

► CREW HEALTH AND WELLBEING

Since 2014, over 4,500 crew illness claims have been notified to the Club. In addition to the Medical Enhancement Scheme for Seafarers (Medisea) developed by the Club, we have been collaborating with experts to create resources that assist Members and their crew with improved health and wellbeing.

ISWAN app:

Recognising the importance of health and wellbeing, the Club has been working with The International Seafarers' Welfare and Assistance Network (ISWAN) since 2016 on raising awareness of a variety of guidance and initiatives created for seafarers.

In 2021 the Club and ISWAN created a new app, ISWAN for Seafarers. The app is available to download for free from Google Play (for Android devices) and the App Store (for iOS devices).

ISWAN for Seafarers is a native app meaning it does not require an internet connection after the initial download and hence addresses the issue of lack of or poor/expensive internet connectivity. Seafarers can therefore access free, confidential and multilingual support at any time while at sea or ashore.

The app also provides a wealth of useful information and resources specifically for seafarers, including ISWAN's Good Mental Health Guides and other self-help health materials, access to ISWAN's Seafarer Centre Directory, and guidance on topics such as contract issues, abandonment, and bullying and harassment.

International helplines:

- [SeafarerHelp](#) (for all seafarers and their families)
- [Yacht Crew Help](#) (for professional yacht crew)

Seafarers' Health Information Programme (SHIP):

The information distributed under the SHIP initiative helps seafarers stay safe and healthy when travelling and on board, giving guidance on eating healthily, staying fit and taking care of physical and mental wellbeing.

- [Maintaining a healthy diet on board](#)
- [Maintaining fitness on board](#)
- [Food safety on board](#)
- [Maintaining a healthy weight on board](#)
- [Protecting your skin on board](#)
- [Maintaining dental hygiene](#)
- [Maintaining mental wellbeing](#)
- [Advice for safe sex](#)
- [Malaria prevention](#)
- [Advice for safe travel](#)
- [Multilingual questions for medical assessments](#)

Fatigue:

The Club recognises that fatigue can lead to preventable incidents and it is important that steps are taken to help prevent it from affecting seafarers.

- [The Martha Report](#)
- [Understanding Fatigue](#)
- [Using Wearable Technology to Study and Manage Fatigue](#), in partnership with Safr
- [The Australian Maritime Safety Authority \(AMSA\) Managing Crew Fatigue Guidance, June 2022](#)
- [The Australian Maritime Safety Authority \(AMSA\) Fatigue Guidelines, March 2020](#)
- [1/Circ.1598 International Maritime Organization \(IMO\) Guidelines on Fatigue](#)

Seafarers happiness Index:

For seafarers, living and working on board vessels presents a unique challenge. While the life can be an interesting and varied one, harsh weather conditions, increased isolation, lack of access to facilities and the pressures of the job can all take their toll both physically and mentally. As a Club, we recognise the importance of ensuring seafarers are healthy and happy in their work.

The Mission to Seafarers continues to undertake the Seafarers Happiness Index, a survey which acts as a guide to the wellbeing of those on board ships and allows us, as an industry, to address the issues faced on board and improve the conditions for people working at sea. The latest Seafarers Happiness Index can be found [here](#).

Global health risks:

Across the world many countries and companies have implemented measures to reduce the transmission of health risks such as COVID-19 and Monkeypox.

You can keep up to date with global health information [here](#).

Further support:

Seafarers needing additional support can find helpful advice and details of people they may contact in the following places:

- [International Seafarers' Welfare and Assistance Network](#)
- [Mission to Seafarers](#)
- [Stella Maris](#)

Other helpful resources

- [UKCS – Practical Guidance for Shipping Companies on Improving Mental Wellbeing](#)
- [ICS – Handling a Mental Health Crisis or Emergency and Spotting Suicidal Behaviour in Seafarers](#)