

---

# FATIGUE & MENTAL HEALTH OF CREW

---

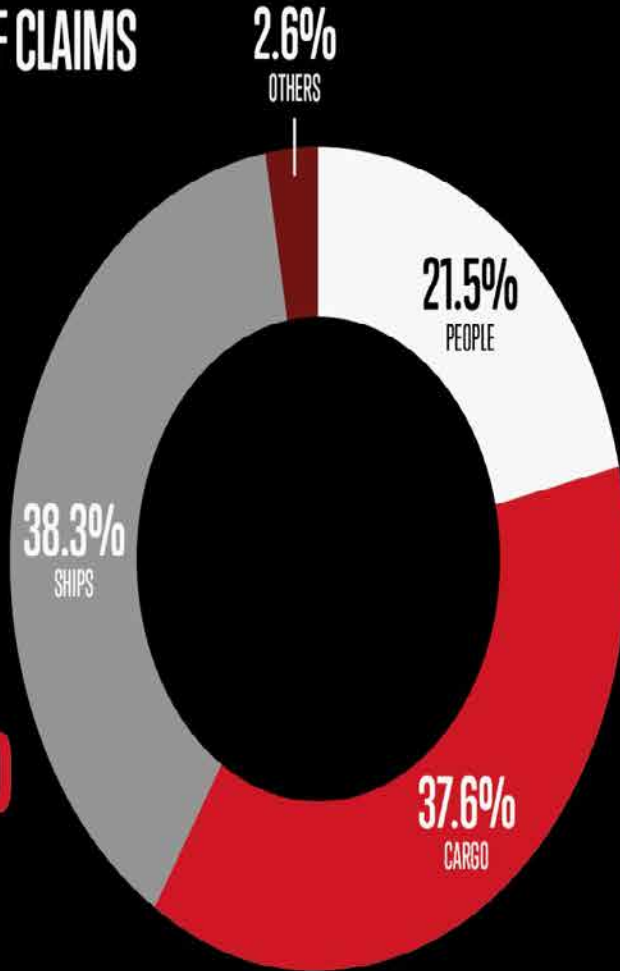


**NORTH**

**THE CLUB COVERS LIABILITIES RELATING TO CREW ILLNESS, INJURY AND DEATH ON BOARD INSURED SHIPS AND RELATED TO WORK ON BOARD THOSE SHIPS.**

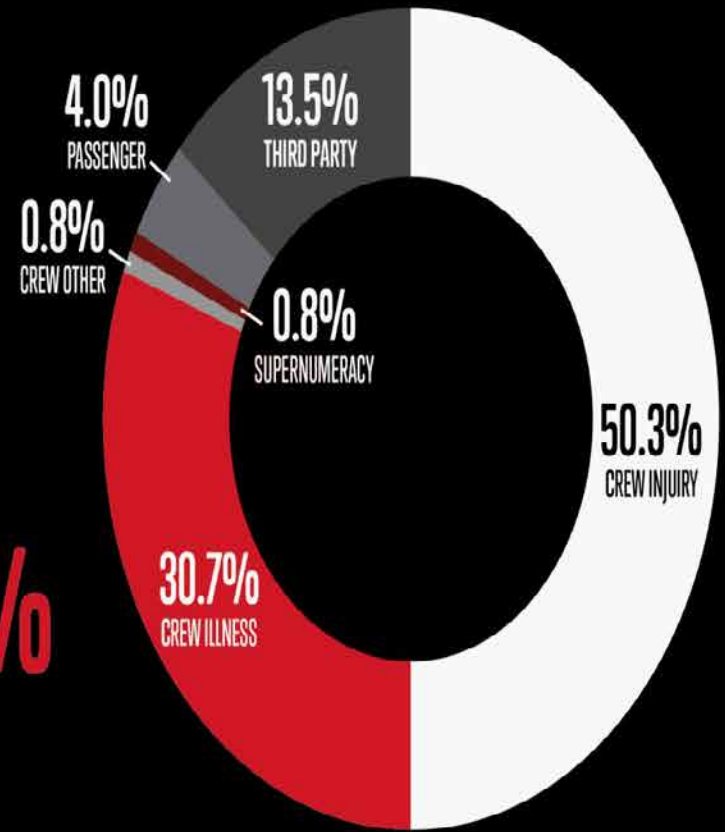
# PEOPLE

## TOTAL COST OF CLAIMS



**21.5%**  
PEOPLE

## TOTAL COST OF PEOPLE CLAIMS



**81%**  
CREW



**HAPPY, SATISFIED, WELL FED,  
FIT AND ENGAGED SEAFARERS ARE  
LESS LIKELY TO HAVE ACCIDENTS**

*Measuring Seafarer's Happiness - Bimco  
Bulletin - 02/03/2018*





**WHAT ABOUT WELL RESTED SEAFARERS?**

# FATIGUE - COMMON SIGNS

- Poor judgement or decision making,
- Lack of ability to problem solve,
- Reduced reaction time,
- Poor hand-eye coordination,
- Behavioural or physical changes.



---

# WHAT ABOUT THIS?



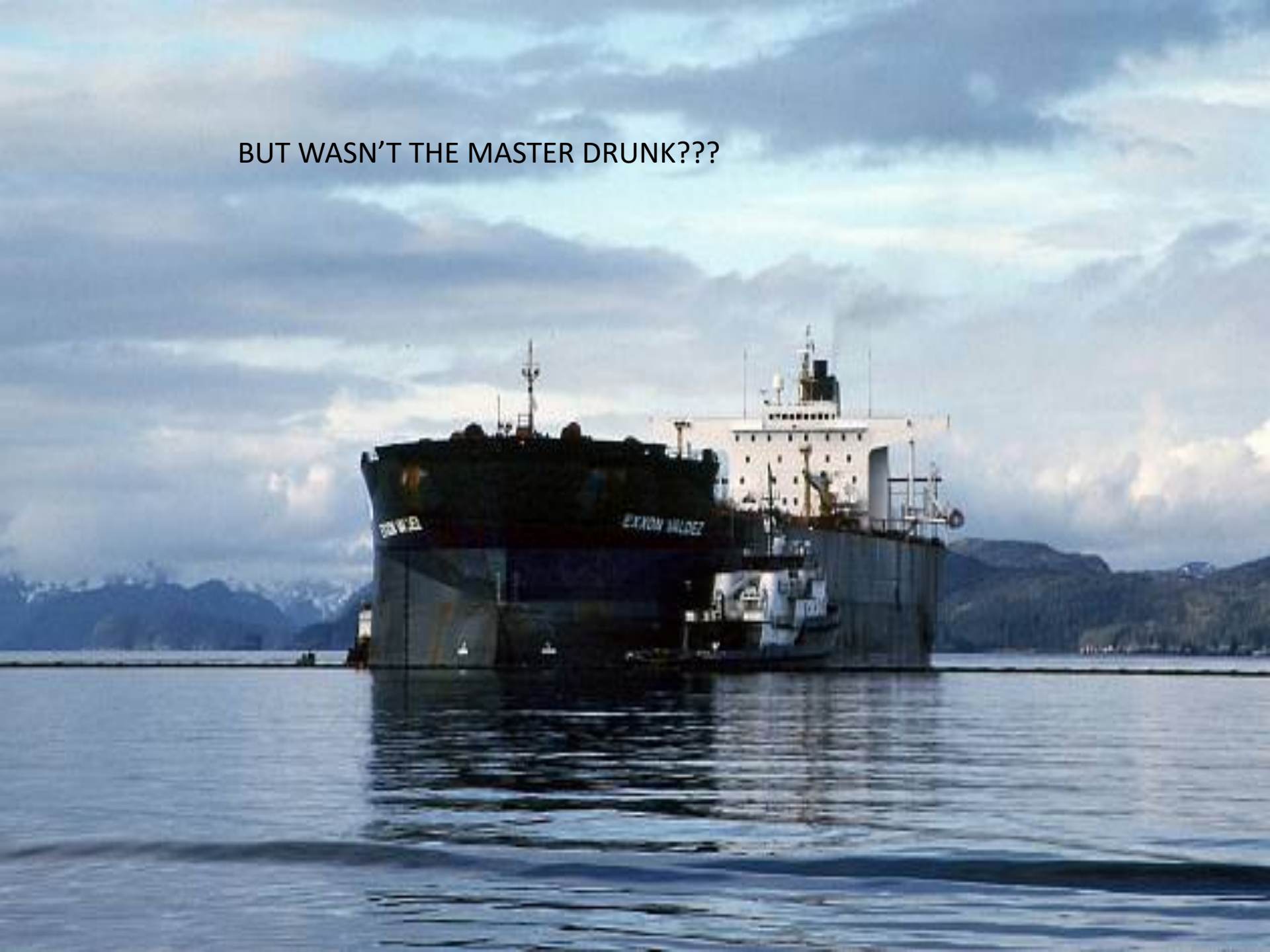


10.8 million US gallons (260,000 bbl; 41,000 m<sup>3</sup>) were spilled into the Prince William Sound.<sup>1</sup>





BUT WASN'T THE MASTER DRUNK???



- EXXON FAILED TO PROVIDE A RESTED & SUFFICIENT CREW.
- 3<sup>RD</sup> OFFICER FAILED TO MANEUVER THE VESSEL DUE TO FATIGUE OR EXCESSIVE WORKLOAD





---

# SYROS 2011









# FATIGUE - DEALING WITH IT





---

# FATIGUE - DEALING WITH IT



## LOOK-OUT AT NIGHT

Avoid single-handed watches in hours of darkness.



## BNWAS

Keep BNWAS, dead-man alarms etc. switched on.



## STAND UP

Avoid sitting on bridge chairs when on watch.



## BUSY PERIODS

Properly manage hours of work/rest during and after periods of intense activity, e.g. in-port cargo operations and dry-docking.

---

# FATIGUE - DEALING WITH IT



## WORK / REST SCHEDULES

Ensure that work/ rest schedules strictly comply with ILO/MLC/ STCW regulations.



## DRILLS / TRAINING

Schedule drills and or training to minimise disturbance or rest periods.



## ENERGY LEVELS

Be aware of the times when the body naturally suffers dips in alertness, these normally occur between 0300-0500 and 1500-1700.



## DIET

Eat regular, well balanced meals. Avoid eating large meals immediately before attempting to sleep. Avoid alcohol consumption.



## KEEP FIT

Exercise regularly.

# FATIGUE KILLS!



WHEN YOUR BATTERY RUNS LOW ⚠️  
→ PUT YOURSELF ON CHARGE ←

SITTING DOWN FOR AN HOUR WILL ONLY TAKE THE EDGE OFF THERE'S  
**NO SUBSTITUTE FOR REST**

The best way to avoid putting yourself or others in dangerous situations due to fatigue, is by getting enough sleep or giving yourself a long enough rest. A caffeine drink or a nap is a short-term solution that will only allow you to keep going for a short time but does not get rid of the symptoms. If you know you have work, make sure you get enough sleep before you start.





---

# MIND MATTERS – MENTAL HEALTH

**NORTH**   
SERVICE, STRENGTH, QUALITY

---

# MENTAL HEALTH – RECENT SURVEY

45% of those had not asked for help.

6% of deaths are due to KNOWN suicide. 1% UK



26% felt “down, depressed or hopeless”.

Only 21% said they spoke to a colleague.

---

# MENTAL HEALTH - TRIGGERS

- Separation from family / life at home
- Social isolation
- Fatigue – working hours / sleep quality
- Ship's trading – long sea voyages / short port stays / deadlines
- Cultural diversity / crew cohesion
- Technology / social media / blue screens
- Distressing incidents



---

# MENTAL HEALTH – SOLUTIONS?

Sleep WELL. Rest.

TALK – “it’s okay  
not to be okay”



“Νους υγιής εν  
σώματι υγιεί”

Wellness apps &  
publications

Stop. Take a breath.  
Observe.  
Perspective.

---

# MIND MATTERS



The mental health of seafarers is an extremely important issue and North recently launched a new initiative to assist Members address this in relation to their crew.



---

# MIND MATTERS



- Mind Matters includes the following resources for Members and their crew:





---

# MY MIND MATTERS



Aimed specifically at seafarers and shipowners, with a dedicated website:

[www.mymindmatters.club](http://www.mymindmatters.club)

Contains various resources to support emotional wellbeing at sea whether psychological, physical, social or environmental.

---

# MIND CALL



A 24/7 helpline for crew on North entered vessels accessible via telephone, email and live chat and with a dedicated website:

[www.mindcall.org](http://www.mindcall.org)

Club contacts; John Webb & Holly Hughes

[mindmatters@nepia.com](mailto:mindmatters@nepia.com)

---

# THANK YOU

Any Questions?

---

**NORTH**   
SERVICE, STRENGTH, QUALITY

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

