

Standard Safety: Seafarer Wellbeing

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The Standard
for service and security



Standard
Club



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Introduction

Welcome to this special edition of Standard Safety on seafarer wellbeing

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Over the last couple of years, the club has been working on a variety of projects related to seafarer wellbeing, culminating in this special edition.

Seafarer wellbeing is a holistic concept combining physical, mental and social wellbeing, and our mix of articles reflects this. People regularly forget how mental and physical wellbeing are linked. If you don't feel good in your body, you are likely not going to be happy either and any small additional stress may quickly result in a depressed feeling. The Standard Club's 'people claims' statistics indicate a clear upward trend of mental health related illnesses. We start off this special edition with an analysis of The Standard Club's enhanced PEME scheme over its first three years of operation. This flows directly into an article on the effects of untreated diabetes, hypertension or obesity on a seafarer's performance and how this may impact the safe operation of a ship.

The next three articles delve deeper into the nutritional aspects of physical wellbeing. What effect has the MLC 2006 had on the quantity and quality of food for seafarers? What is an ideal calorie count for different seafarers? What are the benefits or disadvantages of the different types of victualling available to shipowners?

Apart from eating healthily, seafarers should be encouraged to carry out sufficient exercise on board, and our next three articles discuss different ways of keeping fit on board and how seafarers can be incentivised.

As mentioned, the club sees a clear rising tide when it comes to mental health related illnesses. We discuss this problem in our next article, and look at the risk factors involved and what resources exist to help seafarers suffering from mental illness or post-traumatic stress disorder.

We are frequently asked whether screening for mental health prior to joining ship would help in reducing the risk of incidents. We discuss this and suggest a better alternative in the form of mental health champions.

Concurrent with the rise of mental health related illnesses, we have seen onboard communication and connectivity become more widely available for seafarers. Are these two linked? How does social media affect the mental wellbeing of seafarers?

Finally, our last article gives practical advice to seafarers on managing and dealing with fatigue on board.

We hope you will enjoy reading our special edition on seafarer wellbeing and that we can work together on improving the wellbeing of our seafarers!