

3 April 2025 | 10.00 - 12.00 EEST

Seafarers' Wellbeing (Part I)



2025 REFRESHER TRAINING PROGRAM

**From our
members
for our
members**



HELMEPA

MARITIME TRAINING CENTER
for Pollution Prevention
Safety at Sea and
Environmental Awareness

WEBINAR

Addressed to crew officers (deck & engine) and office personnel of HELMEPA Member companies

Level of knowledge: Beginners to Intermediate

SCHEDULE

- | | |
|---------------|--|
| 10.00 – 10.40 | Mental health and resilience
at sea
RINA |
| 10.40 – 11.20 | Effective maritime training
through competence and
behavioural assessment
DNV |
| 11.20 – 12.00 | Crew well-being 360:
The vital synergy of body &
mind shipping
Health4Crew & IMEQ |

WEBINAR Outline | Learning Objectives

Mental health and resilience at sea

Mental health is increasingly recognized within the shipping industry as an important issue with regards to safety and zero-incidents onboard. The presentation includes the following elements:

- Promoting Positive Mental Health / Break the Stigma
- Resilience & Respond to Change
- See the signs & indicators to recognize mental health issues
- Stressors that influence mental health
- Personal coping mechanism & supporting others
- Company Support System

Thus, participants will acquire solid comprehension of the mental health characteristics/stressors, learn how to recognize the signs, manage and cope with them, understand the resilience concept and be able to ask and get the required support from themselves, others and their Companies in order to keep a positive mental health.

Effective maritime training through competence and behavioural assessment

This presentation examines the role of maritime training in building a strong safety culture by addressing both technical competence and behavioural change.

By the end of this presentation, participants will be able to:

- Understand the impact of human factors on maritime accidents
- Recognize the importance of training in fostering a safety culture
- Identify challenges and best practices in maritime training programs
- Evaluate the effectiveness of training in terms of behavioural and competence-based outcomes
- Explore the future skills and competencies required for digitalization and decarbonization
- Understand the role of behavioural change in establishing a strong safety culture



WEBINAR Outline | Learning Objectives

Crew Well-Being 360: The Vital Synergy of Body & Mind

Seafarers face unique challenges that impact both their physical and mental health. Long work hours, isolation, and demanding physical tasks can lead to stress, burnout, and physical injuries. This session will provide insights into the crucial connection between mental and physical health, highlighting the role it plays in overall crew performance, safety, and well-being.

By the end of this session, participants will:

- Understand Unified Health Data: Learn how mental and physical health intersect and impact seafarers' overall well-being.
- Recognize the Interconnection: Understand how mental health challenges influence physical health and vice versa, and how this affects safety and performance at sea.
- Explore Psychosocial and Physical Risks: Examine how psychosocial risks, including stressors and isolation, can contribute to physical health risks, impacting the crew's resilience and safety.

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