

Concern for Seafarers

Digital Ship Conference
Hong Kong



North of England P&I Club Press Release

An increase in incidents involving crew members suffering from psychological problems at sea.



Studies on Fatigue & Stress

- The Nautical Institute – Fatigue Forum
- SIRC – Expected completion 2007
- Swedish Transport Institute



Symptoms

- Mild Anxiety
- Depression
- Aggressive Behavior
- Suicide



Present Practice

- Detailed medical examinations
- Psychometric Testing



Possible Causes

- Ship Related
- Home Related



Ship Related Causes

- Communication pressures
- Commercial pressures
- Hectic schedule – Quick turn around times
- Busy port stay – inspections, stores, etc
- Enhanced Security - Shore Leave Restrictions
- Motion, Vibration & Noise
- Feeling of being cut off from the world
- Anxiety about criminalization
- Delays in being relieved from ship



Home Related Causes

- Prolonged absence of loved ones.
- Infrequent communications from home.
- Absence of communications one is used to
- Financial pressures
- Family demands



How Can They Be Helped

- Try to ensure adequate rest periods.
- Software to ease work load.
- Privacy in communications with home.
- Keep well informed
 - Satellite TV
 - News by e-mail
 - Public screening of movies



Conclusion

- Hardware, software – do not forget human-ware
- Seafarers – Watch Out for abnormal behaviour



Thank You



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