



სსიპ საზღვაო ტრანსპორტის
სააგენტო

LEPL MARITIME TRANSPORT
AGENCY



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სსიპ საზღვაო ტრანსპორტის სააგენტო საქართველო, ქ.ბათუმი, 6000, ბაქოს ქუჩა N50. ტელ.:+995 422 27 49 25/26
50 Baku Str., 6000, Batumi, Georgia. Tel.:+995 422 27 49 25/26

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TO: ALL SHIPOWNERS, OPERATORS, MASTERS AND
OFFICERS OF MERCHANT SHIPS, AND RECOGNIZED
ORGANIZATIONS

SUBJECT: IMO Guidelines on Fatigue

References:

- (a) MSC.1/Circ.1598, 24 January 2019, GUIDELINES ON FATIGUE
- (b) MSC circular supersedes MSC.1/Circ.1014 on Guidance on fatigue mitigation and management, approved on 12 June 2001.

Purpose

Fatigue is a hazard because it may affect a seafarer's ability to do their job effectively and safely. Importantly, fatigue affects everyone regardless of skill, knowledge and training. The effects of fatigue can be particularly dangerous in the transportation sector, including the shipping industry. All stakeholders should be alert to the factors which may contribute to fatigue, and make efforts to mitigate and manage the risks posed by fatigue.

Effectively dealing with fatigue in the maritime environment requires a comprehensive and holistic approach that recognizes ship design, and the roles and responsibilities of all stakeholders in the mitigation and management of fatigue. An effective fatigue management strategy begins with determining operational workload requirements and matching onboard manning levels and onshore support resources, combined with efficient management of workload and hours of work and rest on board the ship. There is no one-system approach to addressing fatigue, but there are certain principles that should be addressed in order to gain the knowledge and the understanding to manage this human element issue.

Definition of Fatigue

For the purpose of the Guidelines, the following definition for fatigue is used:

"A state of physical and/or mental impairment resulting from factors such as inadequate sleep, extended wakefulness, work/rest requirements out of sync with circadian rhythms and physical, mental or emotional exertion that can impair alertness and the ability to safely operate a ship or perform safety-related duties."

Application

Companies are strongly urged to take the issue of fatigue into account when developing, implementing and improving safety management systems under the ISM Code. Renewed IMO Guidelines on fatigue are annexed hereto this Circular.

