

• **FOOD SAFETY**

September 2004 – August 2005

Inform seafarers on safe storage, preparation and serving of food, galley hygiene and personal hygiene.

• **PHYSICAL EXERCISE**

January 2005 – December 2005

Inform seafarers how to improve their physical condition and keep fit while onboard, through the use of simple training schemes and sport facilities in ports.



Picture by courtesy of Arild Lillebø

• **SAFE TRAVEL**

May 2005 – April 2006

Inform seafarers how to prepare for a safe trip, taking the necessary and recommended vaccinations and raising awareness of health risks in the areas to be visited.

• **HEALTHY FOOD**

September 2005 – August 2006

Explain that food is the basis of good health. Suggestions on how seafarers can adopt a healthier, more balanced and nutritional diet.



Picture by courtesy of Raymond L Fernandes

• **MALARIA**

January 2006 – December 2006

Currently Malaria kills too many seafarers. The programme will explain how to prevent the disease, raise awareness of early symptoms and explain treatment methods.

• **OVERWEIGHT**

May 2006 – April 2007

The incidence of excess weight is greater among Seafarers than in the general population. The programme will explain how this can be prevented.

• **HIV / AIDS, STDs**

September 2006 – August 2007

Explain how seafarers can avoid the risk of infection with HIV or other Sexually Transmitted Diseases.

For more information, please contact the ICSW



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Seafarers' Health Information Programme



Picture by courtesy of Rasmus Færestand

HEALTHIER, FITTER, SAFER...

The International Committee on Seafarers' Welfare (ICSW)

The ICSW is an international umbrella organisation dedicated to the implementation of the ILO Instruments on Seafarers' Welfare. The 34 members of the Committee represent the majority of disciplines in the care of seafarers, and include organisations from all corners of the globe.



ICSW Annual General Meeting 2005

In accordance with the WHO definition of health as a state of complete physical, mental and social well-being, the ICSW administers sports activities for seafarers around the world through the International Sports for Seafarers (ISS) programme.



To complement and enhance the ISS programme the ICSW has now undertaken a campaign on health issues for seafarers:



Seafarers' Health Information Programme.

- S.H.I.P. is a three-year campaign, from 1 September 2004 to 31 August 2007 addressing seven health topics for seafarers.
- Each topic runs for one year, with a new topic launched every four months.
- The messages focus on the lifestyle of the individual seafarer, in relation to the living conditions onboard.
- While onboard, seafarers are isolated from medical care, both in emergency situations and for primary healthcare.
- S.H.I.P. fully takes into account the specific experiences and needs of seafarers.
- S.H.I.P. helps seafarers to develop personal skills to exercise control over their own health and well-being.

- S.H.I.P. targets domestic, workplace, and leisure environments to encourage and sustain the health and well-being of seafarers.
- S.H.I.P. gathers information on the health topics and seeks the views of seafarers on the topics and material developed.
- Material is distributed to the seafarers through various media such as leaflets, posters, booklets, CD ROMs and videos. A vital element of S.H.I.P. is the active participation of Ship Visitors.
- Organised by region, local seafarers' centres and welfare workers bring the health message to seafarers, not only as vectors but also trained to actively participate in the improvement of seafarers' health.
- Regional and local efforts can find material on the S.H.I.P. website:

www.seafarershealth.org



Happy, Healthy & Fit Seafarers play Basketball in Kaszuby