



DISPATCH

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MARTHA: is length of time at sea to blame for seafarer fatigue?

Building on its predecessor, Project HORIZON which identified serious concerns with the 6/6 shift pattern where 50% of participants fell asleep during their shifts, Project MARTHA was launched in 2013 to address this issue and now reports ground-breaking research into seafarer fatigue.

Funded by the TK Foundation, the \$1million three year project gathered a large database of new information from over 1000 seafarers, and carried out a field study of over 100 seafarers working at sea worldwide. The study collected data on seafarer fatigue levels, sleep patterns and psychological wellbeing. An important element to the study was the use of Actiwatchers for extended periods, which volunteers wore to register their periods of activity and sleep.

The study was led by the Warsash Maritime Academy, and the consortium also included: the Stress Research Institute in Stockholm; the Centre of Maritime Health and Society in Denmark; the University of Southampton; the Dalian Maritime University in China; and the ship managers' trade association, InterManager.

What must be made clear is the difference between fatigue and sleepiness. This is an important distinction Project MARTHA makes, as the effects of fatigue can result in sleepiness.

Fatigue: a subjective feeling of tiredness which is distinct from weakness, and has a gradual onset.

Sleepiness: the state of being sleepy

Outline

Project MARTHA's aim was to put together a Fatigue Risk Management System (FRMS) and to provide fatigue awareness training, fatigue prediction models, fatigue reporting systems and advise on corrective actions to take to minimise/eradicate fatigue incidents.

To take account of cultural differences in crew working patterns, Project MARTHA operated two projects simultaneously in both Europe and China. InterManager members took part in the project by allowing their crew to report findings and wear Actiwatch monitors.

Project MARTHA conducted two linked studies involving Masters of vessels and their crews. The first study included three to four months of observation on the longer-term psycho-social issues affecting seafarer fatigue, with volunteer crew members rating their fatigue and stress levels and wearing Actiwatchers periodically to record their activity levels.

The second study evaluated the effectiveness of FRMS through a shipboard study.

The Results

The consortium presented the findings at an exclusive event in June, with some surprising results. An overwhelming result of this project was the effect of fatigue on Master's versus other crew and what consequences this could have on the vessel as a whole.

The study's central purpose was to examine the factors which contribute to fatigue. Over the course of the project, these factors were found to include: job security; environmental factors; job demands; sleep quality; irregular work hours; the amount of rest hours; and new regulations which could place more requirements on seafarers.

Fatigue and the effect on Masters

A Master's place on a ship is central to its performance, a claim which many would agree with. The project confirmed this theory and found a number of reasons for how a Master's role differed from that of other crew members, including that Masters':

- Have more weekly work hours.
- Feel that work in port is surprisingly less demanding than work at sea.
- Masters are far more fatigued at the end of a contract.
- Are slightly more overweight compared to others onboard.
- Surprisingly, results showed that Second Officers tend to get the less sleep compared to others onboard.

Fatigue's effect on performance

The performance of seafarers onboard is paramount to how a vessel can be efficient, streamlined and operational. The study found:

- The longer seafarers are at sea, motivation decreases.
- During interviews, seafarers pointed out that not being relieved on time is having a great effect on their motivation.
- Both fatigue and stress levels are perceived as worse at the end of a voyage rather than the beginning by most crew, with some seafarers saying that port work is more demanding than work at sea – with 48.6% of participants felt stress was higher at the end of a voyage
- Sleepiness levels vary little during the voyage, suggesting there are opportunities for recovery while onboard.

Fatigues and the cultural perspective

The cultural difference Project MARTHA sought to examine threw up some interesting results and a clear divide between European and Chinese seafarers:

- European seafarers worked fewer hours than their Chinese colleagues.
- Chinese seafarers on dry bulk carriers worked an average of 15.11 hours a day compared to European seafarers who worked an average 10.23 hours a day.
- There is evidence of higher levels of both fatigue and stress in Chinese seafarers, rather than European seafarers.

What they are saying

Capt Kuba Szymanski, Secretary-General, InterManager

"I sincerely hope the results of our research will be read and acted upon by shipmanagers and ship owners who will revise their procedures and attitudes. There are number of "low hanging fruits" which, when attended to, could make a big difference. These are not necessarily costly changes - such as having seafarers relieved on time and organising work on board with humans in mind and not regulations in mind, engaging sea staff in decisions, but empowering them to take care of their lives more than it is today."

Mike Barnett, former Project Leader for Project MARTHA and Professor of Maritime Safety at Warsash Maritime Academy

"The shipping industry has been following MARTHA's progress with considerable interest, as the momentum for revising the guidance on fatigue has grown at the International Maritime Organization (IMO). The findings from MARTHA are anticipated to have an influence on the eventual guidelines to be published by IMO."



Marine Safety Investigation report will provide for interesting summer reading

InterManager's representative to the International Maritime Organisation, Capt. Paddy McKnight, reports on the latest meetings

Following a meeting of the IMO Legal Committee during the second week of June at which InterManager was represented, there has been a slight lull in activity prior to the IMO Council meeting for its 116th session commencing on Monday 4th July. Given the Council's agenda on subjects such as: external relations, Member State Audit Scheme, the status of the [IMO] Convention, strategy planning and reform, also resource management including human resources and internal budgeting matters, it was decided that attendance by InterManager's accredited representative was not warranted.

However, the Sub-Committee on the implementation of IMO instruments (formerly FSI) is planned to meet for the week commencing 18 July and, as it offers an agenda of more relevance to InterManager members, representation will take place in order to

cover the following topics of particular interest, in addition to quite a few other peripheral issues :

1. Decisions made by all other IMO bodies such as MSC, MEPC, etc;
2. Port reception facilities;
3. Lessons learned and safety issues identified from Marine Safety Investigation;
4. The harmonisation of Port State Control; and,
5. Updated survey guidelines under the harmonised system of survey and certification (HSSC).

On completion of work by Ill 3, there will be a summer holiday break until 5 September, when the Sub-Committee on Carriage of Cargoes and Containers (CCC) meets for its 3rd session, and that agenda will be introduced in due course.



Mumbai celebrate Day of the Seafarer 2016

On the occasion of Day of the Seafarer Chief Guest, DG Coast Guard Rajendra Singh underscored the importance of seafarers to a very enthusiastic and engaged audience that exceeded 800 and was made of mostly of seafarers and their families.

He expressed confidence that the Indian seafarers share in international shipping industry will increase from 6-7% to 9-10%. He said we should aim to raise the profile of shipping as a vibrant industry as despite being challenging it is also rewarding. He asserted that the men and women who serve the shipping industry are its backbone. On behalf of Coast Guard he assured the seafarers that Coast Guard was there to reach out to them 24 x 7 in times of distress at sea. He added that with a fleet 120 ships and 110 aircraft it was ready to protect those 365 days during the year.

Guest of honour Mr. Yoshiaki Ito, Consul General of Japan, Consulate-General of Japan said anti-piracy measures has produced a reduction in attacks around the world however, he lamented that some seamen are still held hostage by pirates. He added "Keeping the sea safe is of utmost importance"

Explaining the genesis of 6th edition of Seafarer's Day Mr. Deepak Shetty, IRS, DGS earlier in his welcome address said in July 2010 at Manila Conference one of the key decision was taken that 25th June be annually celebrated as Day of the Seafarers in recognition of the invaluable contribution that seafarers and their families make, who are the pillars of support for the seafarers. He drew attention to an appeal made by IMO about raising the proportion of women in seafaring. He informed that since 10th July 2012 there has been no successful hijacking of a merchant

ship particularly in the coast of Somalia or the horn of Africa. He expressed hope that this situation continues to be as promising in the future.

He informed that the DGS was redrawing MS Act to make it very simple and ensure ease of doing business happens as a reality. He further asserted that as service providers it is our solemn commitment to you that in about years' time 100% of DGS services will be available seamlessly, indirectly on an online e-portal. The others who shared their experiences on the occasion included Ms. Sunithi Bala, First Indian Lady chief Engineer, Capt Darryl Rodrigues-Synergy group and Mr. Vikas Kumar from NUSI.

In vote of thanks Capt. K. Devadas, Director (Technical & Offshore Services SCI) and Chairman National Maritime Day Seminar Committee. Capt Devadas also lauded efforts taken by Bhandarkar Publications in organizing the day. George Hoyt, FNI, IMO Maritime Ambassador and Vice President of InterManager praised the families of the seafarers for their sacrifices and the support they give to the seafarers. He encouraged the seafarers to participate in 2 projects that have the potential to increase awareness of seafarers, and in doing so, increase their image around the world. Those are the Seafarers electronic Mosaic, www.seafarersmosaic.com and the Cyprus Shipping Chamber's "Adopt A Ship" program.

This was followed by several very entertaining performances by seafarers (including cadets) and their families. There was a "family atmosphere" prevailing throughout the evening. Capt. Tescelin Almeida and the wives of the seafarers conducted the event flawlessly as master of ceremony and hosts.



Be mobile, be aware

This month's tip comes from member SOFTimpact, who is spreading the word on how we can all stay safe with mobile technology – whether you're onboard or onshore.

Securing your devices

Most Seafarers and land based staff own personal devices including smartphones, tablets and laptops. You may also be lucky enough to have a business supplied device which hopefully is secured already by the I.T department. This tip is for all those using their own devices onboard for keeping in touch with family and friends, but also applies to land based personnel.

"I have an iPad/iPhone so I am immune!"

This statement is often said, but unfortunately it is incorrect. It is true that Apple has been more secure than Android due to Android allowing third party app markets.

However in 2015 we already saw a few malware apps appear on iOS/App Store and we expect to see an increase this year as attackers utilise clever methods to hide malware inside apps.

Amount of data stored on devices

As devices have become part of our daily lives we store more and more information on them – including pictures, videos, emails, documents, passwords, etc.

How upset would you be to lose that data or have it stolen and used against you?

Steps to defend yourself

How would you defend yourself against cyber-attacks? By following the steps below along with common sense you can greatly reduce the risk of your phone/tablet/pc being compromised or data stolen.

- Don't root your Android tablet/phone
- Don't jail break your iPad/iPhone
- Set a password/pin code on all devices
- Turn on the autolock function with a short lock time
- Disable Bluetooth, NFC and Wi-Fi when not in use
- Check application permissions and reviews of apps before installing
- Only download applications from the official app stores
- Install a mobile security app, e.g. Sophos, Lookout, Avast
- Enable remote wiping/locking/tracking of your device
- Backup you phone data regularly to the cloud/home computer
- Be careful what you download or browse on open/free Wi-Fi
- If available, ensure your device has the latest iOS updates installed



Shipping community comes together for annual Cyprus Shipping Rally

The 22nd Cyprus Shipping Off-road Rally got off to a flying start on 11th June, with a day full of fun, excitement and surprises. More than 120 participants in 32 teams took part with their off-road cars onto the mountains of Oreites Forest in Paphos district completing the 50-mile rally.

This year's organisers, SOFTimpact added games to the challenge including abseiling, quad riding and archery, emphasising the fun aspect of the event. The competitive nature was also a common theme throughout the route, with the difference between the top four teams being only 4 points apart.

InterManager is delighted to report that the team Slainte World Tour won, which included employees from

Intership Navigation, Marlow and InterManager member Bernhard Schulte Shipmanagement. The team accepted its trophy to a round of applause and calls that the rally was "the best so far", at the jubilant dinner held at Sanctuary of Aphrodite to mark the end of this year's rally.

During the awards ceremony, the two founders of the Cyprus Shipping Rally - Frank Seidler, Commercial Manager of Intership Navigation and Jan Meyering, Joint Managing Director of Marlow Navigation - were honoured by the organising team and awarded an appreciation trophy.

Committed to the charity aspect of this year's rally, the organising team donated technology equipment to "The

Mission to Seafarers" which aims to promote seafarers welfare.

As InterManager looks forward to next year's rally, organised by the winning team, let's hope for an equally fun and exciting weekend.



MF Shipping Group joint winner of the 2016 International Seafarers' Welfare Award 'Shipping Company of the Year'

The winners of ISWAN's International Seafarers' Welfare Awards 2016 were announced on 24 June at a high profile ceremony held in Manila, the Philippines. The ceremony forms part of ISWAN's celebrations for the IMO Day of the Seafarer on the 25th June. The awards were presented by IMO

Secretary General Mr Kitack Lim to seven recipients who have provided exceptional services to improve the welfare and wellbeing of seafarers.

The winners this year are:

- Judges' Special Award: Duckdalben Seamen's Centre
- Shipping Company of the Year (joint winners): MF Shipping Group and Anglo-Eastern Ship Management
- Port of the Year: Bremerhaven
- Seafarer Centre of the Year: Stella Maris, Barcelona
- Dr Dierk Lindemann Welfare Personality of the Year Award (organisation): AMOSUP
- Dr Dierk Lindemann Welfare Personality of the Year Award (individual): Reverend Stephen Miller

This year's judges were:

Port of the Year: Karin Orsel- CEO of MF Shipping, President of WISTA, Vice Chair of ICS - Kuba Szymanski- Secretary General of InterManager, and Andy Winbow- former Assistant Secretary General and Director of Maritime Safety Division at the IMO.

Shipping Company of the Year: Masamichi Morooka, Chairman of the ICS, Helen Sampson – Director of Seafarers' International Research Centre, and Jacqueline Smith, Maritime Co-ordinator at the ITF.

Seafarers' Centre of the Year: Father Bruno Ciceri, Chairman of ICMA, Kimberly Karlshoej- Head of the ITF Seafarers' Trust, and Robert Kledal, CEO of Wrist Ship Supply.

The Dr. Dierk Lindemann Welfare Personality of the Year:

Masamichi Morooka, Rose George - author of the award winning Deep Sea and Foreign Going: Inside Shipping, the Invisible Industry that Brings You 90% of Everything, and Per Gullestrup, Chairman of ISWAN. Roger Harris, ISWAN Executive Director, said of the evening: "It has been an honour to hold the awards here in the Philippines where a large number of the world's seafarers are from. All of tonight's award winners and shortlisted candidates have made a great contribution to improving the lives of seafarers, and we are delighted to be able to celebrate with them."

The awards are generously funded by the ITF seafarers Trust. This year's sponsors are Immarsat, Wrist Ship Supply (Seafarers' Centre of the Year), Crewtoo (media sponsor), Garrets (Shipping Company of the Year), and the International Chamber of Shipping (ICS) (Dr Dierk Lindemann Welfare Personality of the Year Award- Individuals and Organisations).

Superintendents training

As we so often hear, once someone has become hooked on the shipping industry, there is no looking back. Onshore or offshore, wherever you got your taste for the industry, InterManager is always helping dedicated, enthusiastic people to strive to achieve their potential and make their mark on this global industry.

EMCS International is holding its Ship Superintendents' Training Course once more, educating aspiring superintendents on everything from quality assurance to managing change. The

week-long course will feature some of the industry's most notable stakeholders, including member's Bernhard Schulte Shipmanagement. InterManager is delighted to be part of the course, with our Secretary-General, Capt. Kuba Szymanski giving a number of talks on information management, vetting, tanker management and self-assessment.

For more information on the event get in touch with us at kuba.szymanski@intermanager.org



Bernhard Schulte Shipmanagement enhances training hub in Cyprus with cutting-edge technology

Bernhard Schulte Shipmanagement (BSM) has invested in a Full Mission Bridge and an Engine Room simulator for its training centre in Limassol, Cyprus. This state-of-the-art technology is the only one of its kind in Cyprus and will allow BSM to offer unparalleled training for the career development of its own officers, as well as external training for participants in the region.

Simulation training is of the utmost importance in modern shipping, particularly for the employees of a shipmanagement

company. With the wide range of possible operating systems present even across the same fleet and an ever-increasing number of processes becoming automated, it is vital that personnel are competent in handling the nuances of whichever vessel they are assigned to.

Via this training, nautical and engineering officers will gain knowledge and improve the skills required to serve on board in today's technology-led shipping environment.

Elaborate conquers the three peaks for charity



Employees from Associate Member Elaborate Communications have scaled three of Britain's highest mountains in less than 24 hours for the charity The Sailors' Society.

Managing Director, Sean Moloney, together with PR Account Manager Phil Page and Sales Executive Gemma Mills, successfully completed the renowned 'Three Peaks

Challenge' by climbing Ben Nevis, Helvellyn and Snowdon.

The 24 hour trek was held in order to raise funds to help rebuild houses after Typhoon Haiyan, which struck the Philippines in November 2013 and took the lives of around 20,000 people.

Speaking soon after the team's descent from the final

mountain, Snowdon, Mr Moloney said: "After six months of hard training, we and 26 other teams from the maritime industry have come together to support and raise money for the world-renowned work The Sailors' Society carries out in support of seafarers.

"As the rain beat down half way through in the middle of the night, the vistas at the summit

bathed in glorious sunshine made each climb worthwhile. I would like to thank everyone who has supported us, from the cake and jewellery sales Gemma organised to the individual donations and good wishes we have received."

Donations are still open and greatly appreciated: www.justgiving.com/fundraising/elaborate

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