



SUCCESS THROUGH TEAMWORK

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UNITEAM MARINE NEWS

is designed to be of interest to our crew and to keep all Uniteam Marine employees informed of developments in our company.

We appreciate your feedback and welcome any articles of interest or humour that you would like us to include in our publication.

Email us at marketing@uniteamservices.com

CIPA AWARD FOR UNITEAM MARINE LIMITED

We are delighted to announce that Uniteam Marine Limited has been awarded the CIPA International Investment Award 2018.

The Gold magazine and the Cyprus Investment Promotion Agency (CIPA) have organized this award every year since 2012 and awards are given to companies that have contributed to the development of the island of Cyprus as an International Business Centre.

Our CEO Mr. Holger Ruether accepted the award during a ceremony held at the Hilton Park Hotel Nicosia.

Henrik Lehmann, Trainee



John Hadjiparaskevas, Holger Ruether, Natasa Pilides (Deputy Minister of Shipping), Andreas Papanisiforou, Steve Illman

UNITEAM MARINE LAUNCHES UKRAINIAN WEBSITE

We would like to inform our readers that "Uniteam Ukraine" has established its own website.

Through our home page you can apply for employment by completing your CV; get familiar with ISO 9001:2015 certification and with Licenses required by the Ministry of Social Policy of Ukraine, and learn more about the history of Uniteam Ukraine and the opportunities the company can offer to the seafarer.

Established in 2007, Uniteam Ukraine provides seafarers with a wide range of free services to enable them to work on foreign owned and flagged vessels. These include providing information and consulting services regarding employment opportunities, names and locations of employers, and conditions and wages.

Follow the link www.uniteammarine.od.ua and BE ONE OF US.

Anna Kryuchkova, Recruitment Officer



DAY OF THE SEAFARER

On Sunday, 24th June 2018, Uniteam Marine together with the Myanmar Seamen's Federation celebrated the Day of the Seafarer.

Our colleagues took part in the official event where speakers addressed the problems of mental health and the well-being of seafarers - the main topic of this year's event organised globally by the International Maritime Organisation. Captain Htut Htut, chairperson of MSF, read an official letter from IMO, urging everyone to pay close attention to stress and other issues affecting seafarers' mental conditions as well as highlighting

best practices and considering areas of concern and examples of shortcomings.

In the second part of the event, our colleagues awarded prizes to a group of high school graduates, who have received top marks on their matriculation exam.

On behalf of Uniteam Marine, we would like to congratulate all seafarers again and wish you fair winds and calm seas.

Ola Sawicka, Uniteam Global Business Services, Head of Corporate Communications & Marketing / Leading Myanmar operations and advisory services



MENTAL HEALTH ISSUES – A GROWING PROBLEM, OR JUST LESS TABOO?

Negative stereotypes and stigmatizing attitudes against mentally ill persons have powerful historical roots in many cultures. The common perception of these persons is that they are dangerous, violent and unpredictable.



Unfortunately, many people don't understand mental health problems and may have a negative view of people who have them. This can cause people with mental health problems to be treated badly or labelled in a way that hurts their standing in the community. That community could be downtown Yangon, Sofia, Odessa or the one that surrounds you as you cross the Atlantic Ocean.

According to the UK Chamber of Shipping suicide rates among seafarers experiencing mental health problems have more than tripled since 2014.

Very simply, mental health problems cause people to think and feel differently from how they usually do. It might be different to how the people around them think and act, but for the person with the mental health problem these feelings are real. Just like physical illness, mental health problems can happen to anyone. People can also recover from a mental illness and manage.

It is important that we are all aware that mental health includes our psychological, emotional and social well-being. It can determine how we think, feel, act and influences our relationships with others. Positive mental health provides a sense of wellness, contentment, and happiness.

Shipping has historically been a male dominated industry and that tradition runs long, unfortunately. Men are bad at looking after their health, or so the received wisdom goes. This macho attitude of stuffing your feelings down, or ignoring them, is antiquated and probably dangerous. We all know how important "not being dangerous" is. THINK LSR.

It's okay to feel depressed. It's okay to not have your ducks in a row. It's okay to feel overwhelmed sometimes. It's okay to feel sad. It's okay to be anxious. It's okay to be scared. It's okay to not have everything figured out.

These are perfectly normal feelings that nearly everyone experiences.

And, it's okay to talk about it.

What is not okay is suffering in silence.

Richard Knighton, Fleet Personnel Deputy Director

THINK LSR – PERMIT TO WORK & SAFETY ISOLATIONS

Most accidents occur when there is an unplanned transfer of energy from one place to another. As an example, a hammer dropped from a height will have kinetic energy, and when the falling hammer is stopped by hitting another object it will exert a force into that object, placing the object under stress. If that object is your head, the stress may be fatal.

The purpose of safety isolations is to ensure that there is no unplanned, unsafe transfer of energy from one place to another that will cause damage or injury to people, structures or equipment or the environment.

There are many forms of energy but one of the most widely encountered in a ship, and potentially the most dangerous is electrical energy.

Electrical energy is produced, stored, transferred and used throughout the vessel and is essential for the operation of the ship and the safety and comfort of those on board. But electricity can be very unforgiving to the unwary!

The main hazards associated with electricity are:

SHOCK Electric shock occurs when the human body becomes part of a path through which electrons can flow. That is, part of the electrical circuit. The resulting effect on the body can be either direct or indirect:

- Direct. Injury or death can occur whenever electric current flows through the human body. Currents of less than 30 milliamperes (mA) can result in death.
- Indirect. Although the electric current through the human body may be well below the values required to cause noticeable injury, human reaction can result in falls from ladders, or movement into operating machinery. Such reaction can result in serious injury or death.

BURNS Heat is generated in an electrical conductor by the flow of electric current through it. The higher the electrical resistance, the more heat is produced. Burns can result when a person touches electrical wiring or equipment that is improperly used or poorly maintained.

ARC-BLAST Arc-blasts occur from high-amperage currents arcing through air. This abnormal current flow (arc-blast) is initiated by contact between two energized points. This contact can be caused by persons who have an accident while working on energized components, or by equipment failure due to fatigue or abuse. Temperatures as high as 35,000°F (19,426°C) have been recorded in arc-blast research. The three primary hazards associated with an arc-blast are:

- Thermal Radiation. In most cases, the radiated thermal energy is only part of the total energy available from the arc. Many factors, including skin colour, area of skin exposed and type of clothing have an effect on the degree of injury. Proper clothing, safe work distances and overcurrent protection can reduce the chances of severe burns.
- Pressure Wave. A high-energy arcing fault can produce a considerable pressure wave. Research has shown that a person 1 metre away from a 25-kA arc would experience a force of approximately 200 kg on the front of their body. In addition, such a pressure wave can cause serious ear damage and memory loss due to concussion. In some cases, the casualty may be thrown away from the arc-blast by the pressure wave and suffer additional injuries.
- Projectiles. The pressure wave can propel relatively large objects over a considerable distance. This may lead to structural damage. The high-energy arc also causes many of the copper and aluminium components in the electrical equipment to become molten. These droplets of molten metal can be propelled great distances by the pressure wave. Although these droplets cool quickly, they can still be hot enough to cause serious burns or ignite clothing or other objects

at distances of 3 metres or more. In many cases, the burning effect is much worse than the injury from the shrapnel effect of these droplets.

The Effects of Electricity on the Human Body depend on several factors. The main things to consider are:

- The Current and Voltage
- The Electrical Resistance
- The path the electricity takes through the body
- The duration of the electric shock

CURRENT AND VOLTAGE High voltage can cause burns and tissue damage at the point of contact, but it is the electrical current that is likely to cause most physical harm. Alternating current will produce a tingling sensation at low values and, at higher current, will cause muscle spasms. These spasms will cause the casualty to lose control of their muscles and, as the current gets to around 15 mA the victim will be unable to let go of the electrically conductive surface and may "freeze" to the electrical circuit. A current of around 100 mA may cause ventricular fibrillation of the heart leading to death. A large current may also result in burns.

ELECTRICAL RESISTANCE The electrical resistance of the human body varies with the amount of moisture on the skin, the pressure applied to the contact point, and the contact area. The outer layer of skin, called the epidermis, has very high resistance when dry but moisture or a cut or other break in the skin will drastically reduce resistance. Shock severity will also increase with an increase in the pressure of contact. Also, the larger the contact area, the lower the resistance. Whatever protection is offered by skin resistance decreases rapidly with increase in voltage and higher voltages have the capability of "breaking down" the outer layers of the skin, thereby reducing the resistance.

PATH THROUGH THE BODY The path that the current takes through the body will also affect the degree of injury. A small current that passes from one extremity through the heart to the other extremity can cause death. On the other hand, there have been many cases where an arm or leg was almost burned off when it came in contact with electrical current but because the current did not pass through the trunk of the body near the heart, the casualty did not die of electrocution.

DURATION OF THE SHOCK Generally, the shorter the duration of the shock, the less likely death or serious injury will result. However, if the current is large, or the electricity travels through or near to the heart, death can occur almost instantaneously.

EXPLOSIONS Explosions occur when electricity provides a source of ignition for an explosive mixture in the atmosphere. Ignition can be due to overheated conductors or equipment, or normal arcing (sparking) at switch contacts. This is why standard electrical equipment and fittings are not allowed in some spaces on board and it is important that the rules for specific compartments such as tanks and battery rooms are understood and followed.

FIRES Electricity is one of the most common causes of fire both at home and on board ships. Defective or incorrectly serviced equipment, together with overloaded plug sockets, are major causes of fires. The message is simple – use electrical equipment correctly, keep it in good condition and do not overload plug sockets. Private electrical equipment on board should not be left unattended whilst charging.



Energy may also be stored in **Hydraulic Systems and High-Pressure Air or Gas Systems.**

Compressed air is a concentrated stream of air at high pressure and high speed that can cause serious injury to operators and the people around them. It is possible for compressed air to enter the blood stream through a break in the skin or through a body opening. An air bubble in the blood stream is known medically as an embolism, a dangerous medical condition in which a blood vessel is blocked, in this case, by an air bubble.

An embolism of an artery can cause coma, paralysis or death depending upon its size, duration and location. While air embolisms are usually associated with incorrect scuba-diving procedures, they are possible with compressed air due to high pressures. This may all seem to be improbable, but the consequences of even a small quantity of air or other gas in the blood can quickly be fatal so it needs to be taken seriously.

Potential dangers

Unfortunately, fooling around with compressed air has been a cause of some serious workplace accidents caused by individuals not aware of the hazards of compressed air, or proper work procedures.

- Compressed air accidentally blown into the mouth can rupture the lungs, stomach or intestines.

- Compressed air can enter the navel, even through a layer of clothing, and inflate and rupture the intestines.
- Compressed air can enter the bloodstream, and death is possible if it makes its way to blood vessels in the brain. Upon reaching the brain, pockets of air may lead to a stroke.
- Direct contact with compressed air can lead to serious medical conditions and even death. Even safety nozzles which regulate compressed air pressure below 30 psi should not be used to clean the human body. If an air pocket reaches the heart, it causes symptoms like a heart attack.
- As little as 1 Bar of compressed air pressure can blow an eye out of its socket.

In addition to the dangers above, a sudden release of compressed air or other gas can cause structural damage and propel objects at dangerously high speeds, causing injury.

To do their work, hydraulic systems must store fluid under high pressure, typically above 2,000 pounds per square inch (Psi) or 135 Bar. One hazard comes from removing or adjusting components without releasing the pressure. The fluid, under tremendous pressure, is also hot. The seafarer can be exposed to three kinds of hazards: burns from hot, high-pressure fluid; bruises, cuts or abrasions from flailing hydraulic lines and hydraulic injection of fluid into the skin.

Many systems store hydraulic energy in accumulators. These accumulators are designed to store oil under pressure when the hydraulic pump cannot keep up with demand, when the engine is shut down, or when the hydraulic pump malfunctions. Even though the pump may be stopped, or equipment disconnected, the system is still under pressure. To work on the system safely, it is essential to relieve the pressure before work begins.

Pinhole Leak Injuries

A common, and dangerous, injury associated with hydraulic systems is the result of pinhole leaks in hoses. These leaks are difficult to locate. If you notice a damp, oily, dirty place near a hydraulic line. DO NOT run your

hand or finger along the line to find it. When the pinhole is touched, the fluid can easily be injected into the skin as if from a hypodermic syringe.

Immediately after the injection, the casualty experiences only a slight stinging sensation and may not think much about it. Several hours later, however, the wound begins to throb, and severe pain begins. By the time a doctor is seen, it is often too late, and the casualty may lose a finger or even an entire arm.

Unfortunately, this kind of accident is not uncommon. To reduce the chances of this type of injury, run a piece of wood or cardboard along the hose (rather than fingers) to detect the leak

MAKE SURE NO UNPLANNED TRANSFER OF ENERGY CAUSES YOU HARM – MAKE SURE SAFETY ISOLATIONS ARE IN PLACE AND ALWAYS FOLLOW THE PERMIT TO WORK SYSTEM.

THINK LSR - THINK SAFE SYSTEMS

Peter Chilman, QSE Manager



PORTRAIT OF TECHNICAL MANAGER SHIJI SUDHAKAR PISHARATH



Shiji Sudhakar Pisharath has been with Uniteam Marine since 12th March 2018. He works in the company's Technical Function in Limassol.

How did you join Uniteam Marine?

I saw an advertisement on Uniteam Marine's website and decided to drop an application. After my application was lodged, I got a call from the Human Resources Service Line inviting me for an interview. The interview was done in two phases and the second one was with the senior management of Uniteam Marine, which resulted in a job offer.

What are your main duties as Technical Manager?

- Technical Operation and technical management of vessels fully managed by the company.
- Monitoring daily performance of the vessels including fuel and lube oil consumptions.
- Monitoring performance of main propulsion machinery and other auxiliary machinery.
- Attending vessels for inspection and repairs including dry docking.
- Maintaining vessels in class, organising surveys and obtaining certification.
- Monitoring spares, stores and their consumption & supply.
- Monitoring the administration of the planned maintenance system (PMS) on board our vessels.
- Working as part of a team with crew on board vessels, technical and purchasing function colleagues.
- Approval of disbursement account (DAs) and invoices relating to the vessels.
- Always monitoring and ensuring that vessels are maintained in a condition acceptable to PSC, Flag state and vetting agencies.

What do you like most in your job?

When I apply my engineering and sea going skills on a job, I feel extremely proud.

When we collectively close an open problem on a vessel, that makes me very content.

Do you have any advice for colleagues working in the engine room?

Safety is always first and foremost.

Take on board the Uniteam Marine vision and mission principles and work as a team.

Follow permit to work and risk assessment procedures for any job on board, no matter how big or small the job might be.

A rust-free deck and leakage free engine room should always be your aim.

Do you have any credo or motto in life?

Smart working is extremely important. We need to do exactly what is required to be done at the right amount at the right time.

The 21st century's illiterate is not someone who cannot read and write, but someone who cannot learn, unlearn and relearn.

HEALTHY HERBS & SPICES II



ROSEMARY

The active ingredient in rosemary is called rosmarinic acid.

A study found that people performed better on memory and alertness tests when mists of aromatic rosemary oil were piped into their study cubicles. It relieves muscle pain and spasm and stimulate hair growth.

In the lab, rosemary has been shown to have antioxidant properties. Antioxidants can neutralize harmful particles in the body known as free radicals, which damage cell membranes, tamper with DNA, and even cause cell death.

You can use rosemary in marinades for meat and poultry. Rosmarinic acid and other antioxidant compounds in the herb fight bacteria and prevent meat from spoiling, and may even make cooked meat healthier.

CHILI PEPPER

A study found that people ate 16 percent fewer calories at a meal if they'd sipped a hot-pepper-spiked tomato juice (vs. plain tomato juice) half an hour earlier. Capsaicin, the chemical in chili peppers that makes them hot, is used as an analgesic in nasal sprays, and dermal patches to relieve pain. Capsaicin may also lower risk of ulcers by boosting the ability of stomach cells to resist infection by ulcer-causing bacteria and help the heart by keeping "bad" LDL cholesterol from turning into a more lethal, artery-clogging form.

CUMIN

Cumin is known for the benefits it offers, as it helps in losing weight, improving digestion and immunity, and treating skin disorders, boils, piles, insomnia and respiratory disorders.

You can use cumin in rice stews, but also for meat and grilled dishes.

A spicy blend of cumin and coriander tastes particularly harmonious.

FENNEL

Fennel, native to the Mediterranean area, has a similar flavour to licorice. Fennel can help with bloating, gas and other digestion issues and may be particularly useful in quelling heartburn.

Due to the calcium content, fennel can help maintain bone strength and health. Fennel is high in Vitamin C, providing almost half of the recommended daily allowance in just one bulb.

Fennel can help lower blood pressure and inflammation due to its high potassium content.

NUTMEG

The health benefits of nutmeg include improving brain health, detoxifying the body, promoting digestion, treating insomnia and leukemia and boosting skin quality.

You can use grated nutmeg to spice up spinach, cabbage, egg, fish and meat.

Be aware that excessively consuming nutmeg can have psychotropic, hallucinatory or narcotic effects!

Anja Frauboese, Uniteam Global Business Services, Head of Corporate Communications & Marketing / Leading global operations and advisory services

Sources: <https://www.healthline.com/nutrition>, <http://www.eatingwell.com>, <https://www.huffingtonpost.com>, <https://www.organicfacts.net/health-benefits>

HEALTH QUIZ

- Which vitamin are you able to get from the sunlight?
A. Vitamin A
B. Vitamin B
C. Vitamin D
- How much water should a grown up human drink a day?
A. 1-1,25 l
B. 1,5-2 l
C. 2,5-3 l
- What is most nutrient friendly?
A. Cooking
B. Steaming
C. Frying
- How much of the world population is overweight?
A. 13%
B. 33%
C. 53%
- How much sugar contains a can of cola?
A. 7 grams
B. 17 grams
C. 27 grams
- Nearly a third of the world's population has this as staple food.
A. Rice
B. Pizza
C. Pasta
- Which fruit is the one with most vitamin C?
A. Acerola
B. Lemon
C. Orange
- Are fresh vegetables healthier than deep frozen vegetables?
A. yes
B. no
- How much exercise per week is recommended to stay healthy?
A. 50 minutes
B. 150 minutes
C. 250 minutes

Sources: <http://www.who.int>, <https://de.wikipedia.org>, <http://www.health.com>, <https://www.vitamindcouncil.org>, <https://www.healthline.com>

ANSWERS
1. Vitamin D. The two main ways to get vitamin D are by exposing your bare skin to sunlight and by taking vitamin D supplements. You cannot get the right amount of vitamin D your body needs from food.
2. 1,5-2 l. Sport, cold, heat and weight affect the fluid requirement.
3. Steaming
4. 33%. One third which is approx. two billion people.
5. 250 ml contains 27 grams sugar, equivalent to nine sugar cubes. According to the World Health Organization (WHO) you should ingest 50 grams sugar a day maximum.
6. Rice. Rice is together with wheat and corn the most cultivated grain in the world.
7. Acerola. Acerola can be found in an area that includes, among others, Texas, Mexico, Panama, Brazil and Guatemala. It is popular for the use of juice, pulp concentrate and powder.
8. No. Deep-frozen vegetables are healthier than the fresh ones, unless it is out of your garden.
9. The WHO recommends doing at least 150 minutes of moderate-intensity physical activity throughout the week.

ONGOING COMPETITIONS

"Success through Teamwork – Experience on Board"

Please send us your experiences on board reflecting our mission statement. We will publish one experience quarterly.

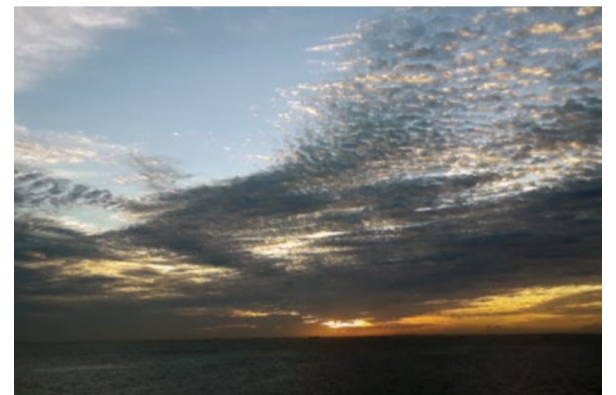
Prize: USD 200,- for every published article for the crew's entertainment fund.

"Best Photograph & Video" 2018!

We are looking for interesting photographs and videos from all our ships during the course of the year. If you have any extraordinary, bizarre, funny or beautiful shots and movies, please send them to us.

Prize: USD 300,- for the selected best picture or video of the year.

PHOTO COMPETITION



Jamaican sunrise – by Chief Officer Oleksandr Mashkov on board MV New York Trader

HUMOUR

Once upon a time, all the engineering professors were sitting in one plane.

Before take off, an announcement came: "This plane is made by your students!"

All professors stood up, ran and went outside.

Only the principal was still sitting. One professor looked back and asked: "Are you not afraid?"

The principal replied: "I trust my students very well and I am sure the plane won't even start."

IMPRINT

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UNITEAM MARINE
marketing@uniteamservices.com
www.uniteammarine.com

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Editorial Staff of this issue:

Peter Chilman, Anja Frauboese, John Hadjiparaskevas, Richard Knighton, Anna Kryuchkova, Henrik Lehmann, Ola Sawicka

Photographs:

Uniteam Marine, crew of Uniteam Marine

UNITEAM MARINE NEWS is designed to be of interest to our crew and to keep all Uniteam Marine employees informed of developments at our company. We appreciate your feedback and welcome any articles of interest or humour that you would like us to include in our publication.

Please send your feedback, articles, pictures & videos for the photo & video competition to Corporate Communications & Marketing at Uniteam Marine, Anja Frauboese, marketing@uniteamservices.com

