

# SAFE HARBOR

A monthly newsletter for the Maritime worker from  
The Law Offices of Lyle C. Cavin, Jr.  
May 2016



Thank you for your maritime service and taking the time to review our Newsletter. We at the Law Offices of Lyle C. Cavin, Jr. hope you find the following information helpful. If you have any questions regarding your rights or remedies please contact us at any time. We are here to serve you.



## MEDICAL CONDITIONS THAT MAY PREVENT YOU FROM SAILING



We have discussed this topic before, however it is worth another look. Listed below are the top ten medical conditions that can delay an application for credentials or cause an application to be denied. If you have one of these conditions, please review NVIC 04-08 Enclosure 3 recommended evaluation guidelines with your doctor so that he/she may address the issue. If you have one of these conditions it is likely that you will still get your credentials, however you must provide proper documentation to the NMC.

1. Cardiovascular Conditions
2. Diabetes
3. Psychiatric Disorders
4. Sleep Disorders
5. Chronic Use of Impairing Medications
6. Impaired Hearing
7. Alcohol/Drug Abuse
8. Seizures
9. Vision Requirements
10. Pulmonary Conditions

According to the NMC, the majority (90%) of physical examination forms (CG-719K) they receive are submitted with little or no information clarifying the noted diagnosis, condition and/or medication. This results in needless delays and even denials in credentials.

## QUESTION FROM THE BRIDGE



*I have diabetes, which I have kept under control and my numbers are good. Now I am applying for my merchant mariner credentials but I am afraid it will be denied because of my diabetes. Should I tell the NMC about my condition?*

*Lawrence in Oakland*

Yes, by all means. You will need to bring a form to your doctor to fill out that certifies that your diabetes is under control and does not interfere with your ability to do your job. The form is available online on the NMC website. If you do not submit the form they will ask you for more information and this will only delay your application.

## TEMPORARY ADDRESS CHANGE

We have relocated to San Francisco while our new Oakland space undergoes renovation from fire damage. We have offices on both sides of the Bay to serve you! Look for our Oakland opening sometime in late spring. In the meantime, please contact us at

The Law Offices of Lyle C. Cavin, Jr.  
535 Pacific Avenue,  
San Francisco, CA 94133

Our phone and fax remain the same  
Ph: 510-444-2501 Fax: 510-444-4209

[www.sealawyer.com](http://www.sealawyer.com)

## About Our Law Firm

For more than four decades, merchant mariners, longshoremen, fishermen and harbor workers plying their trades at sea, on the docks, on our U.S. coastal waters and inland waterways have turned to the maritime law firm of Lyle C. Cavin, Jr. & Associates in Oakland. Today, we are proud to be recognized as one of the preeminent maritime law firms serving injured marine workers nationwide, as well as one of the most successful personal injury litigation firms serving victims of negligence in the San Francisco Bay Area and throughout the West Coast.

## Team Approach to Every Personal Injury and Jones Act Claim

When you retain Lyle C. Cavin, Jr. & Associates for a Jones Act injury claim; or personal injury claim, you don't get just one attorney, you get our entire team of dedicated professionals. Our attorneys offer more than 150 combined years of courtroom and negotiated claims settlement experience. We will represent your interests with unwavering dedication, speed and expertise.

### Law Offices of Lyle C. Cavin, Jr.

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