

EFFECTS AND DANGERS OF



FATIGUE ON SEAFARERS

What's Inside

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MENU OF THE MONTH:

Chinese Spicy Hot and Sour Soup



What is Fatigue?

The International Maritime Organization (IMO) has defined fatigue as “the reduction in physical and/or mental capability as the result of physical, mental or emotional exertion which may impair nearly all physical abilities including strength, speed, reaction time, coordination, decision making, or balance.”

The IMO divided all relevant factors into four general categories (IMO, 2001): crew-specific factors, management factors, ship-specific factors and environmental factors. Fatigue is a major problem allied with excessive work hours, odd shift pattern, poor sleep quality, negative environmental factors, high job demands and stress level. Adverse work condition, health disorder, frequent port visits are also some documented factors nurturing fatigue. There are two types of fatigue—physical and mental.

Loss of productivity is the primary symptom of fatigue at its earlier stages which is followed by accidents within the ship or that cause groundings, collisions even, to the extent of sinking of ships at the advanced stages.

PERFORMANCE IMPAIRMENT	SIGNS / SYMPTOMS
Inability to Concentrate	<ul style="list-style-type: none"> • Unable to organize a series of activities • Pre-occupied with a single task • Focuses on a trivial problem, neglecting more important ones • Reverts to old but ineffective habits • Less vigilant than usual
Diminished Decision-making Ability	<ul style="list-style-type: none"> • Misjudges distance, speed, time, etc. • Fails to appreciate the gravity of the situation • Overlooks items that should be included • Chooses risky options • Difficulty with simple arithmetic, geometry, etc.
Poor Memory	<ul style="list-style-type: none"> • Fails to remember the sequence of task or task elements • Difficulty remembering events or procedures • Forgets to complete a task or part of a task
Slow Response	<ul style="list-style-type: none"> • Responds slowly (if at all) to normal, abnormal or emergency situations
Loss of Control of Bodily Movements	<ul style="list-style-type: none"> • May appear to be drunk • Inability to stay awake • Affected speech • Feeling heaviness in the arms and legs • Decreased ability to exert force while lifting, pushing or pulling • Increased frequency of dropping objects like tools or parts
Mood Change	<ul style="list-style-type: none"> • Quieter, less talkative than usual • Unusually irritable • Increased intolerance and anti-social behavior • Depression
Attitude Change	<ul style="list-style-type: none"> • Fails to anticipate danger • Fails to observe and obey warning signs • Seems unaware of own poor performance • Too willing to take risks • Ignores normal checks and procedures • Displays a “don’t care” attitude • Weakness in drive or dislike for work

Sources:
<http://www.imo.org/en/OurWork/HumanElement/VisionPrinciplesGoals/Documents/1014.pdf>
<http://www.itfseafarers.org/ITI-fatigue.cfm>
<http://maritimedicine.org/2016/06/24/fatigue-in-seafarers/>
http://commons.wmu.se/cgi/viewcontent.cgi?article=1020&context=all_dissertations

What are the effects and dangers of fatigue?

Fatigue can affect the mind, emotions and body. The level of alertness is dependent on fatigue, and therefore, human performance can be impaired. Effects of Fatigue:

- Insomnia
- Moodiness and needless worrying
- Poor judgement of distance, speed, time and risk
- Slow responses
- Difficulty concentrating

How can seafarers cope with fatigue?

If you are aware of the danger signs, here are some general guidelines that can help you maintain your performance while onboard:

- Get sufficient sleep, especially before a period when you expect that time for adequate sleep will not be available.
- Develop and maintain good sleep habits.
- Take strategic naps for about 20 minutes.
- Take breaks when scheduled breaks are assigned.
- Monitor and effectively manage hours of work and rest by maintaining individual records of hours rested or worked.
- If possible, rotate your tasks to mix heavy and lighter duties.
- Inform your supervisor if you think fatigue may be impairing your performance.
- Eat regular, well-balanced meals.
- Limit smoking, caffeine and alcohol consumption.
- Exercise regularly.



DID YOU KNOW?

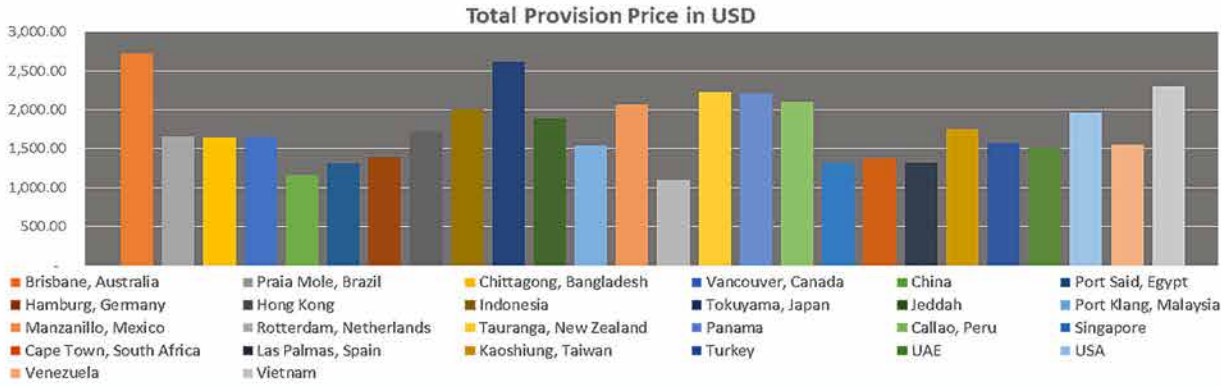
Did you know that 51% of marine accidents are caused by seafarers' fatigue?"—DNV

Source: <http://maritimedicine.org/2016/06/24/fatigue-in-seafarers/>

SEACATERER'S 2016 PRICE BENCHMARKING

SeaCaterer recently concluded a price benchmarking for 268 most commonly used provision items in nine categories from 26 countries. The study provides a glimpse of the global prices for food commodities today, which can be very useful in the planning and management of onboard ordering. We used one unit QTY per item and come up with total price in USD.

FIGURE 1: GEOGRAPHICAL PRICE INDEX



Note: Price in Egypt and Jeddah may look cheap because pork products are not available resulting to the overall pricing to be less than others.

FIGURE 2: PRICE INDEX OF SUPPLY PORTS



Note: Australia and Japan as the top most expensive ports to supply while Rotterdam and China as the two cheapest ports.

FIGURE 3: PRICE INDEX (BEEF CATEGORY)

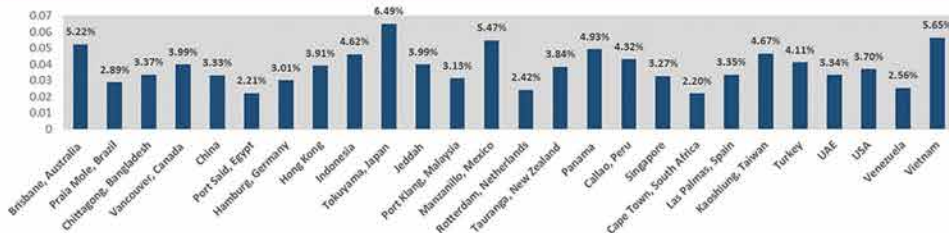


FIGURE 4: PRICE INDEX (CHICKEN CATEGORY)

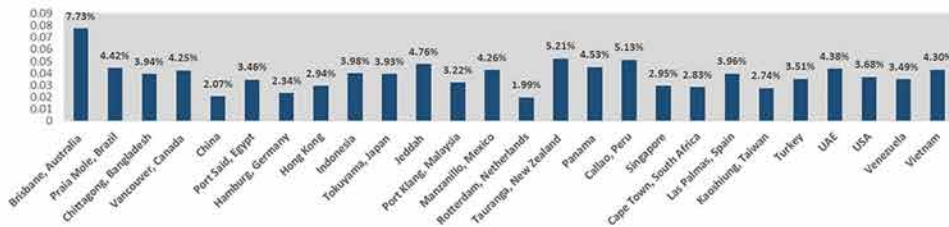


FIGURE 5: PRICE INDEX (PORK CATEGORY)

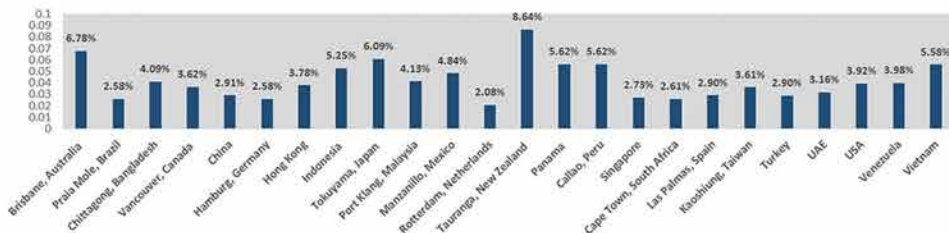


FIGURE 6: PRICE INDEX (FISH CATEGORY)



FISH

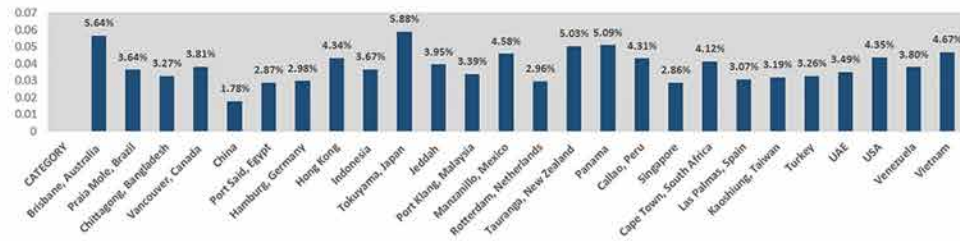


FIGURE 7: PRICE INDEX (MILK CATEGORY)



MILK

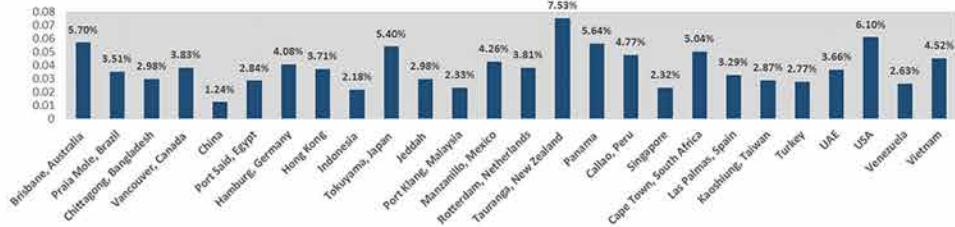


FIGURE 8: PRICE INDEX (RICE CATEGORY)



RICE

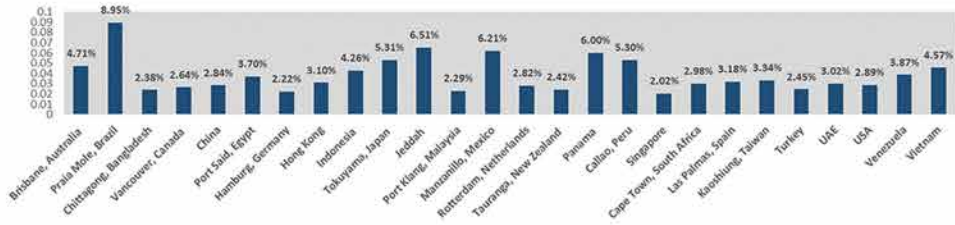


FIGURE 9: PRICE INDEX (CHEESE CATEGORY)



CHEESE

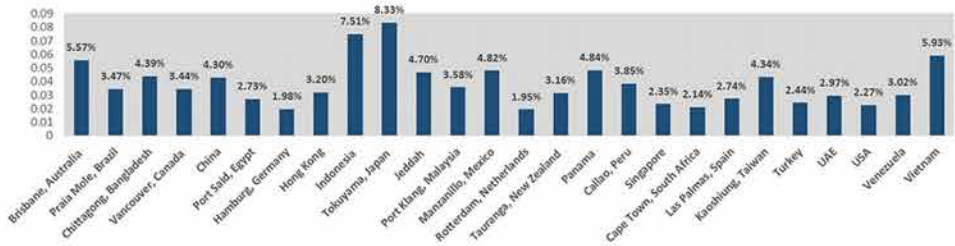


FIGURE 10: PRICE INDEX (COOKING OIL CATEGORY)



COOKING OIL

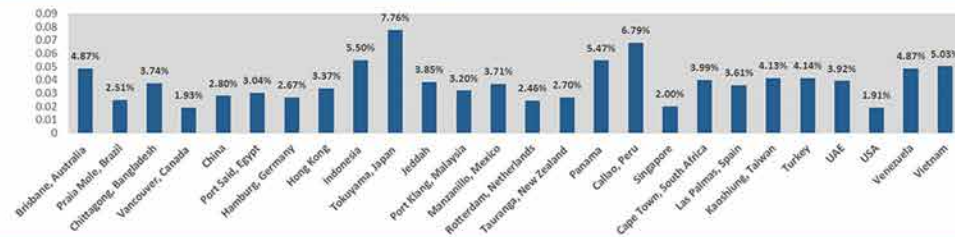
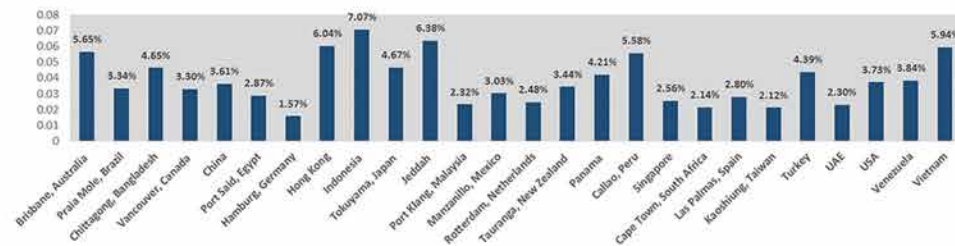


FIGURE 11: PRICE INDEX (SUGAR CATEGORY)



SUGAR



MENU OF THE MONTH:

Chinese Spicy Hot and Sour Soup

Ingredients:

- 5 dried wood ear mushrooms
- 4 dried shiitake mushrooms
- 8 dried tiger lily buds
- 4 cups chicken stock
- 1/3 cup diced bamboo shoots
- 1/3 cup lean ground pork
- 1 teaspoon soy sauce
- 1/2 teaspoon white sugar
- 1 teaspoon salt
- 1/2 teaspoon ground white pepper
- 2 tablespoons red wine vinegar
- 2 tablespoons cornstarch
- 3 tablespoons water
- 1/2 (16 ounces) package firm tofu, cubed
- 1 egg, lightly beaten
- 1 teaspoon sesame oil
- 2 tablespoons thinly sliced green onion

DIRECTIONS:

1. Soak the dried mushrooms and tiger lily buds in warm water for 20 minutes. After trimming off any tough stems, slice the mushrooms. Using your fingers, shred the tiger lily stems.
2. Place the mushrooms, tiger lily buds, stock, bamboo shoots, and shredded pork into a saucepan. Bring to a boil and simmer for 10 minutes.
3. Stir in soy sauce, sugar, salt, white pepper, and vinegar. Combine cornstarch with 3 tablespoons water. Add a little of the hot soup to the cornstarch and then combine in a pan. Heat to boiling, stirring. Add the bean curd, and cook 1 to 2 minutes.
4. Just before serving, turn off the heat. Stir the egg in gradually. Mix in sesame oil. Sprinkle each serving with scallions.



Source: <http://allrecipes.com/recipe/13185/chinese-spicy-hot-and-sour-soup/>



DID YOU KNOW?

Apples are more effective at waking you up in the morning than coffee.

Apples wake you up better than coffee! An apple will wake a person up somewhat, but it's not because of caffeine. The high sugar content of an apple is what does the trick. Fructose is digested quickly which raises blood sugar levels and gives the body, more or less, a sugar rush.

<http://www.caffeineinformer.com/is-there-caffeine-in-apples>



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