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Crew Wellness Onboard

1. "NAVIGATING HEALTH: CREW WELLNESS AT SEA"
 - Highlight practical tips on staying physically and mentally healthy onboard.
 - Share short exercises or stretches suitable for confined spaces.
2. "MENTAL HEALTH AT SEA: MANAGING STRESS AND ISOLATION"
 - Provide resources or expert insights on mental wellness for crew members.
 - Feature advice from maritime psychologists or mental health professionals.
3. "CREW STORIES: STAYING POSITIVE WHILE SAILING"
 - Include personal testimonials or stories from crew members about their experiences and strategies for maintaining wellness onboard.
4. "EAT WELL, SAIL WELL: NUTRITION ONBOARD"
 - Give tips on balanced diets and nutritional guidelines suitable for seafarers.
 - Include easy-to-prepare onboard recipes from different crew members or chefs.
5. "SLEEP AND SAILING: IMPORTANCE OF REST AT SEA"
 - Emphasize the importance of quality sleep for safety and productivity.
 - Provide sleep management tips and effective routines for crew.
6. "FITNESS AT SEA: SIMPLE WORKOUTS FOR CREW MEMBERS"
 - Share easy-to-follow fitness routines designed specifically for limited onboard spaces.
 - Encourage the crew by sharing images or short video clips of crew workouts.
7. "BUILDING COMMUNITY AT SEA: SOCIAL WELLNESS ONBOARD"
 - Explore how social interactions, recreation, and crew camaraderie contribute to overall wellbeing.
 - Highlight successful onboard activities or programs enhancing crew engagement



"BREATHE EASY AT SEA: TIPS FOR RELEASING SMOKING HABITS"

Working at sea can be stressful, and smoking often becomes a coping mechanism for crew members. But quitting smoking onboard is not just beneficial to your own health—it creates a safer and healthier environment for everyone on the ship. Here are a few practical tips to help you gradually reduce and eventually let go of your smoking habits:

1. Set a Clear Goal

- Define a specific quit date, and gradually decrease your daily cigarettes as you approach this day.

2. Identify Your Triggers

- Recognize the times, locations, or stressors onboard that trigger your urge to smoke. Understanding these triggers will help you develop healthier coping strategies.

3. Stay Active and Busy

- Keep your mind and body occupied. Physical activities, short walks on deck, stretching, or other exercises can greatly reduce cravings.

4. Find Healthy Alternatives

- Replace your smoking breaks with healthier options like enjoying a tea or coffee, chewing gum, snacking on fruit or nuts, or practicing breathing exercises.

5. Seek Support from Fellow Crew

- Share your quitting goals with colleagues onboard. Mutual support among crew members increases your chances of success and strengthens crew relationships.

6. Stay Positive and Patient

- Understand that breaking smoking habits is a journey. Celebrate small milestones and don't get discouraged by setbacks.

Remember, when you release smoking habits onboard, you're not just improving your own health—you're contributing to the wellness and safety of your entire crew.

Breathe easy, sail strong!



"SMOOTH SAILING BELOW DECK: STAYING SAFE AND COMFORTABLE IN THE ENGINE ROOM"

The engine room is the heart of the ship—busy, noisy, hot, and demanding. Here's how you can ensure a safe, productive, and comfortable experience while working there:

1. Stay Hydrated:

- Drink plenty of water regularly. High temperatures can lead quickly to dehydration, fatigue, and loss of focus.

2. Use Proper Protective Gear (PPE):

- Always wear your helmet, ear protection, safety boots, coveralls, and gloves. Eye protection is essential when handling chemicals or performing maintenance tasks.

3. Manage Noise Levels:

- Protect your hearing by consistently using ear defenders or earplugs. Regular breaks in quiet areas help reduce stress from noise exposure.

4. Maintain Regular Rest Breaks:

- The heat and constant noise in the engine room can quickly tire you out. Short breaks, ideally every couple of hours, help sustain alertness and productivity.

5. Proper Ventilation and Cooling:

- Regularly check ventilation systems. Report issues promptly to ensure efficient airflow and cooling throughout your shifts.

6. Keep a Clean, Organized Workspace:

- Maintain good housekeeping in the engine room. Clear paths and organized tools reduce accidents, enhance productivity, and contribute to a more pleasant working environment.

7. Stay Alert and Communicate:

- Always inform colleagues about your location and ongoing tasks. Clear communication is essential for safety and smooth operation.

8. Monitor and Report:

- Vigilantly monitor engine parameters and promptly report abnormalities to avoid serious incidents.

9. Prioritize Safety Drills:

- Regularly participate in emergency drills and be familiar with the location and proper usage of fire-fighting equipment, emergency exits, and muster stations.

10. Take Care of Your Physical and Mental Health:

- Perform stretches or brief exercises to reduce muscle stiffness.
- Maintain a balanced diet to ensure energy and alertness.
- Maintain regular sleep schedules for optimal performance.

Following these tips will help ensure your safety, comfort, and effectiveness while working in the challenging environment of the engine room.

Stay safe, productive, and comfortable below deck!



LEARNING FROM A NEAR MISS



March: a vessel crew reported that during the routine washing the poop accommodation using one fire hose and at the beginning of the activities, as the start of the fire pump from bridge side, the fire hose was seen to pressurise very quickly.

Lesson Learned:

Pre-use checks are essential. Always verify that all valves not intended for the operation are secured before activating the fire pump.

Clear communication is critical. Ensure

all team members involved are aware of the system status and intended operation areas.

System awareness matters. Crew should be reminded of the interconnectivity of onboard systems (e.g., fire main and anchor wash).

Store PPE in suitable conditions to prevent premature deterioration and check for potential aging issues in stored stock.

– Establish a clear process for reporting defective safety gear

LEARNING FROM A NEAR MISS

March: during mooring operations, crew reported a sudden and forceful pulling of the tug's towline. The unexpected tension placed the line under unsafe stress and posed a serious risk of injury to personnel and damage to equipment.

Lesson Learned:

Always maintain clear and continuous communication with tugboats during operations.

☑ Tug should never apply power or tension without confirming readiness from the vessel crew.

☑ Mooring crew must remain alert and

avoid standing in the bight of the rope or in direct line of tension.

☑ Conduct toolbox talks before mooring to reinforce roles, communication protocols, and safety zones.

☑ Ensure all crew involved are familiar with emergency procedures in case of line failure or sudden tension.





LEARNING FROM A NEAR MISS



March: Improper Vibration at DG No.1 Due to Loose Support Bolts

March: During routine engine room rounds, the Second Engineer promptly observed unusual vibrations on the jacket water pre-heating circulating pump and its connected piping at Diesel Generator No.1.

What Happened:

Upon inspection, it was found that the vibration was caused by the loosening of the support bolts securing the pump. This resulted in improper vibration of both the pump and the connected pipes, which could have led to more severe mechanical damage or failure if left un-addressed.

Root Cause(s):

Support bolts had become loose, likely due to prolonged operation and vibration.
Possible lack of regular torque checks or inspection of fastening components.

Lessons Learned:

- ☑ Regular inspection of pump support structures is essential to detect early signs of loosening or wear.
- ☑ All rotating equipment and connected piping should be included in vibration monitoring routines.
- ☑ Preventive maintenance should include torque checks on support bolts, especially for components exposed to constant vibration.
- ☑ Early detection by vigilant crew is critical in preventing escalation into major damage.

Preventive Actions:

Incorporate torque checks of critical fastenings into the planned maintenance schedule.

Increase awareness among engineering staff on the importance of monitoring vibration sources.

Maintain a log of equipment found with loosened supports to identify patterns or recurring issues.

Shared to Improve Situational Awareness and Promote a Safer Working Environment.

Let me know if you want this bundled with visuals, in report format, or included in a safety bulletin.



LEARNING FROM A NEAR MISS



Misalignment of Crane Hook Safety Closure During Provision Embarkation

March: During the embarkation of provisions, the Officer in charge observed that the Type-C safety closure of the crane's hook was not properly aligned. This posed a potential safety risk for lifting operations.

As a precautionary measure, the provision loading was momentarily halted. The crew manually adjusted the safety latch to its correct position before resuming safe operations.

☒ ROOT CAUSES IDENTIFIED:

Safety latch was misaligned due to prior use or lack of inspection.
Pre-use check of lifting gear may not have been thorough.
Possible wear or sticking in the hook's spring mechanism.

☒ LESSONS LEARNED:

Always conduct pre-use inspections of crane hooks, especially the safety latch and locking mechanisms.

Misalignment, even if minor, can compromise load security and endanger personnel.

Crew should be empowered to stop operations when safety issues are observed.

Prompt intervention and reporting can prevent equipment failure or accidents.

☒☒ CORRECTIVE & PREVENTIVE ACTIONS:

Hook safety latch was manually realigned and function tested.

Provision operations resumed only after confirming safe condition.

Crane hook included in pre-embarkation checklist for future operations.

Crew reminded of importance of visual and functional checks before any lifting.

☒ Please include this topic in the next deck department safety meeting.

Prioritize safety checks—small oversights can lead to major risks.



LEARNING FROM A NEAR MISS



Failure to Wear Safety Goggles During Anchor Drop Operation

March: During anchoring operations, the Chief Mate observed that an Able Seaman (A/B) was not wearing mandatory safety goggles while performing tasks near the windlass. The A/B was immediately instructed to wear the proper eye protection, and the operation continued safely without further issue.

☒ ROOT CAUSES IDENTIFIED:

PPE non-compliance during a high-risk deck operation.

Possible lack of awareness or momentary oversight by the crew member.

Insufficient emphasis during pre-task briefing on task-specific PPE requirements.

☒ LESSONS LEARNED:

Personal Protective Equipment (PPE) must be worn at all times during deck operations.

Eye protection is critical during anchor handling due to the risk of flying rust, dust, or metal shards.

Officers must remain vigilant and intervene immediately when unsafe practices are observed.

Pre-job safety briefings should clearly outline PPE expectations.

☒☒ CORRECTIVE & PREVENTIVE ACTIONS:

A/B complied and wore safety goggles immediately after being instructed.

A reminder was issued to all deck crew regarding strict adherence to PPE rules.

Safety briefing procedures were reviewed to ensure PPE compliance is reinforced before every high-risk task.

☒ Please include this case in the next deck toolbox meeting.

Wearing PPE is a simple step that protects against serious injury. Let's stay sharp and safe.



LEARNING FROM AN UNSAFE ACT



Unsafe Modification of Pneumatic Chipping Gun Trigger

March: During routine deck maintenance, the Chief Officer observed a crew member operating a pneumatic chipping gun with its trigger secured in the “on” position using adhesive tape.

The crew member was immediately instructed to cease work. Upon inquiry, he stated that the modification was made to reduce hand fatigue during prolonged use.

While the intention may have been to improve comfort, this unsafe practice introduced serious hazards, including:

Inability to stop the tool quickly in an emergency.

Risk of uncontrolled tool operation if dropped or mishandled.

Accelerated wear on air hose coupling from repeated manual disconnections.

☒ ROOT CAUSES IDENTIFIED:

Unauthorized and unsafe modification of equipment.

Lack of awareness of the risks involved in bypassing tool safety features.

Possible absence of proper ergonomic solutions or rest procedures.

☒ LESSONS LEARNED:

Never bypass or modify built-in safety features of tools and machinery.

Trigger-locking mechanisms are strictly prohibited unless they are part of the tool's original design.

Operators must stop and report any discomfort or fatigue so that tasks can be rotated or managed safely.

Supervisors should regularly inspect tools to ensure safe operating condition and proper use.

☒☒ CORRECTIVE & PREVENTIVE ACTIONS:

Adhesive tape was immediately removed from the chipping gun.

Chief Officer conducted an inspection of all pneumatic tools onboard for compliance.

A safety reminder was delivered to the deck team reinforcing proper use of power tools.

Crew encouraged to report ergonomic challenges so solutions can be provided safely.

Inspection checklist for pneumatic tools

Toolbox talk log on safe tool handling

☒ Please include this case in the next deck safety briefing.



LEARNING FROM AN UNSAFE ACT



Improper PPE and Role Confusion During CBM Mooring Operations

March: the vessel was shifting from anchorage to Conventional Buoy Mooring (CBM) at Amchit, Lebanon. The Pilot boarded along with two mooring men, who were expected to check the mooring arrangement and advise accordingly.

However, once onboard, the mooring men proceeded aft and began participating directly in the mooring operations, without proper PPE—no helmets, gloves, or other safety gear. The Second Officer in charge of aft mooring reported the situation to the Bridge.

The Master intervened, requesting the mooring men to wear proper protective gear. The Chief Officer provided helmets and gloves from the vessel's inventory, which the mooring men accepted and used for the remainder of the operation, including the Sealine connection.

☒ ROOT CAUSES IDENTIFIED:

Lack of clarity in role expectations for shore personnel (mooring men).

Failure to arrive with adequate PPE, contrary to industry safety practices.

Potential breakdown in communication between terminal authority and shore personnel regarding safety responsibilities.

☒ LESSONS LEARNED:

All personnel involved in deck operations—including external parties—must wear complete PPE at all times.

Masters and officers must assertively enforce safety standards, even with third-party personnel.

Clear communication is essential to distinguish between advisory and operational roles for shore staff.

Ensure visiting personnel are briefed on vessel's safety protocols before participation in any work.

☒☒ CORRECTIVE & PREVENTIVE ACTIONS:

PPE was immediately provided and used for the duration of the operations.

Roles and limitations of visiting personnel were clarified by vessel command.

Safety expectations for CBM operations will be included in pre-arrival briefings for all future port calls.

Master reported the incident for awareness and follow-up with port/terminal authorities.

☒ This incident will be shared during the next safety meeting.



Welcome aboard!

We are pleased to have you as part of our team and look forward to working together in a safe, respectful, and professional environment.

As you begin your assignment, please remember that safety is our highest priority—both for you and your fellow crewmates. Every task, no matter how routine, must be carried out with attention, care, and the proper procedures.

☑ A Few Key Reminders:

Familiarize yourself with the vessel's layout, muster stations, and emergency equipment.

Always wear the required Personal Protective Equipment (PPE) appropriate for your task.

Don't hesitate to ask questions or raise concerns—your input helps us all stay safer. Report any unsafe condition or behavior immediately to your supervisor or officer of the watch.

Respect shipboard hierarchy, follow procedures, and support your fellow crew members.

We are all here to maintain a professional standard, work as a team, and ensure a smooth and successful voyage for everyone onboard.

Once again, welcome aboard—and fair winds ahead!

- ◆ C/M VASTO Michele
- ◆ 2° Uff RUGEERI Andrea
- ◆ 2° Uff BALUTA Bogdan Gabriel
- ◆ C/E DURANTE Cataldo
- ◆ C/E SCOLLO Giovanni
- ◆ Greaser MAGBANUA Rogenel
- ◆ Steward PEREDA Jyle Andrei
- ◆ Pumpman EBONALO Rogelio
- ◆ A/B CHUA Darren

