



Changes in seafarers' health 2011-16: **Recommendations** from the summary report








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Recommendations from the summary report

- 1) Ship operators ensure that effective means of screening out daylight are provided in all seafarer cabins.
- 2) Ship operators encourage further provision of tasty and satisfying alternatives to fried food on board.
- 3) Ship operators ensure that vegetarian meal options are made available to seafarers on board.
- 4) Ship operators encourage seafarers to eat breakfast by providing access to breakfast cereals and similar food 'out of hours'.
- 5) Ship operators minimise seafarer exposure to environmental factors which disturb sleep (e.g. poor weather) even when this requires that they prioritise crew welfare over commercial concerns.
- 6) Ship operators place sufficient numbers of seafarers on board in order to produce a reduction in the work-related factors which are resulting in seafarers' fatigue (e.g. working hours).
- 7) Ship operators pay more attention to the protection of seafarers' mental health. In addition to taking steps to reduce fatigue, operators are encouraged to find ways of providing better access to those facilities and amenities on board which serve to allow seafarers to relax and to achieve a degree of mental restoration. These are likely to include: games; sports facilities provided in properly designed, designated, spaces; spacious, comfortable, communal areas where collective entertainment for the whole crew can be enjoyed; Wi-Fi access in cabins, views of the natural environment from cabins; access to regular shore-leave; clean and well-maintained living spaces; flexible lighting; heating/air conditioning that can be regulated within cabins (see Ellis *et al.*, 2012).