



EST Newsletter



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EST'S DRUG AND ALCOHOL POLICY - ZERO TOLERANCE

The possession, consumption, trafficking and sale of alcohol and/or drug substances aboard is strictly prohibited during the seafarers' employment agreement. All Company's seafarers are subject to testing and screening for drugs and alcohol abuse. The Master has the authority to carry out an alcohol test whenever he suspects that a seafarer is under alcohol influence.

Any seafarer not complying with the Company's Drug and Alcohol Policy **shall be dismissed** immediately and shall not be re-recruited on-board the Company's ships.

Initiative by Mr. Victor Restis: Ukrainian Firemen to Assist in Greece Wildfires

Due to the initiative taken by Mr. Victor Restis, 100 Firefighters from the Ukraine arrived at the Greek island of Euboea (Evia) in order to reinforce the local firefighters' efforts to combat the fires that have destroyed parts of the island.



Continue in page 2

continued from page 1 "Initiative by Mr. Victor Restis Ukrainian Firemen to Assist in Greece Wildfires

The cost of the mobilization of the Ukrainian firefighters was entirely covered by Mr. Victor Restis in his endeavor to assist putting off the blaze in Evia, where fires have burned down large forested areas, homes and businesses and forced thousands of people to evacuate by sea or land to save their lives.



EST Newbuilding Program Extended: S-1919 tbn Energy Achilles

We are pleased to announce that Enterprises Shipping & Trading S.A. has extended the MR2 new building program at STX by contracting a 6th vessel with hull number S-1919 and expected delivery in Q3-Q4 2022.

Next in line for our MR2 newbuilding program at STX is Hull number S-1917 tbn MT Energy Artemis, which is expected in January 2022. S-1918 tbn MT Energy Afrodite, is expected to be delivered in June 2022.



M/T Energy Athena sailing out of STX shipyard following her delivery in March 2021.

What's New in the QHSEMS?

Tankers QHSEMS

1. LM 113 Particularly Sensitive Sea Areas PSSA - version 0.2
2. ESTSA 435 "Certificate Status List" - version 0.2

New Uploads (Tankers):

- Biofouling Annex III (All Tankers)
- VGP (All Tankers)

New Uploads (Bulkers):

- IHM Manual (Helvetia One)

We take this opportunity to remind you that any feedback, suggestions for revisions or QHSEMS improvement are more than welcome and can be submitted to the QHSE department through a DCR ([Nav-Dynamics](#) → [DM Library](#) → [New Change Request](#)) or via the Master's Review.



“Near Miss Rewarding” Program

We are pleased to announce the seafarers entitled to \$100.00 reward this month.

Key to this is to reward diligent crew members who contribute in a responsible manner to their own safety and that of their fellow workers.

- M/V Dynamic Striker, 2nd Engineer Kuznyetsov M.
- M/T Energy Progress, 2nd Officer Nikolay Panchuk
- M/V Panther Max, Seaman William Jerez



UNSAFE ACT



Hazard:

Working in the E/R without the appropriate PPE

Risk:

Hearing loss due to loud and continuous noise in the E/R
Head injury from a falling object

UNSAFE CONDITION



Hazard:

Boilersuit's sleeve caught by the mooring winch brake handle

Risk:

Hand injury due to loose sleeves

Corrective Actions

Rubber bands were used to tight up the sleeves

UNSAFE CONDITION



Hazard:

Manhole entrance blocked by various objects

Risk:

Injury from falling due to loss of balance when entering the man-hole.

Best Practice / “IDEA” program Received by 3rd Officer on mv Divinus

We would like to thank 3rd Officer Sorokin Oleksandr of mv Divinus for providing us this Best Practice. As already mentioned in previous issues the value of implementing “Best Practices” that can improve safety standards onboard or simplify our daily performance is of great importance especially, when they address matters related to chaotic processes or dangerous work spaces.

Of even greater importance is to share them with the rest of the fleet. As such, we are looking forward to receiving your “Best Practice” that you are implementing onboard through the Near Miss software.

Keep in mind that the company rewards every month, the four most meaningful near misses / best practices / ideas.



The crew onboard m/v Divinus had fabricated a special stand to ease them when recharging vessel's air cylinders for the breathing apparatus.

The stand ensures the safe and easy filling of the cylinders without spending time to have them recharged since the crew can engaged both their hands for the job more efficiently.



“IDEA” Program: m/vs Constantia, Citius, Panther Max, Virtuous Striker



We would like to thank once again the crew of the following vessels for submitting the last three months their IDEA as well as the Captains for supporting them to do so:

- M/V CITIUS
- M/V CONSTANTIA
- M/V PANTHER MAX
- M/V VIRTUOUS STRIKER

For those who are about to submit their ideas, please check our issue 133 for more information.

Having in mind that all of us have good ideas for improving our job and the Company as a whole, we anticipate receiving the ideas from all ranks.



MT Energy Chancellor: Appreciation of Cook

Captain Leonid Fedchishak, who recently attended MT Energy Chancellor in order to conduct TIES, issued the following letter of appreciation in co-operation with the ship's Master, Capt. Igor Dzhioev.



Promoting Safety On Board - STAY SAFE...

The Near Misses and Best Practices that are received monthly from our ships provide a wealth of safety related information and lessons learnt. Not all can be published in this edition but will be used in future issues. Thank you for your participation!

In this month's issue, the contributors are:

- ☆ 2nd Eng. Edwin L. Selencia of MV Furious
- ☆ 4th Eng. K. Lvov of MT Energy Patriot
- ☆ 3rd Off. S. J. Bellocillo of MV Panther Max
- ☆ OS Mark Dominick Gil of MV Jaguar Max
- ☆ 3rd Off. O. Kovalchuk of MV Dynamic Striker
- ☆ Chief Off. O. Pirogov of MV Delphi Ranger
- ☆ Chief Off. A. Kirichenko of MT Energy Challenger
- ☆ Chief Off. R. Babenko of MT Energy Panther
- ☆ 2nd Off. D. Sapunov of MT Energy Apollo
- ☆ Messman John C. G. Seville of MV Constantia
- ☆ Cook V. Rets of MT Energy Centaur
- ☆ 2nd Off. Y. Mikhaylidi of MT Energy Puma
- ☆ 2nd Off. S. Pianida of MT Energy Commander

UNSAFE CONDITIONS: Electric Grinding Machine



What happened:

While using the bench grinder in the workshop, it was noticed that the wire brush was worn off and the wire pieces were detaching, making it unsafe to use.

What happened:

During a safety round in the E/R, it was noted that the electric grinding machine in the E/R workshop was without a protective sheet.

A protective sheet was properly installed.



UNSAFE CONDITIONS



What happened:

During routine inspection on funnel casing, some frames of the platform were found heavily corroded and were immediately replaced.



What happened:

During a safety round in accommodation and deck area, it was determined that some places of the catwalk gratings were in poor condition and in need of maintenance.

Continue in page 7

UNSAFE ACTS

Working underneath a suspended load



What happened:
While disposing garbage, a crewmember was seen beneath the garbage drums that were being lifted.



What happened: During hold cleaning and heaving up cargo residues, a crewmember was standing below a full bucket being lifted up.



What happened:
During painting the funnel, an OS was working without a safety helmet underneath another seaman.

Observe situational awareness and safe working practices when working with suspended loads.
Do NOT walk or work beneath suspended loads.

UNSAFE CONDITION

Fire Hazards



What happened:
During a routine H&S inspection, a laptop was found left charging in idle condition on a crewmember's bed.

What happened: During routine inspection of the accommodation, a mobile phone charger was found plugged in an electrical socket inside a crewmember's cabin.



UNSAFE ACTS

Health & Hygiene Hazards



What happened:
During food preparation, the cook was handling flour without hand protection.
SWA (Stop Work Authority) was initiated and the Cook was advised to wear plastic gloves.

What happened: The messman used the knife for raw fish in order to cut bread.

A poster was issued reminding of the proper segregation of knives and cutting boards to prevent food cross-contamination.



UNSAFE CONDITION



What happened:
The paper with printed NAVTEX messages was obstructing the air flow of the satellite equipment compartment cooler.

UNSAFE CONDITION



What happened:
A chipped plate was found during dinner time.

Ships with Zero PSC Deficiencies

We would like to congratulate the following Vessels & Crews for the successful PSC Inspections!

No.	Ship	Captain	Date	Port	Country
1	Jaguar Max	Emmanuel Williams	02/07/2021	Mersin	TURKEY
2	Taurus	Alfredo M. Musones	14/07/2021	Chiba	JAPAN
3	Energy Apollo	Leonid Savelyev	16/07/2021	Brisbane	AUSTRALIA
4	Energy Athena	Oleg Grebelny	19/07/2021	Brisbane	AUSTRALIA

IMPORTANT REMINDER!

QHSE Safety Campaign # 1/21

As part of the current QHSE safety campaign on pilot transfer arrangements and pilot ladder safety, the following finding was identified and properly rectified on board a fleet ship:

“One step of the pilot ladder was found damaged”.



A pilot ladder in poor condition, with worn-out steps and side ropes is not a good welcome sign for a pilot onboard a ship. It is easy to inspect the steps every time the ladder is used. Make sure the steps are in good shape and clean, ready to use.

US: Update on Drug Smuggling

An increase has been observed in the number of cases of illegal drugs being found onboard ships in the US, according to data provided by local correspondents to Britannia P&I Club.

In the past the drugs were often smuggled on board from ports in Colombia but, in order to try and avoid the scrutiny of US authorities, smugglers have recently sought to do so in other Central and South American countries.

In one recent case the drugs were taken on board via small boats in open waters off Chile and Peru and other cases show drugs being smuggled from Ecuador, Guatemala and the Caribbean.

The US authorities have increased the measures to detect drugs, with extra ships and specialist teams deployed.

Local correspondents recommend that when ships are visiting ports in Colombia or Mexico, or other Central or South American ports, additional security



precautions be employed, such as maintaining guards at the berth and on deck, added watch (especially while in port and just after sailing), regular shipboard inspections while in port, records made in the log books, etc.

If prior to arrival in the US, the Master suspects that drug smuggling may be taking place on board, he should immediately contact the office.

<https://britanniapandi.com/>



IMCA Report-Two workers Die in Ballast Tank

Safety

The Workplace Safety and Health Council of Singapore (WSH) reported an incident about two workers passing out and dying in a dredger's ballast tank.

As IMCA reports, a supervisor entered a dredging vessel's ballast tank, which is a confined space, for an inspection. The supervisor entered the tank without any appropriate Personal Protective Equipment (PPE) and did not check if the confined space was safe.

Shortly after entering, he collapsed and passed out. After some time, another worker entered the tank in an attempt to rescue the supervisor, but also passed out upon entry.

A third worker attempted a rescue as well, but he too collapsed inside the tank. The rest of the crew subsequently introduced forced ventilation into the

tank. The second worker eventually regained consciousness and managed to climb out of the tank. The supervisor and the third worker were later extricated by the Singapore Civil Defence Force but unfortunately did not survive. This tragic accident highlights the invisible dangers of confined spaces.

Recommendations

- Do not open up any manhole into a confined space without proper authorization;
- Do not enter any confined space unless you have had appropriate training;



South Korea : ECA and Vessel Speed Reduction (VSR) program * Reminder *

As a reminder further to our newsletter issue 158 and 162, the South Korean Ministry of Maritime Affairs and Fisheries ("MOF") has announced an air quality control programme that defines selected South Korean ports and areas as Emission Control Areas (ECA).

A programme with maximum sulphur limits (0.1%) and speed limits will support the effectiveness of the programme. The following ports/areas are covered by the air quality control programme:

- Incheon, Pyeongtaek, Dangjin Area
- Yeosu, Gwangyang area
- Busan
- Busan (west) area
- Ulsan area

From 1 September 2020 it will be mandatory to use fuel with a max. 0.1% sulphur content while berthing or anchoring during the times set out below:

Berthing: 1 hour after completion of berthing until 1 hour before de-berthing.

Anchoring: 1 hour after completion of anchoring until 1 hour before leaving anchor.

From 1 January 2022, it will be mandatory to use fuel with a max. 0.1% sulphur content while navigating within the ECAs.

Reportedly, the use of Scrubbers or Exhaust Gas Cleaning Systems will continue to be allowed for compliance purposes, but it is recommended that verification of this should be obtained from local agents or correspondents prior to the ship's arrival.

Relevant information will also be included in company's Technical Circular 59 and circulated to the fleet in due course.

Source: britanniapandi.com



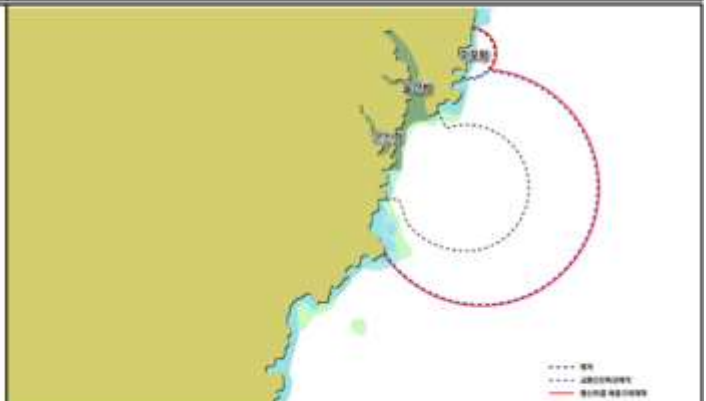
Incheon and Pyeongtaek-Dangjin



Yeosu-Gwangyang

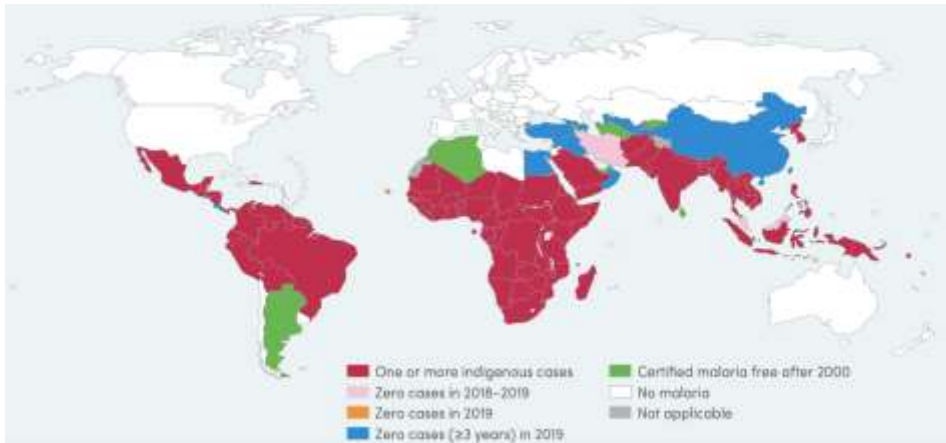


Busan



Ulsan

Malaria Prevention *Reminder*



▪Be aware of the risk : The ship management needs to review all the ports to be visited, and check the malaria risk. This cannot be done simply by looking at what country the port is in, as risk varies in different areas within each country and the risk on the coast has to be compared to the risk inland.

According to WHO report, global malaria mortality fell by 60% over the period 2000 to 2019. The African Region achieved impressive reductions in its annual malaria death toll – from 680 000 in 2000 to 386 000 in 2019. Countries in South-East Asia made particularly strong progress, with reductions in cases and deaths of 73% and 74%, respectively. India contributed to the largest drop in cases region-wide – from approximately 20 million to about 6 million. Twenty-one countries have eliminated malaria over the last 2 decades and, of these, 10 countries were officially certified by WHO as malaria free.

However, it is stated that malaria still consists a maritime problem for the following reasons:

- unawareness of the fact that malaria is a serious and potentially fatal disease
- insufficient information regarding the clinical picture of malaria
- no or insufficient use of anti-mosquito measures and the classical protective medication
- increasing resistance of many new malaria strains to the medication
- the fluctuating frequency of malaria occurrence in the most dangerous areas, which leads to miscalculation of the real risk.

Therefore, we would like to remind you of the following prevention measures to seafarers and shipowners:

- Avoid being bitten : The best way to prevent malaria infection is to take measures to avoid being bitten. The mosquitoes tend to respond to light in their feeding habits and are most active in low light hours after dusk and in the hours prior to dawn. It is important that repellents are used between dusk and dawn to prevent being bitten. Use a repellent that has DIETHYL-M-TOLUAMIDE (DEET), to be renewed every four/six hours. Use clothing that covers the body, such as long trousers and long sleeves, socks etc.
- Take anti-malarial drugs : The captain has to make sure that everybody onboard takes the prophylactic medication. Although many people are very reluctant to take medication when they do not feel sick, in case of malaria risk they will have to be persuaded to do so.
- Early diagnosis and treatment for a febrile illness : Immediate diagnosis of malaria is essential since complications arise within hours or days of the first symptom, and because falciparum malaria can rapidly progress to life-threatening disease. If the diagnosis of malaria is suspected onboard, treat first, and then arrange for definitive diagnosis.

A good reference regarding Malaria can be found in International Medical Guide for Ships (3rd Edition) by the World Health Organization.

Upper Body Workout

HARDGAINER

DAREBEE WORKOUT © darebee.com

2 minutes rest between exercises



hammer curls
12, 10, 8, 6 reps
20 seconds rest
between sets



upward rows
12, 10, 8, 6 reps
20 seconds rest
between sets



shoulder press
12, 10, 8, 6 reps
20 seconds rest
between sets



tricep extensions
6, 5, 4, 3 reps each
20 seconds rest
between sets



deadlifts
12, 10, 8, 6 reps
20 seconds rest
between sets



bent over rows
12, 10, 8, 6 reps
20 seconds rest
between sets

JOKES:



I don't understand
why people have to
'get ready' for bed...
I'm always ready
for bed!



TOP 4 WISHES:



1. To earn money without working
2. To be smart without studying
3. To love without being hurt.
4. To eat without getting fat.

I hate that moment
when you are
tired and
sleepy but as
soon as you go
to bed your
body is Like:
"Just Kidding"



No matter how
much i eat,
at least
my
shoes
still fit.



Magnitude 7.1 quake hits Davao Oriental, while Haiti is struck by a deadly 7.2 magnitude earthquake

A magnitude 7.1 earthquake shook Davao Oriental before dawn on Thursday 12/08/2021, the Philippine Institute of Volcanology and Seismology (Phivolcs) reported. Phivolcs said the tremor at 1:46 a.m. was tectonic in origin and had a depth of 39 kilometers. It was 95 kilometers southeast of Governor Generoso.



Another powerful earthquake has struck the Caribbean nation of Haiti, killing at least 304 people and injuring more than 1,800 on Saturday 14/08/2021.

The 7.2-magnitude quake hit the west of the country on Saturday morning, toppling and damaging buildings including churches and hotels. Haiti is still recovering from a devastating 2010 earthquake.



Metro Manila's Covid cases spike

The seven-day average of Covid-19 cases in Metro Manila spiked by 62 percent, with 2,823 new cases logged on 07/08/2021. The caseload is the highest since May 2, when a modified enhanced community quarantine was clamped on the National Capital Region (NCR).

"The rapid growth rate of cases in the NCR strongly suggests the possibility that the surge is driven by

the Delta variant, and the steady increase in the reproduction number may be due to the replacement

of the Delta variant over the previous dominant variants," independent research group OCTA said.

"The decision by the national government to impose a strict lockdown in the NCR on August 6 is timely," the group said. "If the decision was delayed to August 15, the NCR would have breached 4,500 new cases per day, which would likely extend the lockdown and cause more negative impact on people and the economy," OCTA noted.

12M fully vaccinated against Covid-19 in the Philippines

More than 12 million individuals in the country have been fully vaccinated against Covid-19, Malacañang

announced on Thursday. Palace spokesman Harry Roque Jr. said 12,027,383 people have been fully vaccinated as of August 11. A total of 26,127,502 doses have been administered, 14,100,119 of which were given as a first dose.

Roque thanked those who received their shots for their continued confidence in the government's vaccination program. "Ito po ang ating depensa laban sa Covid-19 at mga variants, kasama na ang patuloy nating pag-mask, hugas at social distancing (The vaccination is our defense against Covid-19 and other variants, together with the continued wearing of face masks, washing of hands and physical distancing)," he said. The country passed the 12-million mark as the National Capital Region spent its first week in enhanced community quarantine (ECQ). Despite the lockdown, the vaccinations will continue in the region.



Greece faces 'disaster of unprecedented proportions' as wildfires ravage the country

Evia, Greece (CNN)-Greece is facing a "natural disaster of unprecedented proportions," as 586 wildfires burn in "all corners" of the country, according to Greek Prime Minister Kyriakos Mitsotakis.

Sixty-three organized evacuations have taken place in the past few days, Mitsotakis said in a televised address on Monday, 9th August 2021.

Greece's second-largest island, Evia, has been at the center of the storm of fires that have ravaged the country. Over half of the island has burned, according to local officials.

The fires have been devastating for Greeks who rely on the forests for their livelihood and their produce -- including resin, honey, olives and figs that have been destroyed in the flames.



Floods in London are the Latest sign big Cities aren't ready for climate change



CNN Jul. 27- Cars stranded in streets turned into rivers. Bus passengers rescued by raft. Train stations submerged. This is the scene in London after heavy rainfall over the weekend put parts of the city underwater.

It's a brutal reminder that even some of the world's richest cities are dangerously unprepared for the kind of extreme weather that is becoming more common and more severe because of the climate crisis.

Alcohol use linked to nearly 750,000 Cancer cases in 2020

Doctors are sounding the alarm over research showing a link between drinking alcohol and cancer. More than 700,000 new cancer cases were linked to alcohol consumption in 2020



— a time when many Americans reported drinking more.

The research, published in the July 13 edition of *Lancet Oncology*, found that over 4% of all new cancer cases in 2020 were caused by alcohol consumption. While most cancers linked to alcohol use were in people who have more than two drinks a day, more than 100,000 cases worldwide were in people who averaged less than that, the study said.

"Alcohol is an irritant. It irritates the lining of our mouth, of our throat, of our stomach. As our body tries to heal, sometimes it heals in abnormal ways that can lead to the very beginnings of cancer," said Dr. David Odell, an oncologist at Northwestern Medicine.

The human-Caused Climate Crisis is "unequivocal" Major UN Report says

A state-of-the-science report from the United Nations' Intergovernmental Panel on Climate Change says the world has rapidly warmed 1.1 degrees Celsius higher than pre-industrial levels, and is now careening toward 1.5 degrees — a critical threshold that world leaders agreed warming should remain below to avoid worsening impacts.

Only by making deep cuts to greenhouse gas emissions, while also removing carbon dioxide from the atmosphere, can we halt the precipitous trend.

"Bottom line is that we have zero years left to avoid dangerous climate change, because it's here," Michael E. Mann, a lead author of the IPCC's 2001 report, told CNN.



Arigato Tokyo!



After more than two weeks of thrilling sporting action the Tokyo Olympics has ended with a vibrant closing ceremony featuring flag bearers, fireworks and a stunning handover to Paris, the host city for 2024.

Tokyo 2020 president Seiko Hashimoto told athletes: "There are no words to describe what you have achieved." "You have accepted what seemed unimaginable, understood what had to be done, and through hard work and perseverance overcome unbelievable challenges."

Rank	Team/NOC	🇺🇸	🇨🇳	🇯🇵	Total	Rank by Total
1	United States of America	39	41	33	113	1
2	People's Republic of China	38	32	18	88	2
3	Japan	27	14	17	58	5
4	Great Britain	22	21	22	65	4
5	ROC	20	28	23	71	3
6	Australia	17	7	22	46	6
7	Netherlands	10	12	14	36	9
8	France	10	12	11	33	10
9	Germany	10	11	16	37	8
10	Italy	10	10	20	40	7
36	Greece	2	1	1	4	47
44	Ukraine	1	6	12	19	16
45	Belarus	1	3	3	7	33
46	Romania	1	3	0	4	47
46	Venezuela	1	3	0	4	47
48	India	1	2	4	7	33
49	Hong Kong, China	1	2	3	6	39
50	Philippines	1	2	1	4	47

Paris, the host of the 2024 Games, is now in possession of the Olympic flag

The Olympic flag has been passed on to the host of the next Summer Games, Paris.

The governor of Tokyo, Yuriko Koike, handed the flag to an Olympic representative, who gave it to Anne Hidalgo, the mayor of Paris. The Summer Olympics in Paris will take place in 2024.

But don't worry: If you're craving more Olympic content, you just have to wait six months until the start of the 2022 Winter Games, which kick off in February in Beijing.



	Vessel	Flag	Class		Vessel	Flag	Class
1	Alora	BMA	BV	19	Energy Patriot	IOM	DNV
2	Braverus	IOM	BV	20	Energy Progress	IOM	DNV
3	Citius	IOM	BV	21	Energy Puma	IOM	DNV
4	Colossus	IOM	BV	22	Energy Triumph	IOM	DNV
5	Constantia	IOM	BV	23	Furious	IOM	BV
6	Delphi Ranger	BMA	BV	24	Gladiator	BMA	BV
7	Divinus	IOM	BV	25	Helvetia One	LIB	BV
8	Dynamic Striker	BMA	BV	26	Heroic Striker	BMA	BV
9	Energy Apollo	IOM	BV	27	Imperius	IOM	BV
10	Energy Ariadne	IOM	BV	28	Jaguar Max	BMA	BV
11	Energy Athena	IOM	BV	29	Magic Striker	BMA	BV
12	Energy Centaur	IOM	DNV	30	Olympius	IOM	BV
13	Energy Centurion	IOM	DNV	31	Panther Max	BMA	BV
14	Energy Challenger	IOM	DNV	32	Puma Max	BMA	BV
15	Energy Champion	IOM	DNV	33	Taurus	IOM	BV
16	Energy Chancellor	IOM	DNV	34	Virtuous Striker	BMA	BV
17	Energy Commander	IOM	DNV	35	Warrior	BMA	BV
18	Energy Panther	IOM	DNV	EST - New Building Orderbook			
Affiliated vessels				#	Hull Nr	Name	Expected Delivery Date
1	Good Hope Max	IOM	BV	1	S-1917	Energy Artemis	Jan. 2022
2	Victorius	IOM	BV	2	S-1918	Energy Afrodite	June 2022
				3	S-1919	Energy Achilles	Sep. 2022

Calling all our seamen onboard:

We are looking for new ideas, themes & articles of your interest (e.g. hobbies, events onboard, favorite recipes, **safety concerns, environmental matters, etc.**) to include in the company's monthly Newsletter.

If you'd like to be featured in the next issue, please email ism@ensh.com.



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