



**SINGAPORE
SAFETY@SEA
WEEK 2024**



HARBOUR CRAFT SAFETY FORUM

**ENHANCING WELLBEING FOR SEAFARERS
ON HARBOUR CRAFTS**

CAPT HARI SUBRAMANIAM

MBA, FNI, MICS, MCMMI, Master Mariner



- 17 years' sailing experience on all types of vessels including offshore vessels with 3 years in command.
- General Manager (Head of Marine and Offshore) – Commercial Business and Operations for bulk carriers, offshore vessels, tugs and barges.
- Regional Head of Business Relations at The Shipowners P&I Club - improve safety culture across the industry and enhance seafarer's wellbeing via the Medisea (Epeme) scheme for the Club.
- Member of the MPA National Maritime Safety at Sea Council (NMSSC) and Harbour Craft Safety Working Group (HCSWG).
- Chairperson of Singapore Branch & Council Member of Nautical Institute (UK).
- Chairperson of Company of Master Mariners of India (Singapore Branch)
- Awarded "Outstanding Individual Contribution to Safety at Sea" by the MPA Singapore in December 2020.
- Completed PG Dip in Maritime Energy at the World Maritime University (WMU).



National Maritime Safety at Sea Council (NMSSC) AND MPA Harbour Craft Safety Work Group



National Maritime Safety at Sea Council (NMSSC)

- Launched on 17 August 2015 to spearhead Singapore's drive for maritime safety on a national level and ensures the sustainability of safety efforts.
- Serves as an advisory body to MPA on maritime safety matters.
- Priority is to address issues and raise levels of maritime safety standards.
- Endorses safety initiatives by MPA and the MPA-Industry Safety Work Groups to raise awareness and enhance safety.

MPA – Harbour Craft Safety Work Group

- One of four MPA-industry safety work groups under the National Maritime Safety at Sea Council (NMSSC)
- Focus of this work group is improving and raising safety among harbour craft operators in Singapore.
- Work group chaired by the MPA and largely consists of Harbour craft operators in Singapore.

The Nautical Institute



Membership Events Career development Resources Communities Shop More



9000+ members
55+ branches
Seven continents



The Nautical Institute

Growing the best



- Community building
- Knowledge sharing
- Publications
- Accreditation, certification
- CPD, education
- Professional representation

Contributing to the UN's 'Agenda 2030'



Benefits of belonging...

- Gain worldwide professional recognition
- Monthly technical journal *Seaways*
- Network at member-only events, conferences
- Free online specialist maritime courses
- 15% off MSc & MBA qualifications via MLA College
- Free career webinars & interview coaching



THE SHIPOWNERS' P&I CLUB



- The **ONLY** IG P&I Club that specializes in P&I insurance for smaller and specialised vessels.
- **Largest presence** of any Insurer in terms of number of insured Members and vessels **globally with over 35,000 vessels insured**
- Insures over **1200** harbour crafts in Singapore.
- Works closely with the MPA and other industry bodies to make good use of this huge presence in improving the standards of shipping.

Total World fleet as per UNCTAD report (2023) – 105,500
(above 100 GT)

Shipowners Club's vessel count (2023) - 22,425
(above 100 GT)

Shipowners Club's vessel count (2023) - 12,649
(below 100 GT)

21%

Percentage (approx) of the world's fleet (above 100GT) in numbers insured by the Shipowners' Club

Is seafarer wellbeing relevant to Harbour craft crew?



HOW REALISTIC IS MENTAL HEALTH?



- How many of us have experienced mental health issues?
Please can we have a show of hands?
- Let's deep dive into de-stigmatizing "mental" health!
- Some real-life examples:
 - - Aftermath of an argument with your spouse – Upset?
 - - Health of your child or close family member – not even serious? Helplessness?
 - - Salary not reached on time, landlord harassing family – Anger?
 - - High blood pressure/high sugar – Fatigue and lack of sleep – Anxiety?



Types of Wellbeing



Types of SEAFARER WELLBEING

During the last few years, a growth in medical related incidents attributed to change in lifestyle conditions has been noted.

Health problems such as those relating to heart, stomach, stroke and back continue to present several incidents.

When factoring crew wellness, the following need to be considered:

- Physical wellbeing – **LOW HANGING FRUIT**
- Mental wellbeing – **STAGE 2**
- Emotional, Social wellbeing
- Intellectual wellbeing
- Spiritual wellbeing



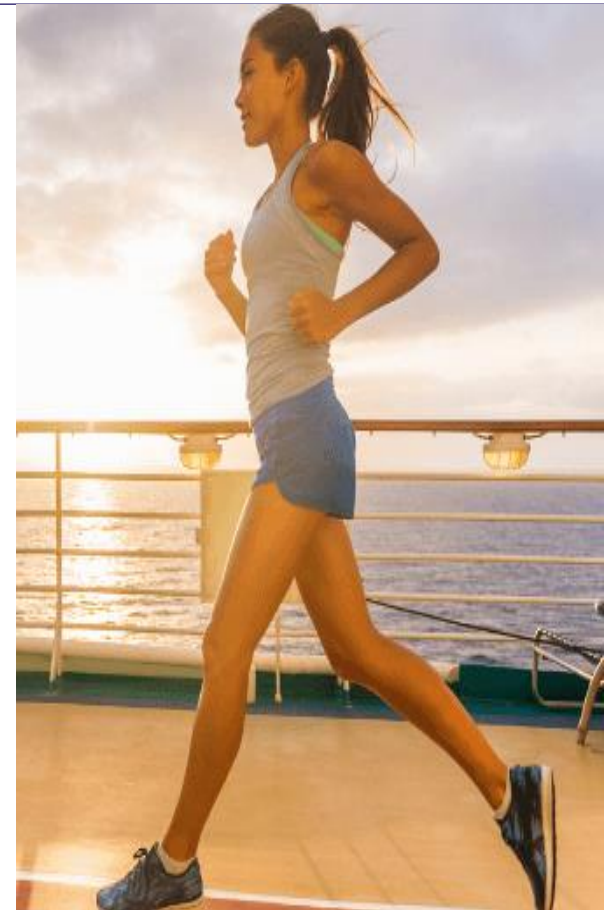
Where can we
start taking
“MEANINGFUL”
steps to help
ourselves...



Small tweaks and hacks to our daily lifestyle



- Proper and meaningful medical checkups – MLC/ILO PEME insufficient
- Try eating healthier – balanced diet, avoid overeating, less calorie/fat options
- Sports & wellness activities (brisk walking, jumping jacks, spot jogging, yoga, meditations)
- SLEEP MORE – GET OF YOUR PHONES!!!!
- Insurance for own self and families.
- Financial planning and investments (however small)
- Use Seafarers Support Helpline – FREE for seafarers and their families.





**Workout on
SHIP**

THE MISSION TO SEAFARERS



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The Mission to Seafarers provides help and support to the 1.89 million crewmen and women who face danger every day to keep our global economy afloat.

Seafarers
How can we help you?

- Find a port with one of our centres
- Take part in our WeCare programmes
- Speak to a chaplain online today
- Complete our happiness index survey

Supporters
How can you help us?

- Donate online in just a few clicks
- Engage as a corporate partner
- Volunteer as a ship visitor, speaker, and more
- Sign up to receive our magazine

[Help us to help seafarers](#)

The Mission to Seafarers,
1st Floor, 6 Bath Place,
Rivington Street,
London,
EC2A 3JE

Or phone us on +44(0)20 7248 5202

We are open on Monday – Thursday from 9 am to 5 pm, and from 9 am to 4 pm on Fridays (we are closed on the weekends). UK time. Drop us a line!

Providing help to Seafarers


If you are a seafarer looking for help, then please contact your nearest chaplain or read our support pages.

Corporate Support for Seafarers

Find out how your corporation can get involved and help us raise funds for Seafarers globally. Associate your company with a leading industry-related cause.

SEAFARER HELPLINES



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SeafarerHelp
The lifeline for seafarers

Operated by ISWAN

direct dial **+44 20 7323 2737**
email help@seafarerhelp.org

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Free, confidential, multilingual helpline for seafarers and their families available 24 hours a day, 365 days per year.

direct dial **+44 20 7323 2737**
email help@seafarerhelp.org

SEAFARER HELPLINES



ABOUT

WHY CARE

SEAFARERS

WELLNESS AT SEA

SUPPORT US

GIVE +



HELPLINE

Are you a seafarer in crisis?

Our Crisis Response Network provides a rapid response trauma care and counselling service for survivors of piracy attacks, natural disasters and crises at sea. You can email our emergency team at crisis@sailors-society.org or call one of our emergency helpline:

From relationship problems to health or money worries, we're here to help.

Emergency helpline: +1 938 222 8181 (international) or 022 4897 2266 (India)



Thank you!

**Start your new
self-transformation
journey today!!**