# Crew Health and Welfare Checklist

A quick yes / no review of crew health and welfare, grouped by the topics of the Maritime Labour Convention 2006. Use it to find gaps, not as a legal audit.

**Not a legal audit**

The MLC 2006 sets minimum standards. Your flag state turns them into law, and the details differ. Check the exact rules with your flag and your inspectors.

## Medical certificates (MLC Regulation 1.2)

- [ ] Every seafarer has a valid medical certificate for their job.
- [ ] We track expiry dates and remind crew in good time.
- [ ] Crew know who pays for their medical, in writing, before the exam.

## Hours of rest (Regulation 2.3)

- [ ] Rest hours are recorded truthfully, at least 10 hours in any 24 and 77 in any 7 days.
- [ ] The master can change plans when crew are too tired to work safely.

## Food and water (Regulation 3.2)

- [ ] Food is enough, varied and fits crew religion and culture.
- [ ] The cook is trained and the galley is checked.
- [ ] Drinking water is tested and tanks are cleaned.

## Medical care (Regulation 4.1)

- [ ] The ship carries the medicine chest, equipment and medical guide the flag requires.
- [ ] The officer in charge of medical care has the required training, and it is in date.
- [ ] Crew know how to get radio medical advice, 24 hours, free.
- [ ] Crew can see a doctor or dentist in port when they need to, at no cost.

## Shipowner liability (Regulation 4.2)

- [ ] Crew know they are covered for medical costs, sick pay and repatriation after illness or injury at work.

## Health, safety and accidents (Regulation 4.3)

- [ ] Accidents and near misses are reported and reviewed.
- [ ] Risks like heat, noise, chemicals and enclosed spaces have a plan.
- [ ] Bullying and harassment can be reported privately.

## Shore welfare (Regulation 4.4)

- [ ] Crew can get shore leave when it is safe and allowed.
- [ ] Crew know about seafarers centres and welfare services in port.

## Mental health and contact with home

- [ ] Crew have a free, private helpline number on board.

Free to print and adapt. General information, not medical or legal advice.

- [ ] Crew have reasonable internet access.
- [ ] Masters and medical officers know how to respond to a suicide risk.

## Our three actions

REVIEWED BY

SHIP / FLEET

DATE