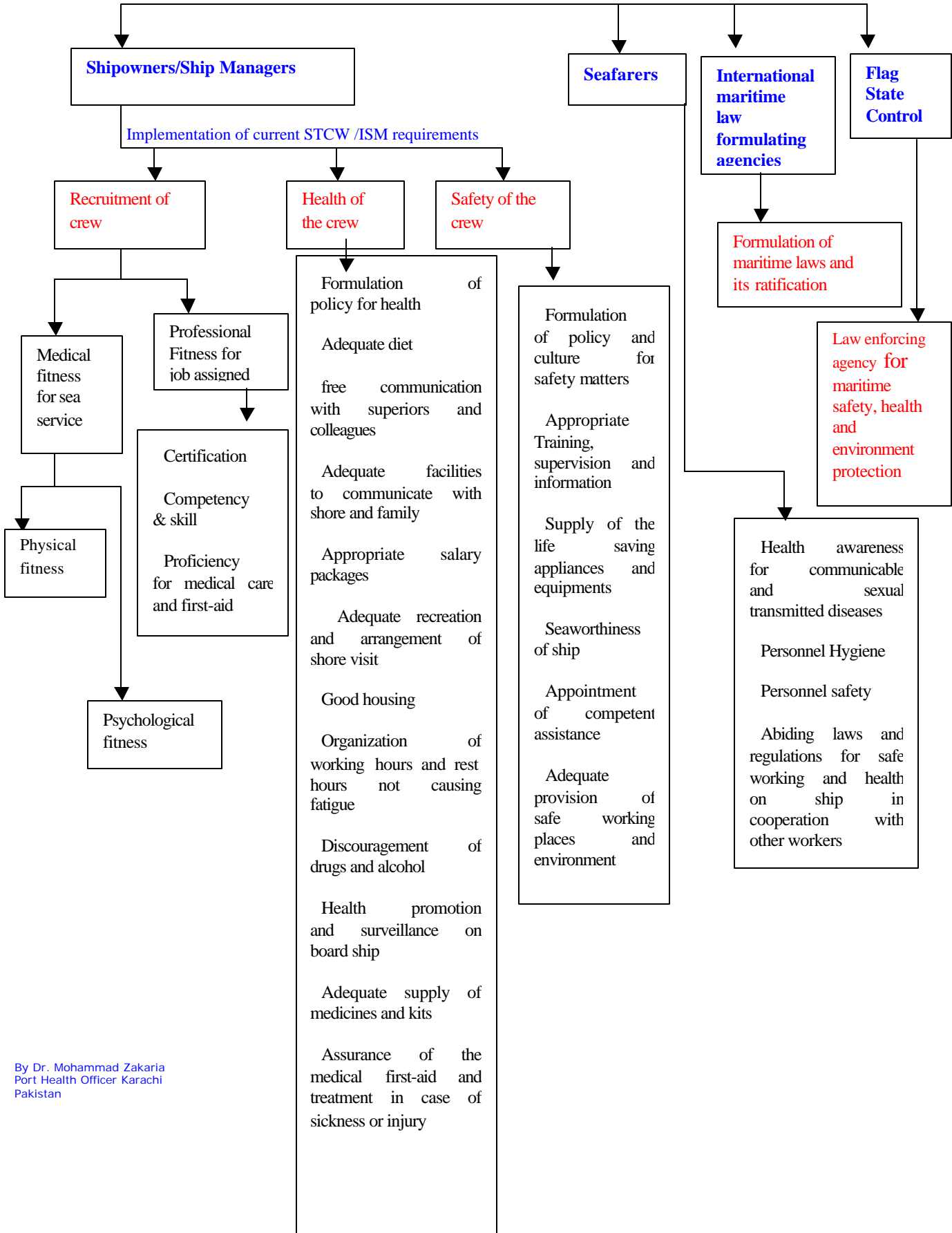


Responsibilities for healthy living and safe ship operation



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The multifactorial causes affecting the health of seafarers

Occupational Activity

- Heavy workload
- Limited real free time
- Limited range of activities
- Easy to produce fatigue and hard to recover
- No release is possible without discharge from a ship
- Monotonous daily life

Psychosocial Factors

- Isolated from family
- Not at home feelings
- Fear for getting inadequate medical treatment at shore
- Have to be conscious of other people's presence at all times
- Social isolation
- Difficulty in distinguishing off-duty hours and rest hours
- Constant fear of the sea
- Limited chance of association with women
- Fear of getting inadequate medical treatment due to un-skilled person responsible for medical care on ship
- Fear of getting proper medical treatment due to limited range of medicine available on ship
- Low reliability of machine system
- Feeling of working 24 hours in a day
- Hard to get good sleep
- Always feeling busy
- Hard to study
- Strong conscious of class and rank
- Limited range of social contacts
- Limited chance of self-realizations
- Liable to press by urgent tasks
- Difficulty in communication at shore
- Limited variety of topics
- Difficulty in making objective decision and broader view
- Liable to get narrow minded
- Fears for becoming out of date on technology
- Fears regarding future employment or further contract in spite of qualification, certification and experiences
- Fears regarding occupational career as seafarer
- Fears regarding suitable job at shore i.e., other than seafarer
- Fears for becoming out of date on technology

Food:

- Mealtime is too short
- Cannot enjoy meal
- Hard to take meals according to own manner
- Have to take three meals with the same people
- Imbalance between meal and exercise
- Food to be hot is not hot
- Food to be cold is not cold
- Too much alcohol and coffee
- Have to eat meal with people with different meal taking customs/manners
- Can't have the food of one's own choice/cooking style
- Poor variety of Menu
- Freshness of food is limited due to long storage
- Have to eat at rigidly set time

Environmental Factors

- Pitching and rolling
- Rapid change in natural environment

- Extremes of temperatures
- Recovery after working cannot take place away from work place
- Limited space to live and work
- Limited variety of leisure activity
- Excessive Noise, vibration, heat
- In adequate accommodation for private and common use
- Sudden change in the work environment

Management Factors

- Inadequate training programme and refreshes courses for staff and crew to update new information technology for safety and quality management discipline.
 - Inadequate arrangements for personal safety
 - Mystified navigation and watchkeeping policy
 - Insufficient cargo handling procedures
 - Inadequate arrangement for keeping records
 - Not having firm policy for alcohol and drug abuse
 - Improper procedures to cope with ship emergencies
 - Improper implementation of existing international and national labour laws for safety and health on ship
 - Promotion is not proceeding smoothly
 - Strong conscious of pressure given by department, and those who perform managerial functions
 - Hard to understand company policy
 - Minimized number of crew cannot afford spare manpower
 - Tight operating schedule
 - Discrimination between personnel administration between shore and sea
 - Company policy to recruit cheap labour not fulfilling the desired criteria in competency, skill, training, and medical fitness standard
 - Lack of confidence between shipowners and shipmanagers in control cost and technical know how
 - Shipowners policy to reduce cost from actually that is needed for the ship operation.
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