

CREW WATCH

APRIL 2018

KEEPING CONNECTED AN UPDATE FROM SAILORS' SOCIETY

AN EYE ON SAFETY AVOIDING ACCIDENTS ON BOARD

DELICIOUS AND NUTRITIOUS ANOTHER TASTY RECIPE

ALL ABOARD FOR ENTERTAINMENT



BRITANNIA P&I
TRUSTED SINCE 1855

A MESSAGE FROM THE EDITOR

BRITANNIA'S MISSION IS TO BE **THE FINEST P&I CLUB IN THE WORLD.**



In this, our second edition of our new look Crew Watch, we continue with our series of articles promoting Sailors' Society's Wellness at Sea app, which is being used by an increasing number of seafarers to help them during the long months they spend at sea. We encourage you to give the app a try and let Sailors' Society have any feedback to help them develop the service and allow more users to benefit from it.

We also continue our series of articles looking into recreational ideas for the crew. Our loss prevention team have drawn on their wide and varied experience at sea to share their ideas and suggestions with us. We have also been sent a recipe from the Philippines – a healthier version of a spring roll – which we hope can be tried on the ship and also at home. We encourage readers and their families to send in their favourite recipes which can be shared in the next edition of Crew Watch.

On a more serious note, we also take a few pages to focus on accidents that have been reported to the people risks team. Recently there seem to have been several cases of injuries to eyes, so we thought it would be useful to highlight some cases and remind people of the need to take particular care to protect their eyes. There have also been examples of where equipment has been used incorrectly, which can lead to serious accidents.

We also have a positive story of where a potentially life-threatening lathe accident, which took place more than 24 hours from the nearest port and involved the partial severing of an engineer's hand, had a positive ending – helped in great part by the long distance advice received from a specialist doctor back home.

We hope that you enjoy reading Crew Watch. As always, we would love to hear from you with feedback or ideas so that we can continue to develop our publications to suit our readers.

A white, handwritten signature of Claire Myatt in a cursive script.

CLAIRE MYATT
Editor



A MESSAGE FROM OUR EDITOR We hope you've enjoyed this issue of Crew Watch.

We will be looking for ways to maintain and increase the usefulness, relevance and general interest of the articles. If you have any ideas or comments please send them to: publications@triley.co.uk

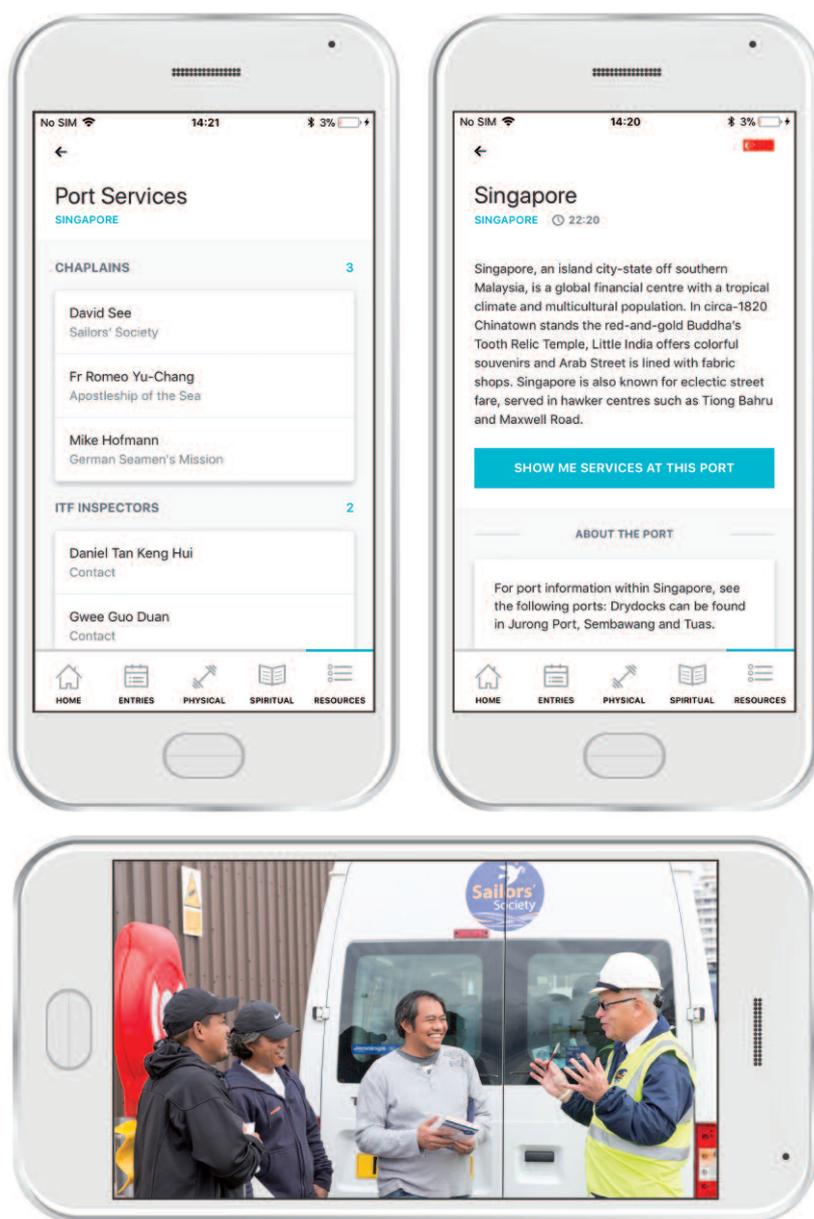


WELLNESS AT SEA APP

WELLNESS IS NOT JUST ABOUT BEING WELL, BUT THRIVING. AND TO THRIVE WE NEED TO LOOK AFTER OUR WHOLE SELF. MARITIME WELFARE CHARITY SAILORS' SOCIETY IS HELPING SEAFARERS TO DO JUST THAT, THROUGH ITS FREE WELLNESS AT SEA APP.

The app, which is both Android and iPhone compatible, helps you to balance your social, emotional, intellectual and physical wellbeing through a variety of interactive challenges, exercise and nutrition tips, and welfare information.

In this and over the next few issues, we'll be exploring the Wellness at Sea app and how it can enable us to stay healthy, both at home and at sea.



STAYING CONNECTED AND KEEPING INFORMED

With contracts lasting nine to twelve months at a time and constant moving from port to port, life at sea can be lonely and isolating. The Wellness at Sea app helps you to...



STAY CONNECTED through a database of welfare organisations, who can offer a wide range of support – everything from just a friendly chat, transport or access to Wi-Fi, through to counselling and advice. Simply input your ship's name and the app will bring up your next port of call using MarineTraffic AIS data. You'll be able to read an overview of your next destination and access information about services in that port, including local port chaplains, ITF inspectors and seafarers' centres.



KEEP INFORMED by reading up on the healthy living and nutrition tips on the app. Keeping physically fit during those long months at sea and periods of leave helps us concentrate and sleep better, as well as making us feel good!



STAY CONNECTED with your fellow crew. Have you made plans to socialise? Made an effort to speak to your colleagues? Using the app's mood tracker, you can monitor your interactions on board, as well as your diet and exercise regimes, on a daily basis.



KEEP INFORMED and intellectually well using the resources section. Use it to find out more about Sailors' Society's online Wellness at Sea course, to point you in the right direction to find out more about your rights under the Maritime Labour Convention (MLC 2006), or to receive welfare support. And in downtime, have a good read of the latest Chart & Compass articles.

The Wellness at Sea app, which is sponsored by Britannia P&I, forms part of Sailors' Society's wider Wellness at Sea programme which also includes an online and classroom based coaching course.



Sailors' Society is a registered charity in England and Wales No. 237778 Registered Company No. 86942

For more information visit:
www.sailors-society.org/wellness

TAKE CARE OF YOUR EYES



IN THE LAST FEW YEARS, WE HAVE HANDLED MORE THAN 30 CASES WHERE EYES HAVE BEEN DAMAGED. LUCKILY MANY OF THE INJURIES WERE MINOR AND LEFT NO LASTING DAMAGE, BUT SOME WERE MUCH MORE SEVERE, LEAVING THE SEAFARER PERMANENTLY DISABLED.



Many accidents take place in the engine room, where working with potentially dangerous equipment and tools is more common. However, there are many cases where dust and other particles enter the eyes when carrying out routine maintenance tasks or even when someone walks too close to other work being carried out. Our review also indicates that eye injuries have occurred across all ranks, from chief officers to cadets.

In the majority of cases reviewed, it seems that no personal protective equipment (PPE) was worn. Often the works being carried out were routine – for example, maintenance or sweeping – and so PPE was wrongly deemed to be unnecessary. But even such routine tasks can lead to severe eye injuries, with ships being diverted and seafarers repatriated and, in the worst cases, leaving the seafarer with a permanent disability and being unable to work. It is essential to have clear procedures for the correct PPE to be worn for each type of job, and that a proper routine is implemented.

WEARING GLASSES OR GOGGLES WILL NOT ALWAYS GUARANTEE TO PREVENT INJURY, BUT THEY DO GO A LONG WAY TO AVOID DAMAGE TO THE EYES AND LESSEN THE IMPACT OF MANY ROUTINE INCIDENTS.

The cases we looked at fall into 3 broad categories:

FAILURE OF EQUIPMENT such as hammers, grinders or pliers, where the equipment breaks and damages the eye, or a solid piece of metal breaks off and enters the eye.

SOLID PARTICLES entering the eye during routine operations such as hold cleaning, deck sweeping, paint chipping, rust removal and general maintenance works.

HARMFUL LIQUIDS entering the eye such as splashes of chemicals, paint, thinner or other dangerous liquids.

ALWAYS MAKE SURE YOU CONSIDER ALL THE RISKS BEFORE TAKING ON ANY TASK. IF THIS COULD INVOLVE THE RISK OF EYE INJURY, THEN WEAR APPROPRIATE SAFETY GOGGLES OR GLASSES. GENERAL (PERSONAL) GLASSES AND SUNGLASSES MAY PROVIDE SOME PROTECTION, BUT WEARING THE CORRECT PPE IS MUCH SAFER. GOGGLES SHOULD ALWAYS BE CHECKED BEFORE USE AND IF ANY CRACKS AND DEFECTS ARE FOUND THEN AN ALTERNATIVE PAIR MUST BE USED. IT IS ESSENTIAL THAT THE GLASSES OR GOGGLES PROVIDE A TIGHT THOUGH COMFORTABLE FIT.



LONG DISTANCE ADVICE SAVES A HAND



A second engineer seriously injured his hand while using a lathe, almost severing his hand at the wrist. The ship was more than 500 nautical miles from the nearest land and out of range for an emergency evacuation by helicopter. Local correspondents looked at all evacuation possibilities in the area, including some very small islands and a US naval base. The ship eventually diverted to an island from where a Coast Guard plane was able to evacuate the casualty for emergency medical treatment.

While the evacuation arrangements were being made, an open line had been set up between the master and a specialist doctor in the seafarer's home country (who would be treating the seafarer on his return). The doctor provided constant advice about restoring the blood supply, what bandages to apply, what antibiotics to administer, while also advising on what food and

drink should be given to the casualty. The master set up a rota for the crew to be with the engineer around the clock and to monitor the situation.

When the engineer arrived at the hospital, almost two days after the incident, he was operated on by two orthopaedic surgeons and one nerve specialist. Luckily the hand was found to be viable and still had good blood flow and circulation. The hospital staff were very pleased to see that there was no sign of gangrene and commented that he must have been very well looked after on board.

IT IS CLEAR THAT THE ACTIONS OF THE MASTER AND CREW, ACTING ON LONG DISTANCE ADVICE FROM DOCTORS, WERE VITALLY IMPORTANT IN SAVING THE ENGINEER'S HAND, AND PERHAPS EVEN SAVING HIS LIFE.



BLOW TORCH ACCIDENT

IN A RECENT CASE HANDLED BY THE PEOPLE RISKS TEAM AN OILER AND A BOSUN WERE INJURED WHEN THE GAS CARTRIDGE USED WITH A BLOW TORCH EXPLODED.

The report of the incident stated that the bosun had just changed the cartridge and had asked the oiler to check that it had been changed correctly. The bosun suffered minor burns to one hand but the oiler suffered severe third degree burns to his arms and legs and remained in hospital for more than three weeks.

It is not entirely clear whether the cartridge exploded because it was faulty or as a result of human error when changing the cartridge. Whatever the cause, it acts as a reminder of the simple safety steps which should be taken whenever working with a blow torch or other potentially dangerous equipment.



THESE INCLUDE:

- CARRYING OUT A RISK ASSESSMENT, WITH PARTICULAR REGARD TO THE LOCATION OF THE OPERATION.
- OBTAINING A HOT WORK PERMIT IF NECESSARY.
- WEARING EFFECTIVE PPE SUCH AS A FLAME RETARDANT APRON, GLOVES AND GOGGLES.
- IF THE WORK IS TAKING PLACE BELOW DECK, MAKING SURE THERE IS PLENTY OF VENTILATION.
- ALWAYS HAVING A FIRE EXTINGUISHER CLOSE BY.

VEGETARIAN VERSION OF THE POPULAR FILIPINO LUMPIA SPRING ROLL

THIS IS A HEALTHIER, VEGETARIAN VERSION OF THE POPULAR FILIPINO LUMPIA SPRING ROLL. RATHER THAN USING PORK, THIS RECIPE USES VEGETABLES, WHICH TOGETHER WITH THE SOY SAUCE AND PEANUTS COMBINE TO MAKE A VERY TASTY MEAL OR SNACK.

20
PREP

10
COOKING

SERVES
6

By avoiding the deep frying of the traditional spring roll this recipe also has a much lower fat content. These quantities will make around 12 small crepes or pancakes, so adjust the quantities depending how many you are feeding!

LUMPIA FILLING INGREDIENTS

- 1 bunch of cilantro or coriander (washed and dried)
- 1 carrot (cut into matchstick sized pieces)
- 1 stick of celery (cut into matchstick sized pieces)
- 1 cup of bean sprouts
- 2 cloves of garlic (minced)
- 1 spring onion (thinly sliced)
- ¼ teaspoon sesame oil
- ¼ teaspoon canola or other vegetable oil
- 1 tablespoon soya sauce
- Salt and pepper to taste

INSTRUCTIONS

1. Sauté garlic in sesame and canola/vegetable oil.
2. Add in carrots and celery and cook until carrots are soft.
3. Add bean sprouts and spring onions to the pan and then stir in the soya sauce to deglaze the pan.
4. Add salt and pepper to taste.
5. Add filling to a fresh crepe with a piece of cilantro, coriander or lettuce and serve with lumpia sauce.

CREPE/PANCAKE INGREDIENTS

- 1 cup all-purpose flour
- 2 eggs
- ½ cup milk
- ½ cup water
- ¼ teaspoon salt
- 2 tablespoons margarine, melted

INSTRUCTIONS

1. In a large mixing bowl, whisk together the flour and eggs. Gradually add in milk and water, stirring to combine. When fully combined, add salt and margarine; beat until smooth.
2. Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately ¼ cup for each crepe.
3. Tilt the pan with a circular motion so that the batter coats the surface evenly.
4. Cook the crepe for approximately 2 minutes, until the bottom is light brown. Loosen with a spatula, turn and cook the other side. Serve hot.

LUMPIA SAUCE INGREDIENTS

- 3 tablespoons soya sauce
- ½ cup sugar
- 3 tablespoons cornstarch/cornflour
- 2 ½ cups water
- ½ teaspoon ground pepper
- 1 tablespoon peanut butter
- 1-2 cups peanuts, toasted and ground
- 4 cloves garlic, minced finely

INSTRUCTIONS

1. Mix all the ingredients together, excluding the peanuts and garlic.
2. Cook over medium heat in a small saucepan until thick.
3. Remove from heat and add minced garlic.
4. Serve with ground peanuts over any fresh lumpia.

ENTERTAINMENT ON BOARD

IN THE LAST EDITION OF CREW WATCH WE LOOKED AT HOW AN ACTIVE SOCIAL COMMITTEE ON BOARD CAN MAKE A REAL DIFFERENCE TO THE CREW. WHEN PEOPLE ARE ENCOURAGED TO COME TOGETHER TO ENJOY SOCIAL EVENTS, SUCH AS QUIZ NIGHTS, MUSIC OR EVEN SIMPLE TEAM SPORTS, IT CAN GENERATE A VERY POSITIVE ATMOSPHERE.



LONELINESS CAN BE A BIG PROBLEM, AND MUCH CAN BE DONE TO COMBAT THIS BY BRINGING THE CREW TOGETHER FOR SOCIAL EVENTS WHICH CAN BOOST MORALE AND BUILD GOOD RELATIONSHIPS WITH COLLEAGUES. HERE WE HAVE SOME MORE SUGGESTIONS THAT YOU MIGHT LIKE TO TRY.

FOOD

Organising a meal which is different from the usual meals in the canteen. For example, BBQs or picnics are always popular and can be an enjoyable way for people to bond over an outdoor meal. The crew can be encouraged to help with the preparations, always making sure that the BBQ is lit safely and is well supervised. If BBQs are not allowed other ideas would be to have a cultural food evening, where crew suggest a favourite recipe from home. There could also be mini cooking competitions, or a taste test could be organised where people had to guess different food, sauces or spices from around the world.

EXCURSIONS ASHORE

Shore leave can often be difficult to organise, but if the opportunity comes up then the social committee could ask local organisations such as Sailors' Society, Mission to Seafarers or local chaplains for ideas of where to go and what to do close to the port. Even if there is not enough time for a shore excursion, the chaplains could come aboard and talk to the crew and provide assistance where they can.

STORY TELLING

Sharing experience of life back home and talking about different cultures can be a good place to start interesting group discussions. The crew can talk about the food, the scenery, even favourite sports or teams. By taking turns to share thoughts and experiences with a group, everyone can move towards a better understanding of their colleagues and learn about different people and places. Photos of home or holidays could also be shared.

LANGUAGE LESSONS

Where there are a variety of nationalities on board, some fun and simple language teaching can help break down barriers and will often be a very amusing way of learning more about the different countries. Even where all the crew are from the same country, there can be a sharing of regional dialects or accents or particular local sayings.



PUZZLE CORNER

HERE ARE THE SUDOKU SOLUTIONS FOR THE JANUARY EDITION OF CREW WATCH, HOW DID YOU DO? LET US KNOW BY EMAIL: publications@triley.co.uk

EASY

7	2	9	1	8	3	6	5	4
1	3	5	6	4	9	7	2	8
4	6	8	2	5	7	3	1	9
5	8	4	3	1	2	9	6	7
2	7	6	4	9	8	5	3	1
3	9	1	5	7	6	4	8	2
6	1	3	7	2	4	8	9	5
8	4	2	9	6	5	1	7	3
9	5	7	8	3	1	2	4	6

MEDIUM

9	2	3	1	7	8	5	6	4
1	6	8	5	9	4	2	3	7
7	4	5	2	6	3	8	9	1
5	3	1	6	8	7	9	4	2
2	7	9	3	4	5	1	8	6
4	8	6	9	1	2	3	7	5
3	5	7	4	2	9	6	1	8
6	9	4	8	5	1	7	2	3
8	1	2	7	3	6	4	5	9

HARD

9	7	2	6	8	3	5	1	4
1	3	4	7	9	5	2	6	8
5	8	6	4	1	2	7	3	9
2	4	9	8	7	1	6	5	3
8	5	3	9	2	6	1	4	7
6	1	7	5	3	4	8	9	2
3	9	8	1	5	7	4	2	6
4	2	5	3	6	8	9	7	1
7	6	1	2	4	9	3	8	5



MANAGERS: **TINDALL RILEY (BRITANNIA) LIMITED**
Regis House, 45 King William Street,
London EC4R 9AN
United Kingdom
T: +44 (0) 20 7407 3588
britanniapandi.com

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