

“I wish to remind each and every seafarer in Anglo-Eastern, that we want you to strictly comply with all MARPOL regulations at all times”



Peter Cremers
CEO

“You have the right and the responsibility to stop unsafe acts and conditions”



P.Cremers
CEO



M.Liedts
Group Managing Director



P.Chawla
Director, QA & Training

“Let’s take one minute of our time to do things safely”



ONE-MINUTE HAZARDS IDENTIFICATION GUIDE

1. Is there a risk of slipping, tripping, falling from a height or falling overboard?
2. Is there a risk of being struck by or against an object?
3. Is there a risk of being caught in, on, or between objects?
4. Is there any risk of lack of oxygen, or exposure to toxic gases or hazardous substances?
5. Is there a risk of fire?
6. Is there a risk of electric shock?
7. Is there a risk due to excessive heat, cold, radiation, noise, wind, rain, snow, rolling, pitching?
8. Is there a risk due to fatigue?
9. Is there a risk of pollution of any type?
10. Is there a risk due to poor lighting?

IF THE ANSWER TO ANY QUESTION IS “YES”, DISCUSS IT WITH THE SUPERVISOR AND TAKE PREVENTIVE MEASURES BEFORE STARTING THE JOB!

Severe Bleeding

1. Do not attempt to clean the wound.
2. Apply steady, firm pressure directly to the wound using a sterile bandage.



Maintain pressure until the bleeding stops, then wrap the wound with a tight dressing and secure it with adhesive tape.

Electrical Shock

1. Disconnect source of electricity.
2. Check the person’s breathing and pulse. If either has stopped, initiate resuscitation immediately.

Cardiopulmonary Resuscitation (CPR)



OPEN AIRWAY



CHECK BREATHING



BREATH INTO CASUALTY TWICE



POSITION YOUR HANDS IN THE CENTRE OF THE CHEST



PRESS DOWN FIRMLY 15 TIMES, THEN GIVE 2 BREATHS.



CONTINUE CPR UNTIL HELP ARRIVES