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This manual has been drawn in compliance with  
**STCW 1978 as amended in 2010 Requirements**

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# Chapter – VIII

## Watchkeeping

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## **Fitness for Duty and Principles of Watchkeeping as per the STCW 1978 as amended**

### **1. Purpose**

1.1 Regulation VIII/1 and regulation VIII/2 of STCW 1978 as amended describe regarding fitness for duty, watchkeeping arrangements and Principles of watchkeeping.

1.2 The purpose of this notice is to inform all parties about the STCW regulations pertaining to the rest hours for seafarers, Shipboard working arrangement, preventing drug/alcohol abuse and other related matters as laid down in chapter VIII of the STCW convention.

### **2. General Requirements**

#### **2.1 The Hours of Rest**

2.1.1 The Company shall ensure that all seafarers are provided with the minimum hours of rest as specified in 2.1.2 below.

2.1.2 The minimum hours of rest shall be not less than 10 hours in any 24 hour period and 77 hours in any 7 day period.

2.1.3 The 10 hour period of rest may be divided into no more than two periods, one of which shall be at least 6 hours in length. The intervals between consecutive periods of rest shall not exceed 14 hours.

2.1.4 A seafarer whose duties entail being on call such as when a machinery space is unattended should have adequate compensatory rest to make up for any rest time lost when his period of rest is disturbed by a call-out.

2.1.5 On board training and drills prescribed by international instruments should be arranged to minimise the disturbance of the period of rest.

2.1.6 If the master deems it necessary to suspend the scheduled hours of rest and require a seafarer to perform work due to the immediate safety of the ship, persons on board or cargo, or for the purpose of giving assistance to other ships or persons in distress at sea, the master shall ensure that any seafarers who have performed work in a scheduled rest period are provided with adequate compensatory rest after the normal situation has been restored. The master shall ensure that the reason for the suspension, details of the affected seafarers and the period of suspension are recorded in the Official Log Book.

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## Exceptions

2.1.6. 10 hours of rest in any 24 hour period as specified in 2.1.2 above provided that the hours of rest may be divided into no more than three periods, one of which shall be at least 6 hours in length, and neither of the other two periods shall be less than one hour in length. The intervals between consecutive periods of rest shall not exceed 14 hours and the exceptions shall not extend beyond two 24 hour periods in any 7 day period.

2.1.7 77 hours of rest in any 7 day period specified in 2.1.2 above provided that the rest period is not less than 70 hours in any 7-day period; and the exception period does not extend for more than two consecutive weeks. The intervals between two periods of exceptions on board shall not be less than twice the duration of the exception.

## 2.2 Shipboard working arrangements

2.2.1 The Company shall provide a table of duties (shipboard working arrangements) which outlines the hours of work and rest periods for all seafarers.

2.2.2 The table/schedule must be in English and in the working languages of the ship:

- .1 the daily schedule of duties at sea and duties in port; and
- .2 the daily minimum hours of rest or maximum hours of work
- .3 The table shall be posted at mess rooms, recreation rooms, ship's office and other places where they can best be seen and maintained in a standardized format.

## 2.3 Records

2.3.1 The master shall ensure that records of hours of rest are maintained for each seafarer serving on the ship.

2.3.2 The records should be completed monthly and each record should be endorsed by the master or person authorized by the master and the seafarer. A copy should be given to the seafarer.

## 2.3 Preventing Drug/Alcohol Abuse

2.3.1 For the purpose of preventing drug and alcohol abuse, the following has been introduced;

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- a limit of not greater than 0.05% blood alcohol level(BAC) or 0.25 mg/l alcohol in the breath or a quantity of alcohol leading to such alcohol concentration for masters, officers and other seafarers while performing designated safety, security and marine environmental duties.

2.3.2 Shipping companies shall include the above rest hour requirements and a drug and alcohol policy to their safety management systems. Drug and alcohol policy notices to be displayed at mess rooms, recreation rooms, ship's office and other places where they can best be seen.

2.3.3 Approved recognized organizations shall make sure that notices as per 2.3.2 are displayed during safety management audits on board.

#### 2.4 Watchkeeping at Sea

2.4.1 Masters, Chief Engineer officers and all watchkeeping personnel shall observe requirements, principles and guidance set out in the STCW code to ensure that a safe continuous watch or watches appropriate to the prevailing circumstances and conditions are maintained at all times.

2.4.2 The master of every ship is bound to ensure that watchkeeping arrangements are adequate for maintaining safe navigational watches.

2.4.3 Under the master's general direction, the officers of the watch are responsible for navigating the ship safely during their periods of duty, when they will be particularly concerned with avoiding collision and stranding.

2.4.4 The chief engineer of every ship is bound, in consultation with the master, to ensure that watchkeeping arrangements adequately maintain safe engineering watches.

2.4.5 The officer in charge of the watch is the master's representative and is primarily responsible at all times for the safe navigation of the ship and for complying with COLREGS.