

Guidance to Seafarers on Fatigue Mitigation and Management (Superseded by M.S. Notice 09 of 2014)

Engineering Circular No. 73

NO:ENG/ISM-59(4)/97

Dated:26th April. 2005

Sub: Guidance to Seafarers on Fatigue Mitigation and Management

The International Maritime Organization (IMO) has developed practical guidance to provide appropriate information on fatigue ([MSC Circular 1014](#)). The guidelines have been categorized into nine self-contained Modules. Module - 1 provides a general overview of fatigue, its causes and its potential effects on maritime personnel. Module - 2 to 9 provides practical information on fatigue of interested parties such as ratings, ship officers, masters, training institutions, owners / managers / operators, maritime pilot, etc. You are advised to use these guidelines as a basis for developing various types of tools for dissemination of the information. The tools could be in the form of pamphlets, video training, conducting seminars and workshops, etc. Shipping companies (owners / operators / managers) are strongly urged to take the issue of fatigue into account while developing, implementing and improving their safety management system under the ISM Code.

This issues with the approval of the Chief Surveyor with the Govt. of India.

Sd/-

(D. Mehrotra)

Dy. Chief Surveyor-cum-Sr.DDG(Tech)