



## 1st Quarter 2017 – HSSE Bulletin

*Suggestions/opinion from ships invited so that additional information can be added.*

### **BBS – Best SPIRIT Card Selection:**

*The BBS system has replaced the previous Crew Commendation Award system. We deeply value the good reports submitted by the entire fleet (including TMS Vessel). These reports are an important motivation tool to foster the sense of pride into what we are doing and creating a sense of belongingness to the organization. Amongst the various reports submitted in the 1st quarter of 2017, the following three SPIRIT cards have been selected and will enter the final round of 12 SPIRIT cards which will be reviewed after the 3<sup>rd</sup> Qtr of 2017 for final selection of the 3 best SPIRIT cards for the yearly awards of \$1000 each.*

*1/0 came into CCR for routine check at sea and noted one cargo tank N2 tank pressure was less than the company recommended range. The low pressure setting was also noted not set at positive pressure. Ch Off was informed and the required tanks low pressure alarm were reset correctly thereafter and purging operations conducted*



*1/0 Noh Jun  
Sek*



*AB Mohd Abdul  
Karim*

*Surveyor proceeded to collect phosphoric acid cargo samples from manifold drain upon commencement of cargo discharge without proper PPE. AB immediately stopped the surveyor and reminded him of donning proper PPE for the task as the cargo is highly corrosive. AB then provided and requested surveyor to don the PPE before re-commencing the collection of the samples*

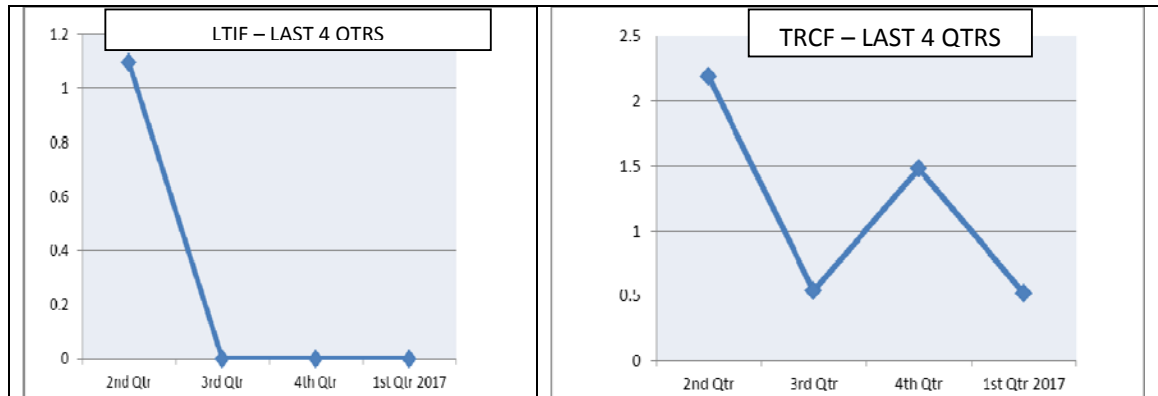
*Vessel had berthed at VCR BC during winter and AB noted that the gangway and poop deck passage was covered by snow and icy. AB immediately cleared the snow and ice from the gangway and poop deck passage way to avoid possible trips and fall and reported to CCR*



*ABA Win Zaw*

*(The text of the above acts of safety has been modified from the original for easier reading and understanding)*

## Crew Injuries / Fatalities:



**For the year 2016, fleet LTIF was 0.268 and TRCF was 1.479. The target for the year 2017 is an average of previous 3 yrs. Hence LTIF of 0.4 & TRCF of 1.48 is targeted.**

Junior 3/E upon hearing hammering in the steam line decided to drain the line by opening the drain valve in E/R. While draining to the collection pot, hot condensed water had escaped from between the pot lid and splashed onto 3/E's feet which resulted in burns and blistering on both feet ankle area. First aid was immediately rendered onboard, and pain killers administered. 3/E was further sent for doctor consultation upon arrival port for further treatment. Case is treated as MTC.

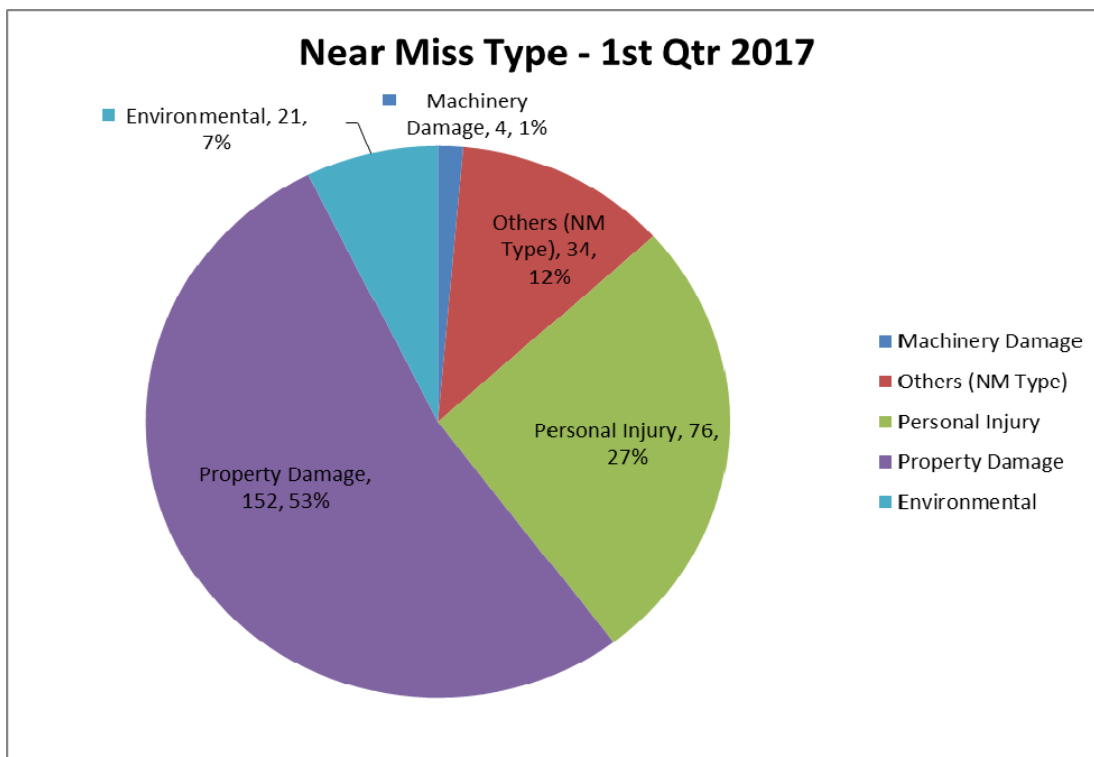


# (LTIF = Lost time Injuries Frequency as per OCIMF. This in general terms means number of injuries for every 1million exposure hours in the fleet. LTI includes injuries resulting in lost time, fatalities, severe injuries resulting in ability to work ashore/onboard. TRCF = Total Recordable Case Frequency as per OCIMF. This is also number of such injuries per 1million exposure hours in the fleet. It includes LTIF injuries as above and RWC- Restricted Work Day Case & MTC - Medical Treatment Case )

## Near Miss:

Near miss reporting in the 1st quarter has been satisfactory. The annual target is 24 and crew are to be reminded that near misses should be reported without any fear or favour. There are only a few vessels which have to be sent reminders for near miss reporting. We are now sharing high potential case near misses to our fleet on a monthly basis instead to further enhance the near miss reporting system and learning process

The following pie chart indicates the analysis of the near miss in this quarter. It may be noted that Others (In Near Miss Type chart) includes the exceptions to rest hours.



**Learning from Incidents:**

**There was no serious incident in this quarter**

**Amendments to QSMS:**

No DTN was issued in this quarter

**Amendments to EMS:**

No DTN was issued in this quarter

**Other Information to the fleet:**

In addition to the circulars, general warnings, navigation warning, technical information & technical warning, following information was disseminated to the fleet in this quarter which is of prime importance.

11<sup>th</sup> Jan: Financial Security under Reg 2.5 & 4.2 of MLC 2006

02<sup>nd</sup> Feb: D & V 1Q 2017

07<sup>th</sup> Feb: List of active Unix Circulars, Genwar & Navwar for 2016

17<sup>th</sup> Feb: FAQ on NCR and near miss reporting

22<sup>nd</sup> Feb: 1<sup>st</sup> Qtr 2017 Shell LET

27<sup>th</sup> Mar: Best Practice Reports for 2016

## Health Bulletin

# Top 10 Health Benefits of Drinking Water

Water is the main component of the human body. In fact, the body is composed of between **55 and 78** percent water, depending on body size. Adequate and regular water consumption has numerous health benefits. As an added plus, it has no calories, fat, carbohydrates or sugar.

The amount of water you consume everyday **plays an important role in maintaining a healthy body**. Medical Experts **recommend drinking 8 to 10 glasses of water** each day to maintain good health. Water helps keep the body well hydrated, which is essential because almost every cell in the body needs water to function properly.



Here are the **top 10 health benefits** of drinking water.

### 1. Relieves Fatigue

If you often feel tired, there is a high chance that it could be due to inadequate consumption of water which makes the body function less efficiently. In fact, fatigue is one of the first signs of dehydration.

### 2. Improves Mood

Research indicates that mild dehydration can negatively affect your mood and ability to think.

### 3. Treats Headaches and Migraines

If you have a headache or migraine, the first thing that you can do to get some relief is drink plenty of water. Headaches and migraines are often caused by dehydration.

### 4. Helps in Digestion and Constipation

Water also improves the functioning of the gastrointestinal tract. This helps in digestion and prevents constipation.

### 5. Aids Weight Loss

Scientists found that drinking two eight-ounce glasses of water prior to meals can help suppress appetite and hence support your weight loss efforts. When you drink water, it fills your stomach and reduces the tendency to eat more.

### 6. Flushes Out Toxins

Water is an excellent detoxifier as it helps flush out toxins from your body and get rid of waste through sweat and urine. It promotes kidney function and reduces kidney stones by diluting the salts and minerals in urine that cause kidney stones.

### 7. Regulates Body Temperature

Sufficient water in the body helps regulate body temperature. The thermal properties of water and its ability to release heat from the body when sweat evaporates greatly helps maintain an even body temperature.

### 8. Promotes Healthy Skin

Water keeps the body well hydrated and improves capillary blood flow, which promotes healthier and younger-looking skin. Water helps replenish skin tissues, moisturizes skin and increases the elasticity in your skin.

### 9. Relieves Hangover

Drinking water works as a simple yet effective way to get rid of hangover as well. Drinking plenty of water helps rehydrate the body and speed up recovery after you have had too much alcohol.

### 10. Beats Bad Breath

Bad breath is a clear sign that you may not be drinking sufficient water. It keeps your mouth moist and washes away food particles and bacteria. It also dilutes the smelly compounds that oral bacteria create.

To conclude, it is essential to make necessary efforts to drink adequate amount of water daily. To derive the various health benefits of water, make sure to drink filtered water. Along with water, also take more fluids and eat more fruits and vegetables that are high in water content.

## **Regulatory Information :**

.MARPOL & IBC - New tankers constructed after 1 Jan 2016 require approved instrument with applicable intact and damage stability requirements. Existing tankers – 1<sup>st</sup> survey after Jan 2016 but in any case before 1 Jan 2021.

New format of IAPP certificate to be issued upon expiry of current certificate after 1 Mar 2016. Amendments to NOx certification status of engines.

Multi gas detectors to be carried on board from 1<sup>st</sup> Jul 2016. The multi gas meter should as a minimum test for oxygen, flammable gas, CO & H<sub>2</sub>S and to be used from the **outside to render the space safe for entry**. (5PID). They should not be part of PPE ( Personal gas monitors). Implication - 2 Monthly drills to include the usage of multi gas meter. Confirm setting of alarms and familiarization of its usage by responsible officers.

New format of SEQ certificate (Record of Safety Equipment) to be issued upon expiry of the current certificate after 1<sup>st</sup> Jul 2016. Total number of persons accommodated by free-fall lifeboats to be stated.

WEF 18<sup>th</sup> Jan 2017 amendment to MLC will come into force. Appropriate financial security must be provided to cover - Repatriation of seafarers following abandonment by ship owner ( Reg 2.5) and Shipowners liability to assure compensation for contractual claims following death or disability of seafarer ( Reg 4.2). Certificate will be renewed annually on 20<sup>th</sup> Feb

STCW 2010 Convention: Came into force 1 Jan 2012 but there is a 5 year transitional period granted for taking full effect from 1<sup>st</sup> Jan 2017. New certification requirements for able seafarers (watchkeeping certificate for ratings) to be in accordance with II/5 (deck) & III/5 (engine), along with Security Training.

New POLAR code will be drafted and apply to vessels trading in such areas. Entry into force from 1<sup>st</sup> Jan 2017. Various criteria for ship structure, sub division, machinery, etc.

SOLAS II-2/10 – Communication Equipment for firefighting team - Minimum of 2 two-way portable radio telephone (walkie –talkie) intrinsically safe type to be available for fire fighting team. New Ship to come into force 1<sup>st</sup> Jul 2014. Existing ships prior 1<sup>st</sup> Jul 2018

FSS Code-Breathing Apparatus-BA set should be equipped with audible alarm and a visual or other device before volume of air is reduced to 200 liters. NEW vessels from 1<sup>st</sup> Jul 2014. EXISTING vessels prior 1<sup>st</sup> Jul 2019. No implications as our vessels have the alarms.

Ballast Water Management -The main impact of these requirements is that ballast water exchange will be phased out and ballast water treatment will be the only remaining option for complying with the Convention. It will enter into force on 8<sup>th</sup> Sept 2017 for NEW ships. Treatment plant to be installed by 1<sup>st</sup> IOPP renewal survey after 8<sup>th</sup> Sept 2017 for EXISTING ships. US have earlier implementation subject to exemptions.

Marpol Annex 1 – Amended Reg 12 requires that there should be no connection between the sludge and bilge system. Exceptions permitted for sludge tanks drain to bilge holding tank and common shore connection with some condition. Class will verify arrangements on all fleet at first renewal survey after 1<sup>st</sup> Jan 2017

*EU MRV Regulations 2015 – Monitoring, Reporting & Verifications (MRV) of CO2 emissions – by 31<sup>st</sup> Aug 2017 operators will be required to submit a monitoring plan for each ship they operate outlining their chosen method of monitoring emissions, (e.g. BDN, flow meter, direct emission measurements etc.) Extensive data required. Reporting will begin from 01<sup>st</sup> Jan 2018. This emission data will be made publicly for all ships.*

*Marpol Annex VI – Reg 13 requires to record changeover of fuel when entering and exiting the ECA with date, time and vessel position, effective from 01<sup>st</sup> Sept 2017*

*Expansion of China ECA – with ports in Bohai Sea (Tianjin, Qinhuangdao, Tangshan, Huanghua ), and other ports in the area Dalian, Jinzhou, Yingkou – implementation may be enforced from 01<sup>st</sup> Jan 2018. Pearl River – Dongguan implementation may be enforced from 01<sup>st</sup> Jan 2018 as well*

*Marpol Annex V – New format of GRB expected from 01<sup>st</sup> Mar 2018. Possible to be split into two parts, i.e one for cargo residues type of garbage (non-tankers) and second for other types of garbage. New category for E-waste to be included*

*Revised IBC code expected from Jan 2019 with entry into force from 1<sup>st</sup> July 2020. Re-classification of cargoes especially a lot more cargoes will shift to TOXIC nature. Possible requirements for pre-wash of high viscosity and solidifying substances (about 160 products) by amendment of definitions*

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