



MARITIME AUTHORITY OF JAMAICA

Circular No. 03/2024

20th April 2024

Circular on Fatigue Prevention

To: All Ship Masters and Crew Members

Subject: Fatigue Prevention in Accordance with STCW Regulation VIII

Date: [April 20, 2024]

Dear colleagues,

As part of our commitment to ensuring the safety and well-being of all personnel onboard vessels flying the Jamaican flag, we are issuing this circular to emphasize the importance of fatigue prevention in accordance with the provisions of the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers (STCW), Regulation VIII/1.

Fatigue among seafarers poses significant risks to the safety of maritime operations, jeopardizing not only the health and welfare of individuals but also the integrity of the vessel and its cargo. Having recognized this, it is imperative that all crew members remain vigilant in identifying and mitigating factors contributing to fatigue.

In compliance with STCW Regulation VIII/1, we hereby remind all ship masters and crew members of the following key points regarding fatigue prevention:

- 1. Watchkeeping Arrangements:** Ensure that watchkeeping schedules comply with the STCW requirements regarding minimum rest periods and maximum hours of work. Adequate rest between watches is essential for maintaining alertness and performance.
- 2. Fatigue Risk Management:** Implement effective fatigue risk management systems onboard, including regular assessments of crew fatigue levels, identification of fatigue-inducing factors, and appropriate measures to mitigate risks.
- 3. Training and Awareness:** Provide comprehensive training to all crew members on the causes and consequences of fatigue, as well as strategies for recognizing and managing fatigue-related issues effectively. Encourage open communication regarding fatigue concerns.
- 4. Healthy Lifestyle:** Promote healthy lifestyle habits among crew members, including proper nutrition, regular exercise, adequate hydration, and sufficient rest during off-duty periods. Encourage a supportive onboard culture that prioritizes the well-being of all individuals.
- 5. Reporting and Response:** Establish clear procedures for reporting fatigue-related concerns to the appropriate authorities onboard. Ensure that all reports are taken seriously and addressed promptly to prevent potential safety incidents.
- 6. Continuous Improvement:** Regularly review and evaluate fatigue prevention measures to identify areas for improvement. Encourage feedback from crew members and incorporate lessons learned from past experiences to enhance fatigue management practices.

Compliance with the provisions outlined in this circular is mandatory for all vessels registered under the flag of Jamaica. Failure to adhere to these requirements may result in regulatory sanctions and compromises the safety and effectiveness of maritime operations.

We urge all ship masters and crew members to prioritize fatigue prevention as an integral component of safe and efficient shipboard operations. By working together and remaining vigilant, we can mitigate the risks associated with fatigue and ensure the well-being of all personnel onboard.

Thank you for your attention and cooperation.



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关于预防疲劳的通函

致：所有船长和船员

主题：根据 STCW 第八条**预防疲劳**

日期：【2024 年 4 月 20 日】

各位同事，

作为我们确保悬挂牙买加国旗的船舶上所有人员安全和福祉的承诺的一部分，我们发布本通知是为了强调根据《国际海员培训、认证和值班标准公约》第 VIII/1 号条例的规定预防疲劳的重要性。

海员的疲劳对海上作业的安全构成重大风险，不仅危及个人的健康和福祉，也危及船舶及其货物的完整性。认识到这一点后，所有船员必须保持警惕，识别和缓解导致疲劳的因素。

根据 STCW 条例 VIII/1，我们在此提醒所有船长和船员以下关于疲劳预防的要点：

- 值班安排：**确保值班时间表符合 STCW 关于最短休息时间和最长工作时间的要求。值班之间的充分休息对于保持警觉性和操作至关重要。
- 疲劳风险管理：**在船上实施有效的疲劳风险管理体系，包括定期评估船员疲劳水平，识别疲劳诱发因素，以及采取适当措施减轻风险。
- 培训和意识：**向所有船员提供关于疲劳原因和后果的全面培训，以及有效识别和管理疲劳相关问题的策略。鼓励就疲劳问题进行公开交流。
- 健康的生活方式：**促进船员养成健康的生活习惯，包括适当的营养、定期锻炼、充足的水分摄入和下班期间的充分休息。鼓励建立一种支持性的船上文化，优先考虑所有人的福祉。
- 报告和响应：**建立明确的程序，向船上相关部门报告疲劳相关问题。确保所有报告都得到认真对待并及时处理，以防止潜在的安全事件。
- 持续改进：**定期审查和评估疲劳预防措施，以确定需要改进的地方。鼓励机组人员提供反馈，并结合过去经验教训，以加强疲劳管理实践。

所有以牙买加国旗注册的船只都必须遵守本通知所列规定。不遵守这些要求可能会导致监管制裁，并损害海上操作的安全性和有效性。

我们敦促所有船长和船员将预防疲劳作为安全高效船上操作的一个组成部分。通过共同努力并保持警惕，我们可以减轻与疲劳相关的风险，并确保船上所有人员的健康。

感谢您的关注与合作。