Medical Screening Process*



Offers of sea-going employment with Military Sealift Command are conditional as applicants must first successfully clear the medical screening process before being hired.

Should you receive a conditional offer of employment you will be scheduled for a physical exam. At that time, you'll need to provide the Medical Office (address on back) with copies of the following:

1. Most recent previous full physical (from Navy/DoD/MSC), if available
2. Eyeglass prescription (if used). Prescription must be current within one year
3. Current tuberculosis test results (PPD)\*
4. For females: PAP smear results. Results must be current within one year

\* TUBERCULOSIS TESTING (PPD) POLICY  
Tuberculosis testing can usually be obtained free at any Public Health Clinic or from your personal medical provider. If you are a CONVERTOR or REACTOR, you must provide the Medical Department written proof of your completed treatment or that you have started treatment with medicine (i.e. INH)

*When reporting for employee orientation bring:*



- Immunization "Shot Card" Record
- A 6-month supply of all currently prescribed medications
- Eyeglasses, if used

