

CREW REST POLICY

For the aim of combating and mitigating fatigue of crew members, Astro Offshore Pte. Ltd. has developed a policy that regulates resting hours on board vessels, it stipulates that resting time may not be less than 10 hours for every 24 hours period, in line with the STCW convention and other relevant conventions.

The Master is responsible to prepare a Schedule for working hours at sea and in Harbor. The working Schedule must be affixed in a suitable location on the vessel, and the Master to ensure that the Record of Manning hours of working and watch keeping is duly filled.

Notes on overcoming seafarers' fatigue:

- Ensure crew member get uninterrupted sleep.
- Enforce scheduled breaks to be taken on time.
- Crew members to eat regular; well balanced meals, timely, and drink plenty of water.
- Scheduled drills to be practiced in a manner that minimize the disturbance of rest/sleep period.
- Assign work by mixing up tasks to break monotony, also combine works that require physical demand with low demand tasks.
- Schedule potentially hazardous tasks for daytime if possible.
- Increase awareness of long-term health benefits from appropriate lifestyle behavior.
- Both offshore and shore management are responsible to ensure that sufficient manning and resources are available so that the requirement to minimize hours to work and maximize hours of rest are met.
- Mealtimes are considered as resting time.



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