

**Seafarers' health risk prevention and
well-being promotion project in Finland**



INSTRUCTIONS FOR FILLING IN THE SELF-ASSESSMENT FORM

Seafarers' work: Recognising hazards and harms

Each seafarer has to fill in this questionnaire **himself/herself**. The objective is to detect defects related to safety at work and occupational health care, so that appropriate measures can be taken to remove these defects. The goal is to evaluate your working conditions and work because you are the one who knows them best.

Think about each question from your own perspective and circle the most suitable alternative(s). While answering the questions, think about situations that somehow differ from your normal duties, such as situations related to maintenance, repairing, cleaning, purification, conflicts and defects. Describe in the relevant question the defect or problem, as well as where or in what kind of situation it occurs. If you need more space, please continue your answer on the last page of the questionnaire. It is important that you describe the defect and the problematic situation clearly enough, so that appropriate measures can be taken. If you have any concrete suggestions, please make sure to write them down as well.

After you have filled in the questionnaire, return it to your occupational health care unit. The occupational health care will compile a ship/department specific summary. The summary will then be dealt with in the safety committee, which will initiate any necessary further action.

Seafarers' work: Recognising hazards and harms

Your place of work: _____

When answering, think about possible exceptional situations. Describe the hazard or the defect in more detail. If you have further clarifications, please mention the relevant number or letter.	do not occur	occurs, not harmful	occurs, harmful
Hazards and harms in the working environment			
1. Do the following things occur in your work,			
a. too much or too little light; where	1	2	3
b. disorders or untidiness; where	1	2	3
c. noise; where	1	2	3
d. vibration (hands, whole body); where	1	2	3
e. heat, cold, draught; where	1	2	3
f. dampness, dryness; where	1	2	3
g. dust; where	1	2	3
h. gases, fumes, vapours; what, where	1	2	3
i. paints, solvents; what, where	1	2	3
j. other chemical substances; what, where	1	2	3
k. danger of falling; where	1	2	3
l. danger of fire; where	1	2	3
m. danger of slipping; where	1	2	3
n. inadequate equipment	1	2	3
o. danger of electrical shock; where	1	2	3
p. being stuck in confined or airless space; where	1	2	3
q. blocked passageways; where	1	2	3
r. other danger of accidents, what?	1	2	3

When answering, think about possible exceptional situations. Describe the hazard or the defect in more detail. If you have further clarifications, please mention the relevant number or letter.	do not occur	occurs, not harmful	occurs, harmful
Physical stress			
2. Do the following stress factors occur in your work and are they harmful to you?			
a. heavy manual work; when, what kind	1	2	3
b. repetitive work movements; when, what kind	1	2	3
c. standing still; when, where	1	2	3
d. continuous sitting; when, where	1	2	3
e. carrying, lifting, holding up; when, what kind	1	2	3
f. stooped, twisted, or uncomfortable working position; when, what kind	1	2	3
g. continuous moving or walking from place to place; when, where	1	2	3
h. walking up and down stairs; when	1	2	3
i. working with computers; when	1	2	3
Mental and social stress			
3. Do the following things occur in your work and are they harmful to you?			
a. working alone	1	2	3
b. constantly being alert	1	2	3
c. the monotony or complexity of the work; which one	1	2	3
d. poor possibilities for development or promotion; which one	1	2	3
e. unclear division of labour, job description, responsibility	1	2	3
f. extensive workload or busy working pace	1	2	3
g. high demands and goals; what kind	1	2	3
h. lack of training and familiarisation for the work	1	2	3
i. threat of violence; where	1	2	3
j. excessive or difficult customer relations	1	2	3
k. lack of opportunities to have one's say	1	2	3
l. difficult working hours, overtime or shifts	1	2	3
m. insecurity of the employment	1	2	3
n. lack of relevant information	1	2	3
o. lack of help, support, feedback or appreciation from immediate superior	1	2	3
p. lack of help, support, feedback or appreciation from co-workers	1	2	3
q. conflict, harassment or inappropriate treatment in the workplace community	1	2	3
r. other, what?	1	2	3

When answering, think about possible exceptional situations. Describe the hazard or defect in more detail. If you have further clarifications, please mention the relevant number or letter.	I myself	closest co-workers	immediate superior
Safety on board			
4. How do crew members operate on your ship? Circle all the alternatives for whom the statement is true			
a. safe working methods are followed	1	2	3
b. consider and foresee dangers in exceptional conditions, such as fire and rescuing	1	2	3
c. consider and foresee risk factors and dangerous situations of the working environment	1	2	3
d. consider and foresee risk factors and adverse factors related to workplace community	1	2	3
e. trust that possible dangers are foreseen and analysed	1	2	3
f. know what to do if something suddenly goes wrong	1	2	3
g. think that we learn from our mistakes	1	2	3
h. encourage operating in a safe way, even though it might not always be the most convenient way	1	2	3
i. encourage the use of protective equipment, e.g. hearing protectors	1	2	3
j. interfere if someone does not comply with safe working methods	1	2	3
k. deal with near miss situations on board	1	2	3
l. the personnel are sufficiently trained and familiarised with safe working methods and occupational safety	1	2	3
m. take personal responsibility for occupational safety on board	1	2	3
n. have enough breaks during work	1	2	3
o. is familiar with instructions for the safe use of different substances and their storage	1	2	3
p. use protective equipment and clothing when needed	1	2	3
q. familiarise substitutes and summer employees with occupational safety on board	1	2	3
r. is not on responsible duties alone when overtired	1	2	3
s. discuss occupational safety matters	1	2	3
t. other, what?	yes	no	
u. competent occupational safety personnel	1	2	
v. active occupational safety personnel	1	1	

Further clarifications
