

## OCCUPATIONAL HEALTH AND SAFETY

The effect of work, the working environment and living conditions on the health, safety and wellbeing of the person

### Codes, Guidelines & Advice

- ILO Guidelines for implementing the occupational safety and health provisions of the Maritime Labour Convention, 2006 (ILO)
- ISM Code (as it applies to health and safety)
- ILO Code of Practice on accident prevention on board ship at sea and in port
- ILO Code of Practice on ambient factors in the workplace
- ILO Code of Practice on safety in the use of chemicals at work
- ILO Code of Practice on protection of workers against noise and vibration in the working environment
- ILO Code of Practice on the Management of alcohol and drug-related issues in the workplace
- ILO Code of Practice on HIV/AIDS and the world of work
- ILO Guidelines on the medical examinations of seafarers (ILO)
- Joint WHO/ILO briefing note for workers and employers on Ebola Virus Disease
- ICS basic advice for shipping companies and seafarers on implementing an effective safety culture
- IMO MSC-MEPC.2/Circ.3 Guidelines on the basic elements of a shipboard occupational health and safety programme
- International Medical Guide for Ships
- The Ship Captain's Medical Guide
- ISWAN Training on Board fitness Program
- The Mental Health of Seafarers
- Wellness at sea project
- Seafarers Centre Directory
- Port welfare partnership
- IMHA Member and Clinic Directory (which includes P&I Club approved PEME centres)
- ITF Seafarers Health Briefings
- ITF Seafarers Balance your diet briefing
- ILO Stress Prevention at Work Checkpoints

## Health & Wellbeing

### Personal health

- Health awareness
- Medical screening
- Pre-employment Medical Examination (PEME)
- Medical support
- Wellness at sea
- Fitness training
- Mental Health

### Wellbeing

- Taking care of oneself and others
- Taking responsibility for personal learning and welfare
- Managing feelings
- Developing a positive and active attitude to life
- Building relationships with others
- Coping with isolation, loneliness and stress
- Recognising depression
- Dealing with fatigue
- Balanced diet
- Drug & alcohol testing
- Exercise
- Habitability
- Hygiene
- Medical screening
- Recreation
- Rest
- Energy
- Physical fitness
- Physical strength
- Stamina

### Welfare

- Company family support structure
- Company family support information
- Staff suggestion schemes
- Communication with home

## Safety

### Safe working practices

- Awareness of onboard occupational health and safety hazards
- Behavioural safety
- Permits to work
- Personal Protection Equipment (PPE)
  - Provision
  - Maintenance
  - Accessibility
  - Proper use
- Enclosed space entry procedures

### Safety culture

- Company culture
- No blame culture

## Accidents

### Recording

- Accident log
- Medical/Sick-Bay log

### Reporting

- Health and safety reports
- Minutes of safety meetings
- Accident/near miss reports

### Investigating

- Internal accident investigation
- Safety Accident investigation
- Flag State investigation
- P&I investigation

### Feedback

- Safety posters
- Safety alerts/bulletins
- Confidential reporting scheme summaries
- Accident investigation reports
- Lessons learned



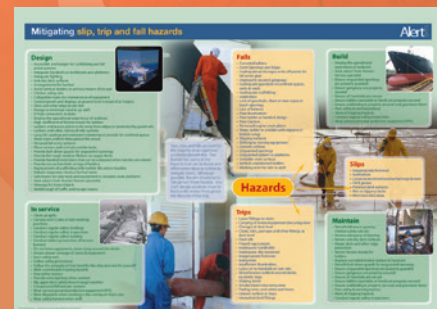
### Issue No.13

Fatigue: Causes, effects and mitigation



### Issue No.17

Mitigating slip, trip and fall hazards



### Issue No.18

The good guide to seafarer health, Safety and wellbeing



### Issue No.32

The complete guide to ship manning



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