

The good guide to seafarer health, safety and wellbeing

Alert!

Accident prevention

Create and maintain a safe working environment and promote safe behaviour through a programme of proactive accident prevention by identify hazards, assessing risks and implementing necessary preventative measures, before accidents and ill-health arise.

Benefits

Provide advice to seafarers and their families on the benefits that are available to them particularly with regard to medical care, sickness benefits, unemployment benefits, old-age benefits, employment injury benefits, family benefits, maternity benefits, invalidity benefits and survivors' benefits.

Company Culture

Develop a company culture by building trust through a policy of openness, good communication and empowerment such that the employee and his/her family feel valued and involved as part of the Company.

Discipline

Encourage self discipline and the adoption of a code of good conduct and effective complaints procedures.

Employment Conditions

Provide a safe and secure working environment, decent working and living conditions and satisfactory terms of employment.

Fair Treatment

Take all necessary measures to ensure that seafarers are treated fairly following a maritime accident and during any investigation and detention by public authorities and ensure that any detention is for no longer than necessary.

Good Housekeeping

Ensure that the workplace and living accommodation is kept clean and tidy and free from slip, trip and fall hazards and from the inappropriate storage of harmful substances and fire sources.

Habitability

Provide adequate and comfortable accommodation, galleys, messrooms and recreational spaces, having due regard for the variations in the size, shape and gender of the seafarer, and for the various environmental stressors such as noise, heat and vibration.

Information Exchange

Employ the use of company newsletters and noticeboard bulletins to inform the crew of important issues that have an effect on their professional lives, health, safety and welfare.

Job Satisfaction

Instil a sense of fulfilment and pride in the job, through good work practices, adequate remuneration, encouraging good working relationships, status, security, recognition, responsibility and advancement.

Keeping in touch

Provide access to ship-to-shore telephone communications, and email and internet facilities onboard ship to enable crew to keep in touch with their families.

Lifestyle

Ensure the seafarer has the energy, physical fitness, physical strength, stamina and a sense of wellbeing to enable him/her to do the job – through a balanced diet, good hygiene, exercise, rest and recreation, together with acceptable standards of habitability and regular medical screening, including drug and alcohol testing.

Motivation

Give the seafarer a sense of leadership, interoperability and adaptability through good communication, direction, teamwork, empowerment and character building.

Nutrition

Encourage proper nutrition, adequate rest and sleep, regular exercise and good hygiene to help to prevent diseases and improve health overall.

Occupational Health

Ensure the health, safety and wellbeing of all onboard through good and effective health and safety policies.

Port Welfare

Continue to pursue the establishment of National Seafarers' Welfare Boards and Port Welfare Committees on a world-wide basis, in order to achieve a global minimum standard of seafarers' welfare.

Quality of life

Ensure that good occupational health and safety, good workplace design and good management have a positive impact on a person's physical and psychological fitness to work at sea such that he/she will want to return to remain with the same Company or return to the same ship after leave.

Recreational facilities

Provide adequate recreational facilities aboard ship, including: recreational spaces, gymnasiums, recreational computers, libraries, televisions, radios and DVD players.

Sport

Create international understanding and cooperation between seafarers of all nations through peaceful competitions in healthy sport activities.

Training & Education

Provide appropriate training in safety and security, and education in fatigue management.

Understanding other cultures

Recognise, interpret and correctly react to people, incidences or situations that are open to misunderstanding due to cultural differences.

Vim and Vigour

Maintain strength and stamina through appropriate diet, rest periods, exercise, periodical medical review etc.

Working practices

Encourage a safety culture and greater security awareness through good ergonomics, safe working practices and the provision of protective equipment, together with proper physical security.

Xtra Mile

Go the extra mile to ensure a safe, healthy, happy and motivated workforce.

Yardstick

Benchmark employee benefits or satisfaction against other operators.

Zeal

Look after the health safety and wellbeing of the seafarer and he/she will approach the job with zeal (enthusiasm and eagerness)!