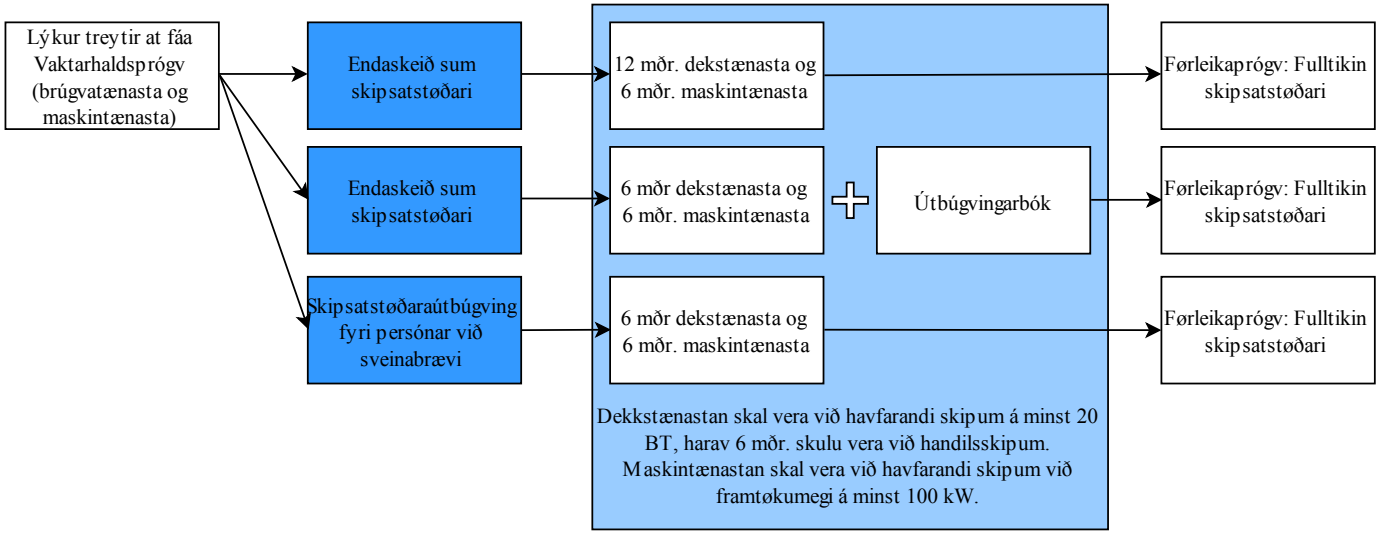Fulltikin skipsatstøðari við handilsskipum - STCW kap. II/5 og III/5