

Crew wellness in the pandemic era

14 September 2022

13.00 - 16.00 EEST

WEBINAR

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

2022
REFRESHER
TRAINING
PROGRAM

**From our
members
for our
members**

Schedule

- | | |
|---------------|---|
| 13.00 – 13.50 | Shipping psychometrics – a science-based approach
ISON Psychometrica |
| 13.50 – 14.00 | Break |
| 14.00 – 14.50 | Fatigue on board: understanding the risk, identifying real-world solutions
National Technical University of Athens |
| 14.50 – 15.00 | Break |
| 15.00 – 15.50 | Wellness at sea: a top priority
UK P&I Club |
| 15.50 – 16.00 | Wrap up / Closure |



WEBINAR LECTURERS



Nikos STATHOPOULOS

Chief Executive Officer
ISON Psychometrica

CEO of ISON Psychometrica, which offers since 1991 assessment and resilience building services to all types of organizations. ISON applies valid methods to accurately examine skills, motives and character traits of personnel for some of the biggest companies in shipping and other industries



Georgios LYKOS

Commander Engineer Hellenic Navy, Research Engineer, **NTUA**

PhD Candidate and Research Engineer in the Laboratory for Maritime Transport at the School of Naval Architecture and Marine Engineering of the National Technical University of Athens (NTUA), Greece. His expertise is in marine safety and security, risk engineering, human reliability, marine casualty investigation, naval design, resilience engineering and firefighting. He holds a Master in Science in "Human Resources Management" from Athens University of Economy and Business and Master in Science in "Nautical and Sea Technology and Science" from NTUA. He is a senior trainer and a developer for DNV academy and for VENLYS maritime specialization services.



Alexandra COUVADELLI

LLB, LLM, Greek Lawyer, Piraeus Bar, Solicitor, England & Whales
UK P&I Club

Senior Claims Director for Thomas Miller for P&I and FD&D with extensive experience in claims handling. Before joining Thomas Miller Alexandra worked for Athens and London based Law Firms specializing in Maritime Law, as well as a ship-owning firm, and has also had sea faring experience on a bulk carrier. She is a qualified Greek and English solicitor and holds an LLM from Southampton University and a diploma from North Kent College in Oil, Gas and Petrochemicals. Her fields of expertise include Green Shipping issues, Marine pollution, Maritime Casualties, Sanctions, Bill of Lading Issues, Piracy/Maritime Security, Charterparty and Newbuilding Disputes. Alexandra conducts presentations to the Maritime community, covering an extensive repertoire on the above mentioned fields of expertise. She has been a frequent contributor to UK P&I and Defence publications and has lent her broad perspective and knowledge on P&I matters and legal issues to the UK P&I Club's and UK Defence Club's publications

WEBINAR Learning Objectives | Outline

Shipping psychometrics – a science-based approach

The human factor is responsible for every achievement, as well as for up to 80% of accidents and unwanted situations in shipping. How can we mitigate this danger? The information provided by valid psychometric tests is revealing and protects from unnecessary troubles.

Fatigue on board: understanding the risk, identifying real-world solutions

Through this crash course participants will familiarize themselves with the fundamental principles of fatigue on board. The participant will understand the risk of fatigue on board and how to mitigate fatigue symptoms with realistic and applicable countermeasures. Scope of the course is to introduce participants with the following fatigue related modules:

- Defining fatigue in the maritime environment
- Fatigue and Safety
- Causes and effects of Fatigue
- Fatigue countermeasures
- Shiftwork
- Planning for Fatigue (Fatigue Resources Management System)

Wellness at sea: a top priority

The purpose of this session is to raise awareness on the importance of wellbeing of Seafarers during the COVID pandemic, and address some key issues as takeaways. Point of reference will be the UK P&I Club's Crew Health programme as well as the Mental Health Initiatives. The programs addressed in the presentation should act as an introduction when assisting crewmembers in cases of poor mental health.

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