

Maritime and Shipping Catalogue



Featuring products and publications from:



MCA Wellbeing at Sea Tool

A digital tool designed to support seafarers' health and wellbeing.

Understand how employees are feeling and help them to manage/improve their wellbeing whilst at sea. The anonymised data the tool collects is then used to identify priority areas for improvement and highlight best practice for the organisation.

- Gain a baseline of organisational wellbeing and help prioritise interventions
- Seafarers receive instant and tailored, pragmatic advice and signposting to services to improve wellbeing onboard
- Works on multiple levels of intervention to help create a culture of wellbeing throughout all levels of an organisation
- An evidence-based approach for organisations to develop and test the efficacy of wellbeing interventions
- Generates a summary report of the results and provides recommendations to address identified issues
- Functionality to focus and compare results against departments, job roles, locations, age etc.

With the current buzz around seafarer wellbeing, now is industry's chance to address the issue. Poor employee wellbeing is consistently linked to a greater accident and error rate, reduced productivity, and increased absenteeism at work.

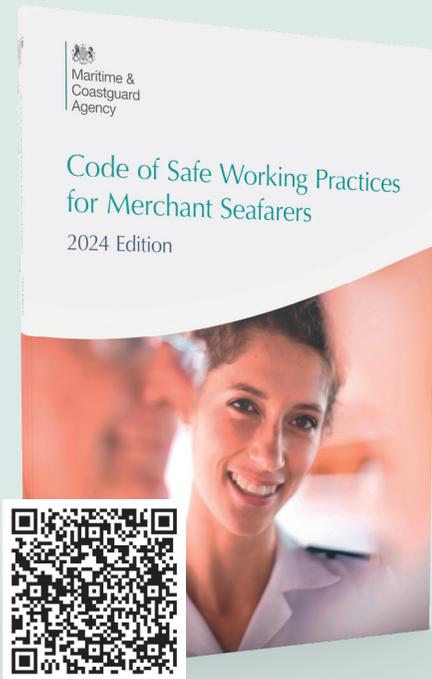
Use the contact details below to find out more and for a free demonstration.

www.wellbeingseatool.com | mca@tso.co.uk | +44 (0) 333 202 5070

“The Wellbeing at Sea Tool is one of its first kinds to look at multiple facets of seafarer wellbeing. As a digitised tool with ease of customisation, it gave us a bird's eye view of seafarer wellbeing.”

Capt. Randhir S Mahadik (Head of FLEET care - Fleet Management Ltd)



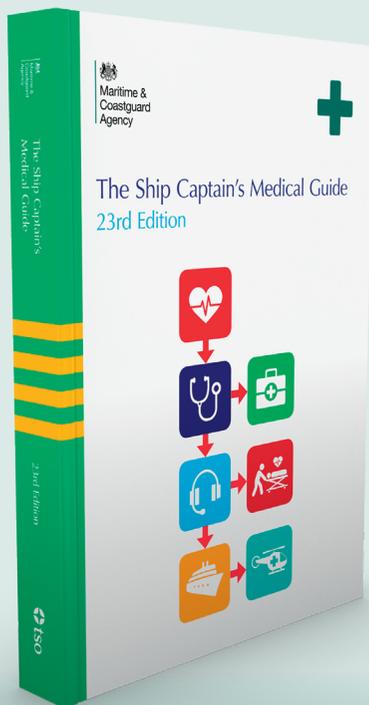


Code of Safe Working Practices for Merchant Seafarers - 2024 Edition

COSWP is a comprehensive set of guidelines and best practices designed to ensure the safety and health of seafarers working on merchant vessels. It provides practical guidance on safe working practices and procedures to be followed on board ships to minimise risks and prevent accidents.

It is a statutory requirement for the current edition of the code to be carried on board all UK ships, other than fishing vessels and pleasure craft. The code contains essential health and safety information, and it must be made available to any seafarer on board the ship who requests it.

Title	ISBN	Format	Price
Code of Safe Working Practices for Merchant Seafarers - 2024 Edition	9780115541322	Paperback	£27.50
Code of Safe Working Practices for Merchant Seafarers - 2024 Edition	9780115541346	PDF	£27.50



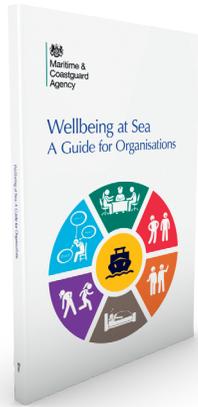
The Ship Captain's Medical Guide 23rd Edition

'The Ship Captain's Medical Guide' is intended primarily for use on ships where no doctor is carried and it is necessary for laymen to assess and treat injuries and to diagnose and treat ill health. The Guide can also be recommended for use in other situations where professional medical advice is not readily available, for example on expeditions. For the 23rd edition the guide has been comprehensively rewritten reflecting modern best practices.

IT CONTAINS:

- Flow charts to aid evaluation and treatment
- Clear, authoritative advice and easy-to-follow guidance
- Step-by-step illustrations to explain emergency procedures
- Quick-reference lists regarding history and examination
- Cross references to further detail
- Anatomical illustrations

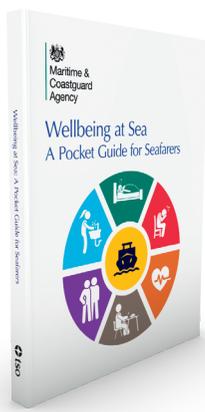
Title	ISBN	Format	Price
The Ship Captain's Medical Guide 23rd Edition	9780115534614	Hardback	£40



Wellbeing at sea: A guide for organisations

Seafarers are employed in a unique workplace, featuring prolonged social isolation, fatigue and with limited services. The suicide rate for seafarers is higher than in the general population and there is a financial cost for ship owners.

The aim of the title is to provide practical guidance for optimal care of seafarers, ultimately improving seafarer wellbeing and, in turn, business efficiency onboard vessels.



Wellbeing at sea: A pocket guide for seafarers

Seafaring is a very demanding profession. Being far away from family and friends, being unable to leave the workplace and having fewer choices during non-working hours can affect physical, mental and emotional health. For seafarers, whilst on board, the ship is not only a place of work but also a home.

This practical guide will offer guidance for seafarers on fitness and diet, general health, personal and social wellbeing, mental health issues, and relationships and communication. With an extensive appendix there is practical guidance to help seafarers with everyday life.

Easy to read and full of illustrations, this pocket book will be an essential resource to offer support to seafarers to promote a state of healthy wellbeing at sea.

Title	ISBN	Format	Price
Wellbeing at sea: A guide for organisations	9780115536076	Paperback	£30
Wellbeing at sea: A pocket guide for seafarers	9780115537875	Paperback	£14.99



Maritime Seafarers Posters

A pack of three A3 posters for displaying onboard ships and vessels. The pack contains posters on Tiredness and Fatigue at Sea, Mental Wellbeing at Sea and Personal Hygiene at Sea.

Tiredness and Fatigue at Sea – includes signs of fatigue, tips to manage fatigue and more information.

Mental Wellbeing at Sea – includes factors affecting seafarers mental health, check your mental wellbeing and more information.

Personal Hygiene at Sea – includes washing hands, brushing and flossing teeth with diagrams.

Title	ISBN	Format	Price
Maritime Seafarers Posters	9780115540325	3x poster	£22

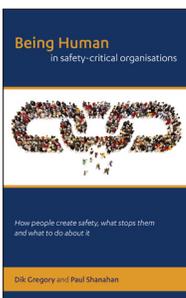


Merchant Shipping Notices, Marine Guidance Notes and Marine Information Notes – Consolidated to March 2022

KEY FEATURES

- **Merchant Shipping Notices** – MSNs are used to convey mandatory information that must be complied with under UK legislation. These MSNs relate to Statutory Instruments and contain the technical detail of such regulations
- **Marine Guidance Notes** – MGNs give significant advice and guidance relating to the improvement of the safety of shipping and life at sea, and to prevent or minimise pollution from shipping
- **Marine Information Notes** – MINs are intended for a more limited audience e.g. training establishments or equipment manufacturers and contain information which will only be of use for a short period of time, such as timetables for MCA examinations. MINs are numbered in sequence and have a cancellation date (which will typically be no more than twelve months after publication)

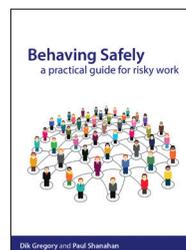
Title	ISBN	Format	Price
Merchant Shipping Notices, Marine Guidance Notes and Marine Information Notes – Consolidated to March 2022	9780115540899	Paperback	£235



Being Human in safety-critical organisations

If human error only starts to explain how accidents happen in complex, adaptive systems, what does the rest of the explanation look like? And what can be done as a result?

This book will give you practical guidance on how to manage human behavior in safety critical organisations.



Behaving Safely - A practical guide for risky work

This pocket guide is full of insights and practical guidance about what makes you safe and what you can do to make things safer as you go about your everyday tasks.

Keep it with you. Dip into it. Use it. And above all, make sure you always go home to your friends and family, safe and sound.



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Title	ISBN	Format	Price
Being Human in safety critical organisations	9780115535352	Paperback	£35
Behaving Safely - A practical guide for risky work	9780115535987	Pocketbook	£4.95
	9780115535994	Pocketbook pack of 10	£49.50

Record and Log Books



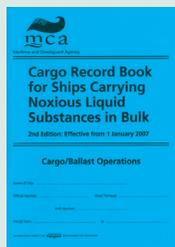
Garbage Record Book

This amended Garbage Record Book is to be used on vessels to record discharges from and incinerations on board ships. It contains the latest guidance in accordance with regulation 10 of Annex V of the International Convention for the Prevention of Pollution from Ships, 1973, as modified by the Protocol of 1978 (MARPOL). A record is to be kept of each discharge operation or completed incineration. This includes discharges into the sea, to reception facilities, or to other ships, as well as the accidental loss of garbage.

MARPOL Annex V – Garbage has been revised to strengthen the current provisions so to continue to reduce pollution caused by garbage. The Garbage Record Book is split into two parts:

Part 1: Relevant for all ships

Part 2: Relevant only to ships carrying solid bulk cargoes



Cargo Record Book for Ships Carrying Noxious Liquid Substances in Bulk: cargo/ballast operations 2nd edition

The Cargo Record Book is required for every vessel undertaking bulk noxious liquid substances cargo and ballast operations. This is required in accordance with regulation 36 of Annex I of the International Convention for the Prevention of Pollution from Ships, 1973, as modified by the Protocol of 1978 (MARPOL73/78).



Marine Fuel Sulphur Record Book

Essential for all vessels:

- Who wish to enter an ‘Emission Control Area’
- At berth in a United Kingdom port
- UK passenger ships operating in UK waters or controlled waters
- Any passenger ship which calls at a port in the UK

‘The Merchant Shipping (Prevention of Air Pollution from Ships) Regulation 2008’, as amended, requires the master of a ship – to which the regulation applies – to make a record to demonstrate compliance for any ship using separate fuel oils and make a record of any fuel changeover operation.

The master of a ship to which the regulations apply is required to make a record:

- In the case of a UK ship, in a log book in the format prescribed in Appendix 6 to Merchant Shipping Notice 1819 (M+F)
- In the case of any other ship, in a ship’s log book

Title	ISBN	Format	Price
Garbage Record Book	9780115535680	Paperback	£15.60
Cargo Record Book for Ships Carrying Noxious Liquid Substances in Bulk: cargo/ballast operations	9780115528194	Paperback	£6.24
Marine Fuel Sulphur Record Book	9780115530449	Paperback	£6.24

Maritime & Coastguard Agency Titles



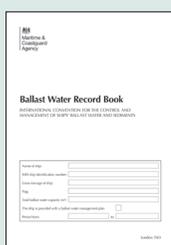
Oil Record Book (Part I): Machinery Space Operations (All Ships) Third Edition

Oil Record Book (Part I): Machinery Space Operations (All Ships) is required to record Machinery Space Operations for every ship of over 400 tons gross tonnage (other than oil tankers) and every oil tanker over the 150 tons gross tonnage. This is a vital record book, required in accordance with regulation 17 of the International Convention for the Prevention of Pollution from Ships (1973), as modified by the Protocol of 1978 (MARPOL73/78).



Oil Record Book (Part II): Cargo/Ballast Operations (Oil Tankers) Third Edition

Oil Record Book (Part II): Cargo/Ballast Operations (Oil Tankers) is required in accordance with regulation 36 of Annex I of the International Convention for the Prevention of pollution from Ships (1973), as modified by the Protocol of 1978 (MARPOL 73/78).



Ballast Water Record Book

The Ballast Water Record Book is to be used on board all vessels to record intake and discharge of ballast water.

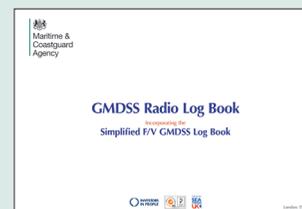
The International Convention for the Control and Management of Ships' Ballast Water and Sediments (BWM Convention) entered into force on 8 September 2017. Under the Convention, all ships in international traffic are required to manage their ballast water and sediments to a certain standard, according to a ship-specific ballast water management plan. All ships also have to carry a ballast water record book and an international ballast water management certificate.

Global Maritime Distress Safety System (GMDSS) Radio Log Book

In order to assist Masters and Officers in maintaining the necessary records, the Maritime and Coastguard Agency (MCA) have updated the 'Radio Log Book' (GMDSS) and 'Simplified Fishing Vessel GMDSS Radio Log Book', and incorporated them into this single volume.

This Log Book is intended to encourage greater awareness of safety equipment through the inspection and recording of such inspections. Safety equipment has reduced in cost and improved in availability over the last 10 years. As vessels fit more equipment, and to ensure the equipment functions correctly when needed, an inspection regime is required. This improves familiarity with the equipment, thus improving safety.

A copy of the Radio Log Book **must be made available to any seaman who requests it** in accordance with the provisions of Regulation 20 of the Merchant Shipping (Radio Installations) Regulations 1998 and Regulation 19 of the Merchant Shipping (Radio) (Fishing Vessel) Regulations 1999.



Title	ISBN	Format	Price
Oil Record Book (Part 1) Machinery Space Operations (all Ships) Third Edition	9780115531569	Paperback	£6.24
Oil Record Book (Part II) Cargo/Ballast Operations (Oil Tankers) Third Edition	9780115531576	Paperback	£6.24
Ballast Water Record Book	9780115534478	Paperback	£9.60
Global Maritime Distress Safety System (GMDSS) Radio Log Book	9780115530265	Paperback	£13.80

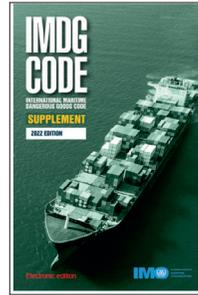
International Maritime Organization Titles

IMDG Code 2022 Edition



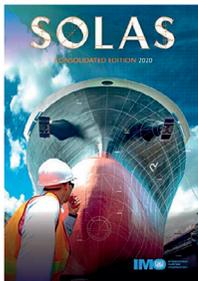
The International Maritime Dangerous Goods (IMDG) Code lays down basic principles on the transport of dangerous goods by sea, including advice on terminology, packing, labelling, stowage, segregation and handling and emergency response action.

IMDG Code Supplement



The International Maritime Dangerous Goods Code (IMDG Code) lays out the regulatory framework for all aspects of handling dangerous goods and marine pollutants in sea transport

SOLAS: Consolidated Text of the International Convention for the Safety of Life at Sea



Of all the international conventions dealing with maritime safety, the most important is the International Convention for the Safety of Life at Sea, better known as SOLAS, which covers a wide range of measures designed to improve the safety of shipping.

MARPOL consolidated edition



The International Convention for the Prevention of Pollution from Ships, 1973 (MARPOL Convention), is concerned with preserving the marine environment through the prevention of pollution by oil and other harmful substances and the minimization of accidental discharge of such substances.

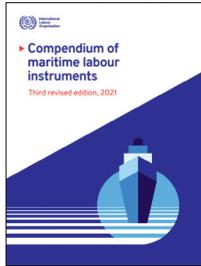
GMDSS Manual



The GMDSS Manual provides, in a single comprehensive publication, an explanation of the principles upon which the GMDSS is based, the radio communication requirements and recommendations for its implementation. It also covers the operational performance standards and technical specifications to be met by GMDSS equipment, and the procedures for and method of operation of the various radio services which form the GMDSS and the Master Plan for the GMDSS.

Title	ISBN	Format	Price
IMDG Code 2022 Edition	9789280117479	Paperback	£175
IMDG Code Supplement	9789280117493	Paperback	£85
SOLAS: Consolidated Text of the International Convention for the Safety of Life at Sea	9789280116908	Paperback	£120
MARPOL Consolidated Edition	9789280117431	Paperback	£120
GMDSS Manual	9789280117707	Paperback	£209.34

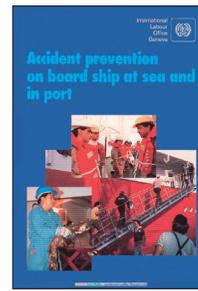
Compendium of Maritime Labour Instruments



The Maritime Labour Convention, 2006, has become the “fourth pillar” of the international regulatory regime for quality shipping and complements the key Conventions of the International Maritime Organization (IMO). It sets out seafarers’ rights to decent conditions of work and helps establish conditions for fair competition for ship-owners. The 2014 amendments to the Convention are included in this edition.

The Convention contains a comprehensive set of global standards, consolidating almost all the existing maritime labour Conventions and Recommendations that have been adopted since 1920 in a new Convention that reflects modern conditions in the industry. The Convention establishes international requirements for decent work for all seafarers, including minimum terms in seafarers’ employment agreements, minimum age, medical fitness requirements, training, wages, leave, repatriation, on-board accommodation and catering, medical care, occupational safety and health, welfare and social security.

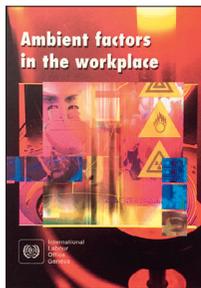
Accident Prevention on Board Ship at Sea and in Port



The code, which has been drawn up by an international group of experts, aims to provide guidelines based on best practices employed in many maritime countries, which can assist ship owners, seafarers and governments to improve conditions and reduce the number of accidents on board ship.

The safety aspects of work on board ship are a major concern for shipowners and seafarers alike. This code of practice covers the special risks connected to the carriage of bulk cargoes such as oil, gas, chemicals and the hazards relating to roll-on/roll-off vessels, ferries and container ships. It also deals with the perennial problems of anchoring, mooring, access to the ship, use of hoisting devices, general cargo working, maintenance and so on, taking account of the growth and changing nature of sea-borne commerce in recent years.

Ambient Factors in the Workplace



Ambient factors are those hazardous substances such as ionising radiation, electric and magnetic fields, optical radiation as well as noise, vibration, thermal conditions and humidity. The current code of practice provides valuable practical advice and guidelines for assessing, eliminating and controlling these workplace factors.

With the main aim of prevention of harm to workers, the code provides guidance on the roles and obligations of competent authorities and the responsibilities, duties and rights of employers and employees.

The guide reviews the various aspects of prevention and control for each of the factors, as well as material on hazard assessment and surveillance of workers’ health and working environment. The code has a large focus on education and training and suggests programmes to ensure workers receive relevant, up-to-date information regarding their working conditions.

Management of Alcohol and Drug-related Issues in the Workplace



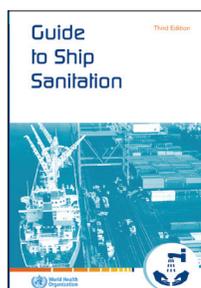
Abuse of drugs and alcohol may cause serious difficulties at work including deterioration in job performance. Abuse is caused by a diverse range of personal, family, social or work situations or a combination of such factors. Consequently this ILO code of practice presents a variety of multidisciplinary approaches to the

prevention, treatment and rehabilitation of alcohol and drug-related problems in the workplace. Although experience has shown the difficulty of eliminating substance abuse, the workplace policies presented in this book to assist individual abusers are likely to yield constructive results for workers and employers alike.

The practical recommendations contained in this book are intended to provide guidance to all those who have responsibility for addressing alcohol and drug-related issues at the workplace.

Title	ISBN	Format	Price
Compendium of Maritime Labour Instruments	9789220320150	Paperback	£32
Accident Prevention on Board Ship at Sea and in Port	9789221094500	Paperback	£20
Ambient Factors in the Workplace	9789221116288	Paperback	£15
Management of Alcohol and Drug-related Issues in the Workplace	9789221094555	Paperback	£11

Guide to Ship Sanitation

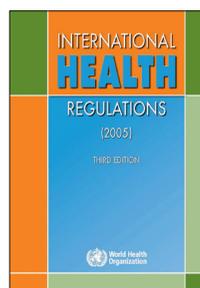


The World Health Organization (WHO) 'Guide to Ship Sanitation' has become the official global reference on health requirements for ship construction and operation and is referenced in the International Health Regulations. Its purpose is to standardize the sanitary measures taken on ships, to safeguard the health of travellers and workers, and

to prevent the spread of infection from one country to another. The Guide was first published in 1967 and amended in 1987.

This 2011 revised third edition of the guide reflects the changes in construction, design and size of ships since the 1960s, and the existence of new diseases including Legionnaires' disease that were not foreseen when the 1967 Guide was published.

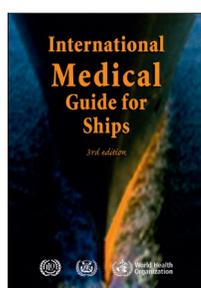
International Health Regulations



The purpose and scope of the International Health Regulations (2005) is to prevent, protect against, control and provide a public health response to the international spread of disease in ways that are commensurate with and restricted to public health risks, and which avoid unnecessary interference with international traffic and trade.

KEY FEATURES

- Text of World Health Assembly resolution WHA58.3
- The revised amended version of Annex 7 (concerning period of effectiveness of vaccination against yellow fever, and the validity of related certificates)
- The Health Part of the Aircraft General Declaration
- An updated list of States Parties and State Party reservations and other communications in connection with the International Health Regulations (2005)

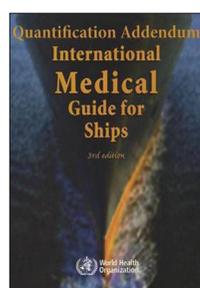


International Medical Guide for Ships – 3rd Edition

The *International Medical Guide for Ships*, a key reference for onboard medical care since 1967, provides designated first-aid providers with guidance on diagnosing, treating, and preventing health issues at sea. The

third edition includes updated recommendations consistent with the latest WHO guidelines and essential medicine lists.

Aligned with the International Labour Organization's Maritime Labour Convention 2006, this guide ensures that seafarers receive medical care comparable to what is available on land. By carrying this guide, ships can meet their obligations under the convention and promote the health and safety of their crew.



Quantification Addendum: International Medical Guide for Ships - 3rd Edition

The World Health Organization (WHO) present the 'Quantification Addendum' which contains recommended quantities, indications and dosing for 55 medicines listed in the 'International Medical Guide for Ships - 3rd Edition'.

The quantities are based on three types of ships:

- Ocean-going ships with crews of 25-40 and no doctor (Category A);
- Coastal ships with crews of up to 25 that travel no more than 24 hours from a port of call (Category B) and;
- Small boats and private craft with crews of 15 or less, and usually travelling no more than a few hours from a port of call (Category C).

This companion volume to the 'International Medical Guide for Ships' provides essential guidance to all those who involved in the procurement, purchasing, stock maintenance and use of medicines to promote and protect the health of seafarers worldwide.

Title	ISBN	Format	Price
Guide to Ship Sanitation	9789241546690	Paperback	£35
International Health Regulations	9789241580496	Paperback	£19
International Medical Guide for Ships	9789241547208	Paperback	£61
International Medical Guide for Ships: Quantification Addendum	9789241547994	Paperback	£20

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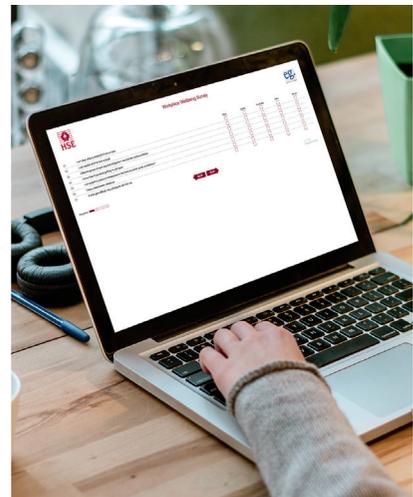


Safety Climate tool for the maritime industry

Delivers an objective measure of safety culture within organisations, and can be used to support ISO 45001 accreditation.

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