Sample fleet kit

Free health posters and a self-check for the mess room.
Print them, pin them up and send them to your crew.

In this sample: 23 posters, a co-brand example and the Fit on Board self-check

- Fit on Board
- Food Safety
- Healthy Food
- Malaria
- Weight & Waist
- Sexual Health
- Mental Health
- Dental Care
- Skin Care
- Safe Travel
- Heart & Blood Pressure
- Fatigue & Sleep
- Women at Sea
- For Families
- Medical Emergency
- Medicines on Board
- Medical Certificates
- ENG1
- USCG CG-719K
- PEME
- PEME Philippines
- Your Health Rights
- Why It Matters

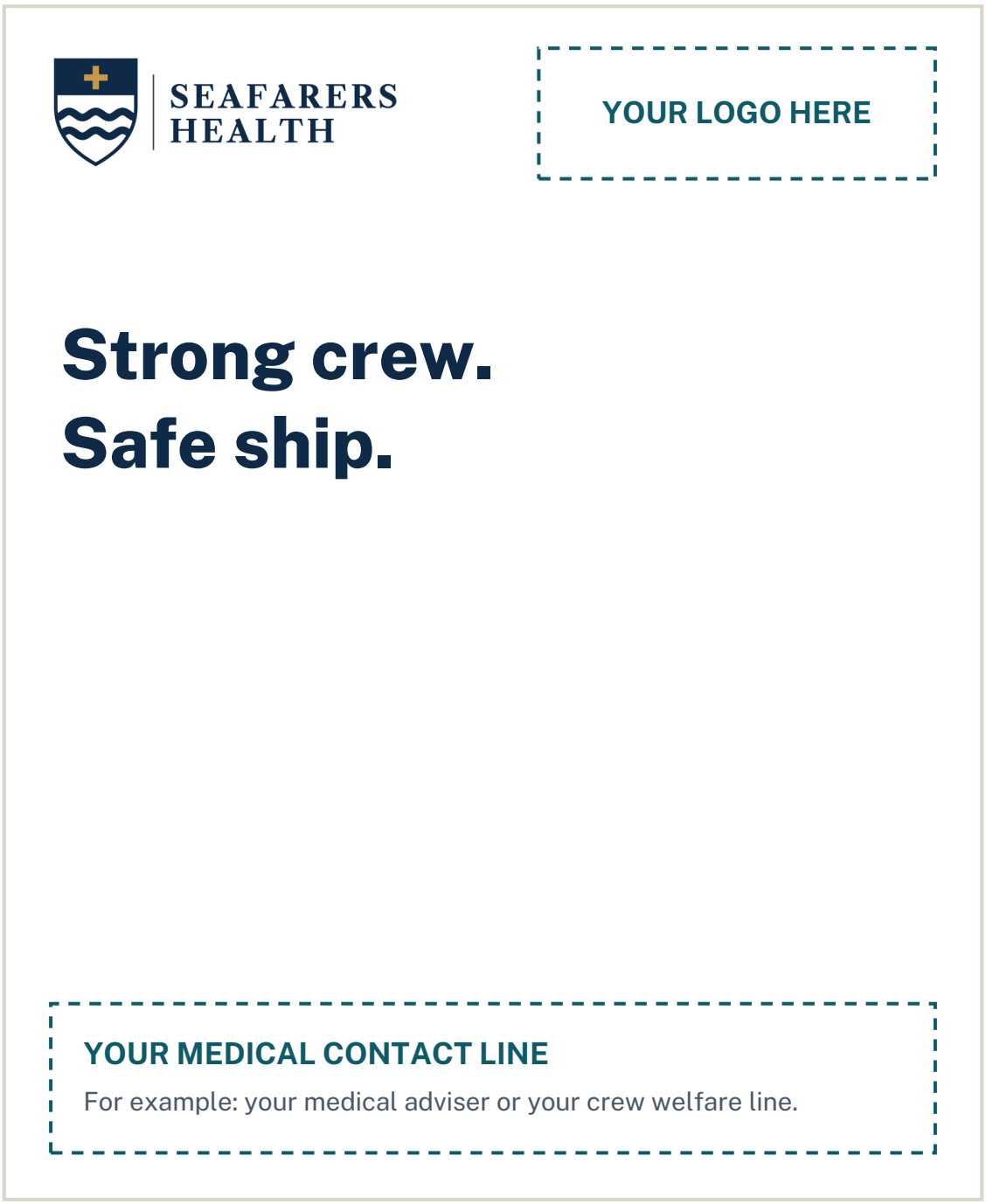
Want a kit for your fleet?

Email hello@seafarershealth.org or ask at seafarershealth.org/organisations/

Seafarers Health. Independent health information for seafarers. General information, not medical advice.

Your kit, your brand

Every page in a fleet kit can carry your logo and your own medical contact line. The health content stays the same for every fleet. Sponsors never change it.



Example layout only. Ask for a pilot at seafarershealth.org/organisations/

SEAFARERS HEALTH

FIT ON BOARD | NO. 01



150+

minutes of activity a week

Strong crew.
Safe ship.

Chest pain or tightness is an emergency. Stop, sit down and alert the officer in charge of medical care.

Read the free guide

seafarershealth.org/fit-on-board/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

FOOD SAFETY | NO. 02



5°C 60°C

COLD — Nothing in between. — HOT

Keep cold food cold.

Keep hot food hot.

Vomiting, bloody diarrhoea or signs of dehydration? Tell the officer in charge of medical care now.

Read the free guide

seafarershealth.org/food-safety/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

HEALTHY FOOD | NO. 03

HEALTH



of the plate: vegetables

Fill half the plate with vegetables.

Read the free guide

seafarershealth.org/healthy-food/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

MALARIA | NO. 04

HEALTH

FEVER?

Up to a year after a malaria port

After a malaria port? Treat fever as an emergency.

Fever up to a year after a malaria port is an emergency. Alert the master and get radio medical advice.

Read the free guide

seafarershealth.org/malaria/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

WEIGHT & WAIST | NO. 05

HEALTH

1/2

Keep your waist to less than half your height.

Measure your waist.
Not just your weight.

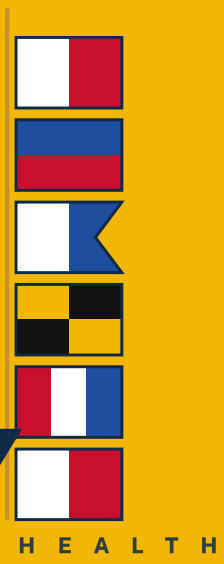
Read the free guide

seafarershealth.org/overweight/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

SEXUAL HEALTH | NO. 06



EVERY PORT.

Protect yourself.
Every time.

Had unprotected sex? PEP must start within 72 hours. The sooner the better.

Read the free guide

seafarershealth.org/sexual-health/

Free to print and share. General information, not medical advice.



Ask your shipmate how they really are.

SeafarerHelp: +44 20 7323 2737, free, 24 hours

If someone talks about suicide, do not leave them alone. Tell the master or a senior officer now.

Read the free guide

seafarershealth.org/mental-health/

Free to print and share. General information, not medical advice.
Photo: "Day of the Seafarer 2013", IMO, CC BY 2.0, cropped.

SEAFARERS HEALTH

DENTAL CARE | NO. 08

HEALTH

2×2

2 minutes, 2 times a day. Your teeth sail with you.

Brush 2 minutes, twice a day.

Swelling in the face or neck, fever or trouble swallowing is an emergency. Get radio medical advice.

Read the free guide

seafarershealth.org/dental-care/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

SKIN CARE | NO. 09

HEALTH

SPF 30+

The sea reflects the sun.

Cover up.

Use sunscreen.

Hot, confused or not sweating in the heat? That is heatstroke. Cool them down and get radio medical advice.

Read the free guide

seafarershealth.org/skin-care/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

SAFE TRAVEL | NO. 10

HEALTH

REST. THEN WATCH.

Arrive rested. Then take the watch.

Pain or swelling in one leg, or sudden breathlessness after travel? Get medical help fast.

Read the free guide

seafarershealth.org/safe-travel/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

HEART & BLOOD PRESSURE | NO. 16

HEALTH

140/90

or higher at a clinic counts as high

Know your numbers. Check your blood pressure.

Chest pain is an emergency. Stop all work, alert the master and get radio medical advice.

Read the free guide

seafarershealth.org/heart-health/

Free to print and share. General information, not medical advice.



Tired on watch?
Speak up before it is too late.

Nodding off on watch? Tell the officer of the watch now. Do not try to push through it.

Read the free guide

seafarershealth.org/fatigue-sleep/

Free to print and share. General information, not medical advice.
Photo: "Day of the Seafarer 2013", IMO, CC BY 2.0, cropped.

SEAFARERS HEALTH

♀ WOMEN AT SEA | NO. 18

HEALTH

YOUR RIGHTS.

Your health. Your rights.
Plan before you sail.

Bleeding, bad stomach pain or feeling faint in pregnancy is an emergency. Tell the master now.

Read the free guide

seafarershealth.org/women-at-sea/

Free to print and share. General information, not medical advice.



Far apart. Still the same team.

SeafarerHelp: +44 20 7323 2737, free, 24 hours

If they talk about ending their life, take it seriously. Stay with them and get help now.

Read the free guide

seafarershealth.org/families/

Free to print and share. General information, not medical advice.
Photo: "Day of the Seafarer 2013", IMO, CC BY 2.0, cropped.

SEAFARERS HEALTH

MEDICAL EMERGENCY | NO. 20



1. **Alert the master.**
2. **Get radio medical advice.**
3. **Follow the doctor on the radio.**

Medical emergency?

Read the free guide

seafarershealth.org/emergency-at-sea/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

MEDICINES ON BOARD | NO. 21



YOURS ONLY.

Your medicine is yours.
Never share it.

Trouble breathing or a swollen face after a medicine is an emergency. Get radio medical advice now.

Read the free guide

seafarershealth.org/medicines-on-board/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

MEDICAL CERTIFICATES | NO. 11

HEALTH

2 to 3

months before it runs out

Medical due soon?
Book it early.

Read the free guide

seafarershealth.org/medical-certificates/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

ENG1 | NO. 12

HEALTH

2 to 3

months ahead

ENG1 due?
Book an MCA approved doctor.

Read the free guide

seafarershealth.org/medical-certificates/eng1/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

USCG CG-719K | NO. 13

HEALTH

90

days ahead

USCG medical due? Send your CG-719K early.

Read the free guide

seafarershealth.org/medical-certificates/uscg/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

PEME | NO. 14

HEALTH

- [x] See your dentist
- [x] Check your blood pressure

PEME next month?

Get ready now.

Read the free guide

seafarershealth.org/medical-certificates/peme/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

PEME PHILIPPINES | NO. 22

HEALTH

DOH

accredited clinic

PEME soon?
Ask what you will pay.

Read the free guide

seafarershealth.org/medical-certificates/peme/philippine

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

YOUR HEALTH RIGHTS | NO. 23

MLC 2006

gives you a right to medical care at sea

HEALTH

Sick on board?
Tell the master.

Sick or injured on board? Tell the master. You have a right to medical care.

Read the free guide

seafarershealth.org/your-health-rights/

Free to print and share. General information, not medical advice.

SEAFARERS HEALTH

WHY IT MATTERS | NO. 15

HEALTH



Days from a hospital.
Look after yourself.

Read the free guide

seafarershealth.org/research/

Free to print and share. General information, not medical advice.
Photo: "Day of the Seafarer 2013", IMO, CC BY 2.0, cropped.

SEAFARERS HEALTH | FREE TO PRINT AND SHARE

FIT ON BOARD SELF-CHECK

Ten questions. Two minutes. Fill it in once a month and watch your score across a contract.

Name / rank (optional): _____ **Month:** _____

			YES	NOT YET
1	ACTIVITY	I do at least 150 minutes of moderate activity a week (about 25 minutes a day).	☐	☐
2	STRENGTH	I do push-ups, squats or other strength work on at least 2 days a week.	☐	☐
3	LADDERS	I can climb three decks of ladders without stopping to catch my breath.	☐	☐
4	WAIST	My waist measurement is less than half my height.	☐	☐
5	FOOD	I eat vegetables or fruit at most meals and drink mostly water.	☐	☐
6	SNACKS	On watch I snack mostly on fruit, nuts or yoghurt, not biscuits or noodles.	☐	☐
7	ALCOHOL	I drink no alcohol, or only small amounts, and never before duty.	☐	☐
8	TOBACCO	I do not smoke, vape or chew tobacco or betel nut.	☐	☐
9	SLEEP	I get at least 7 hours of sleep in most 24-hour periods.	☐	☐
10	MIND	There is someone on board or at home I can talk to when things get hard.	☐	☐

My score (number of YES): _____ / 10

What your score means

8 to 10 Great shape. Keep it up and help a shipmate get there too.

5 to 7 Good base. Pick one NOT YET and work on it this month.

0 to 4 Start small: a 20-minute walk or workout most days, and water instead of sugary drinks.

My one goal for next month

_____

_____

Chest pain, sudden breathlessness, fainting or a racing heartbeat is an emergency: stop, alert the officer in charge of medical care at once, and get radio medical advice immediately.

Questions, corrections or ideas: hello@seafarershealth.org

General information, not medical advice. Based on WHO activity and diet guidance. (c) 2026 Seafarers Health