

Fatigue

Fatigue results from prolonged mental or physical activity, extended periods of stress, exposure to hard working conditions or loss of rest and sleep. The result of fatigue leads to performance and alertness diminution.

Fatigue is a problem for all ship personnel causing hazardous side effects for the safety of the ship, its crew, its cargo as well as to the environment. Safe ship operation requires constant crew alertness and extreme concentration from ship personnel.

Fatigue is hazardous because it affects the crew regardless of competency, knowledge and training. The following notes are few recommendations for Ship owners and Masters for prevention of fatigue.

Crew should rest when they have over worked.

- Crew should get sufficient daily uninterrupted sleep.
- Crew should eat daily adequate balanced food.
- Crew should avoid smoking /alcohol and drink enough water.
- Crew should rotate when assigned difficult physical tasks.
- Crew should inform master when they are tired.
- Master should assign rested personnel on the watch.
- Master should schedule hazardous tasks for day time hours.
- Master should schedule drills in a manner that maximizes rest