

P.P.E. (Personal Protection Equipment)

Where there is no illness on board, the ship’s accommodation can be considered a safe zone. To keep it safe and free from COVID-19, ship personnel must protect themselves from the risk of contamination from visitors coming on board. Wearing of PPE is essential. When someone who has COVID-19 coughs or exhales they release droplets of infected fluid.

Most of these droplets fall on nearby surfaces and objects - such as desks, tables or telephones.

People could catch COVID-19 by touching contaminated surfaces or objects – and then touching their eyes, nose or mouth. If they are standing within one meter of a person with COVID-19 they can catch it by breathing in droplets coughed out or exhaled by them. In other words, COVID-19 spreads in a similar way to flu.

Disposable Surgical masks

Face masks provides a physical barrier to fluids and large particle droplets. When used properly, masks can prevent infections transmitted by respiratory droplets. Most surgical masks adopt a three-layer design which includes an outer fluid- repelling layer, a middle layer serves as a barrier to germs, and an inner moisture- absorbing layer. Masks without the above functions are not recommended as it cannot provide adequate protection against infectious diseases transmitted by respiratory droplets.

Crew members should wear surgical masks when they have respiratory infection in order to reduce the spread of infection. Please note the following points when wearing a mask.

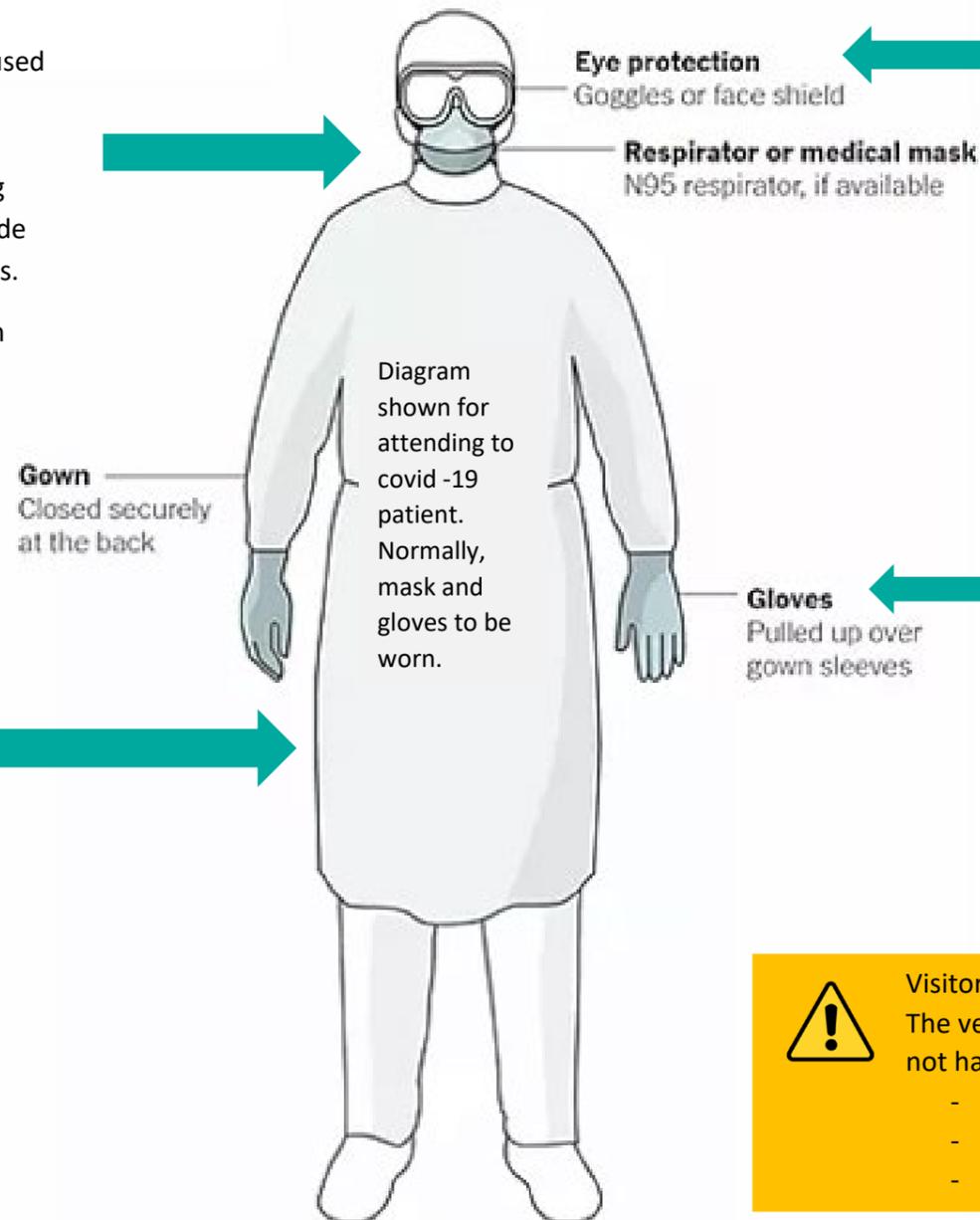
- Choose the appropriate mask size
- Perform hand hygiene before putting on a surgical mask
- The surgical mask should fit snugly over the face

Medical Gown

Nonsterile, disposable patient isolation gowns, which are used for routine patient care in healthcare settings, are appropriate for use by patients and medical care providers with suspected or confirmed COVID-19 cases. For gowns, it is essential to have enough overlap of the fabric so that it wraps around the body to cover the back (ensuring that if the wearer squats or sits down, the gown still protects the back area of the body).

Important note:

Keep the clothes worn for working or for outdoors activities in the changing room. Do not take them into your cabin.



Eye protection

Goggles are forms of protective eyewear that usually enclose or protect the area surrounding the eye to prevent particulates, water, or chemicals from striking the eyes.

Disinfect used goggles according to the manufacturer’s instructions after use. This is required when handling sick persons or cleaning where infected people were residing.

Disposable gloves

Disposable safety gloves are worn to prevent cross- contamination between the infected person(s) / object(s) and people who perform cleaning/people who enter the medical care area. Gloves must be changed if they are torn or contaminated.

When finished, place used gloves in a biohazard trash bag. Wash your hands immediately after handling these items.



Visitors to the vessel must wear PPE prior to approaching the gangway. The vessel should have a supply of PPE to provide in case the visitor does not have the correct equipment. As a minimum, following required:

- Face Mask
- Goggles
- Gloves