

Becoming a Merchant Mariner:

Steps for upgrading to an **Able Seaman (AB)** from OS
Merchant Mariner Credential
(from the United States Coast Guard National Maritime Center)



A Program of Puget Sound Maritime

Verify your Seaside	<p>There are several different ratings of Able Seaman. It is recommended you check with your employer to determine the right AB level required. The Seaside requirements from the USCG are:</p> <table><tr><td>AB Fishing—180— 8hr days</td><td>AB Special—360—8hr days</td></tr><tr><td>AB Sail—180—8hr days</td><td>AB Limited—540-8hr days</td></tr><tr><td>AB Offshore Supply Vessel (OSV) - 180— 8hr days</td><td>AB Unlimited-1080-8hr days</td></tr></table>	AB Fishing—180— 8hr days	AB Special—360—8hr days	AB Sail—180—8hr days	AB Limited—540-8hr days	AB Offshore Supply Vessel (OSV) - 180— 8hr days	AB Unlimited-1080-8hr days
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Training	<p>Training: Lifeboatman—or Lifeboatman—Limited—4 days Lifeboatman, sometimes called Personal Survival Craft (PSC) is a hands on course of the practical use and procedures of using a lifeboat. Courses often include in lieu of a USCG exam certificate</p> <p>Course Providers</p>						
Exam	<p>Exam: USCG Able Seaman Exam In addition to Sea Service, and training, a practical demonstration, as well as written and oral exam is required to upgrade your MMC. Frequency: One time only</p> <p>Course Providers</p>						
Application	<p>Application: Apply for a Transportation Worker Identification Card A TWIC is a federal ID card required of all merchant mariners. You will need your card to apply for your MMC, and later to access terminals and port security</p> <p>Seaside Required</p>						
Medical	<p>Complete a USCG Physical and Drug Test Your primary care provider can perform the physical and complete USCG Form 719E. The drug test will need to be completed by a USCG approved provider along with USCG 719P</p> <p>USCG Forms</p>						
Application	<p>Application: Apply for your Ordinary Seaman Merchant Mariner Credential An Ordinary Seaman is the entry level rating for a Merchant Mariner Credential (MMC) Your MMC is valid for five years. Upon completing training and acquiring seaside you can upgrade.</p> <p>Application Package</p>						