ZULU MARINER DATA CARD

17

HOURS OF REST AND FATIGUE

STCW and MLC minimums for watchkeepers. Your vessel's rules may be stricter.

One 24-hour day that meets the rules: 10 h rest in two periods, one of them 6 h, gaps no more than 14 h



10 hours rest in any 24

77 hours rest in any 7 days

2 periods at most, one at least 6 hours

14 hours at most between rest periods

SIGNS OF FATIGUE

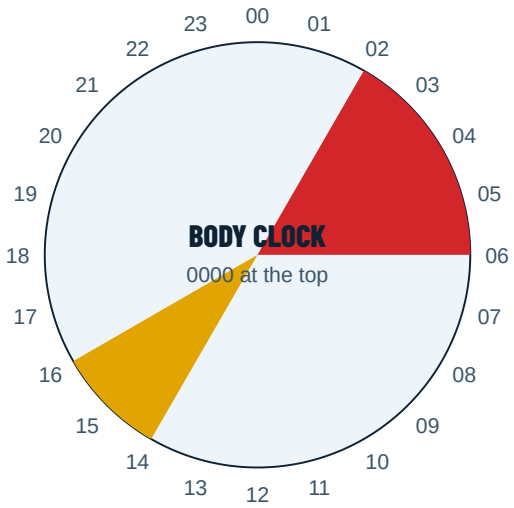
- Slow reactions, missed alarms, forgetting what you just checked.
- Microsleeps: eyes closing, head nodding.
- Irritable, careless, fixed on one thing.
- Fatigue at 17 hours awake is like a blood alcohol of 0.05.

WHAT TO DO

- Plan the watch rota to fit the rules, and post it.
- Record actual hours of rest; sign them.
- Stand down a watchkeeper who is not fit; call the Master.
- The limits may be set aside only for the immediate safety of the ship and people, or to help others in distress. Hold drills so they disturb rest as little as possible. Give compensatory rest after.
- The worst hours: 0200 to 0600 and after lunch.

Domestic commercial vessels follow the vessel's SMS and AMSA requirements. Check the current rules for your vessel.

WHEN YOU ARE WEAKEST



0200 to 0600: the deepest low.
Most fatigue accidents happen here.

1400 to 1600: the after-lunch dip.

On the middle watch: bright light, move about, talk, and never sit down in the dark with the heater on.

Sleep debt adds up over days. Only sleep repays it.

Study aid only. Not for navigation.
Check the current official rules. Card 17 · v1.7 · © Nautical Bridge