



# EST Newsletter

WEDNESDAY, 28 AUGUST 2024  
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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 D & A Policy **shall be immediately dismissed** and will be considered non-rehireable.

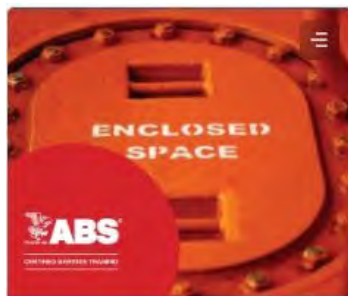
## Mathreex Training Platform

It has now been nearly six months since the launch of EST Mathreex, a user-friendly training platform designed to enhance the professional development of both employees and marines. Mathreex has quickly become an essential tool, offering over 230 modules tailored to various roles and responsibilities.

### What Makes Mathreex Special:

- ✓ **Tailored Training:** Courses are customized based on specific roles and ranks.
- ✓ **Anytime, Anywhere Access:** The platform is available whenever and wherever needed.
- ✓ **Simple Navigation:** The user-friendly interface makes it

[Continue in page 2](#)



Enclosed Space Entry

Maritime Safety



Use of PPE on Board a Ship

Maritime Safety



Maritime Risk Assessment

Qualifications & Competence



Mooring and Berthing

Marine Operations



Bunkering Operations - ISGOTT

Marine Operations



Learner Engagement Topic - Seafarer Wellbeing

Learning Engagement Tool

continued from page 1 “Mathreex Training Platform”

easy to find and complete courses.

- ✓ **Progress Tracking:** Users can track their progress and earn certificates as they complete courses.

As Mathreex continues to be rolled out across the fleet, we are excited to see its full implementation in the near future. The gradual introduction has been successful, with positive feedback and active participation from those already using the platform.

We encourage everyone onboard and ashore to continue exploring Mathreex and taking advantage of the diverse training opportunities it offers. Ongoing participation is vital for both individual professional development and the collective success of our operations.



Hatch Covers, Testing and Maintenance

Dry Cargo Vessels



Mental Health in the Workplace

Health & Wellbeing

**Essential Courses for Marines to Prioritize:** To ensure compliance with industry standards and especially RightShip requirements, it is crucial for certain ranks in bulk carriers to prioritize the completion of the following courses:

All Crew Members: **Mental Health in the Workplace**

Leadership Roles (Master, Chief Officer, Chief Engineer, 2nd Engineer): **Hatch Covers, Testing, and Maintenance**



# Introduction of New RightShip Inspection Ship Questionnaire v3.1

**A**iming to launch in mid-September 2024, the latest revision of the RightShip Inspection Ship Questionnaire (RISQ) v3.1 will be implemented in the dry bulk shipping industry.

The updated RISQ 3.1 is available for download in the Nav Dynamics DM Library. We encourage all Masters and Officers on our bulker vessels, especially on those that have passed their 14th year, to familiarize themselves with the new questionnaire and begin preparing their vessels accordingly.

Adhering to the RISQ guidelines will not only enhance vessel preparation for inspections and minimize the risk of non-compliance but will also improve overall safety performance and offer commercial benefits by meeting RightShip's requirements.



# New Inspection Regime: SIRE 2.0 Officially Launched

**W**e are pleased to announce that, as of September 2nd, the new inspection regime, SIRE 2.0, has been officially launched.

The previously used VIQ7 system is now obsolete, and all future inspections will be conducted according to the SIRE 2.0 guidelines and the corresponding library.

To ensure proper preparation for SIRE 2.0 inspections, please remember to submit an updated photographic set to the office every four months along with the corresponding form, "1. ESTSA - SIRE 2.0 Questions Library 1.0 (Vessel Version)."



We also want to highlight the review of **"INTERTANKO – Seafarers Practical Guide to SIRE 2.0 Inspection,"** publication which provides valuable insights into the SIRE 2.0 requirements and is available in the Nav Dynamics DM Library.



## What's New in the QHSEMS?

### New Uploads (Tankers)

- VRP Core\_Change 37
- VRP (Energy Apollo, Energy Artemis, Energy Ariadne)
- VRP Appendix I COTP Zones (All Tankers)
- VRP Approval (All Tankers)
- California Contingency Plan (All Tankers)

### Bulkers QHSEMS

- Procedures Manual-version 0.4
- WIM\_Section C\_Bridge and Deck Instructions-version 0.6
- WIM\_Section E\_Port and Cargo Operations\_General –version 0.2
- FORM 40\_1 Deck Familiarization for all Deck Officers and Deck Ratings-version 0.4
- FORM 40\_2 Engine Familiarization for all Engineer Officers and Engine Room Ratings-version 0.3

Continue in page 4



continued from page 3 “What’s New in the QHSEMS?”

- FORM 57 Maintenance of Deck Items-version 0.2
  - FORM 75a Voyage Passage Plan-version 0.3
  - FORM 75b In Port Navigation Passage Plan-version 0.5
  - FORM 1101 Pre Arrival Checklist-version 0.3
  - FORM 1150 Enclosed Space Entry Permit-version 0.4
  - FORM 1157 Bridge Check List<sup>2</sup> Preparation For Sea-version 0.2
  - FORM 1158 Bridge Check List<sup>3</sup> Preparation For Arrival In Port-version 0.2
  - FORM 1185 Training Record for Ballast Water Management Manual-version 0.2
  - FORM 1234 ECDIS Sensors or Power Failure Checklist-version 0.2
  - FORM 1238 ECDIS Planned Maintenance Checklist-version 0.2
  - FORM 1263 Bilge Water Log-version 0.2
  - FORM 1264 Gas and Temperature Log-version 0.2
  - FORMS MANUAL INDEX-version 0.10
  - Tech Circular 58\_Hydraulic Test of Bunkering Lines-version 0.2
  - MLC TRAINING MANUAL\_BULKERS-version 0.7
  - SORB Section 1\_Form 12 Life boat Maintenance Schedule-version 0.2
- New Uploads (Bulkers)**
- FORM 1204 Air Condition and Heating System Maintenance
  - FORM 1266 MoC List of documents to be modified
  - NTVRP Core\_Change 27 (All Bulkers)
  - NTVRP (Constantia, Delphi Ranger, Divinus, Dynamic Striker, Heroic Striker, Livorno, Magic Striker)
  - NTVRP Appendix I COTP Zones (All Bulkers)
- Safety Awareness Handbook**
- QHSE Alert 13\_24\_Fire Doors
  - QHSE Alerts inventory
  - Safety Update\_Issue 5\_2024
  - Safety Update Inventory
- Regulatory Update**
- Regulatory Update\_02 2024
- Record of PMS Changes**
- Change Request List RECORD OF PMS CHANGES

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.

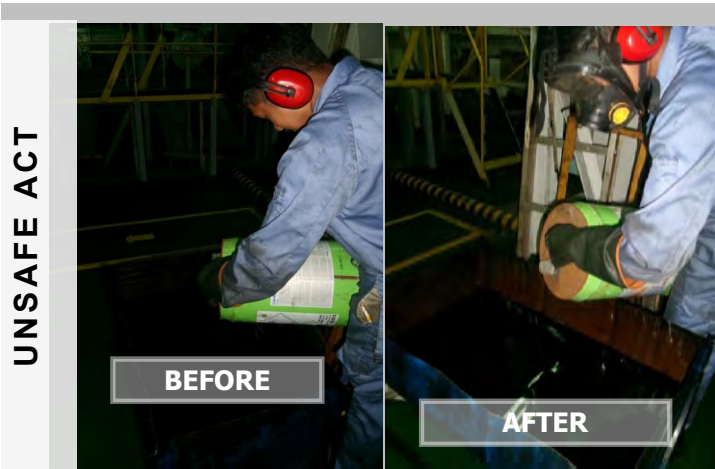
# “Near Miss Rewarding” Program

**W**e 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.

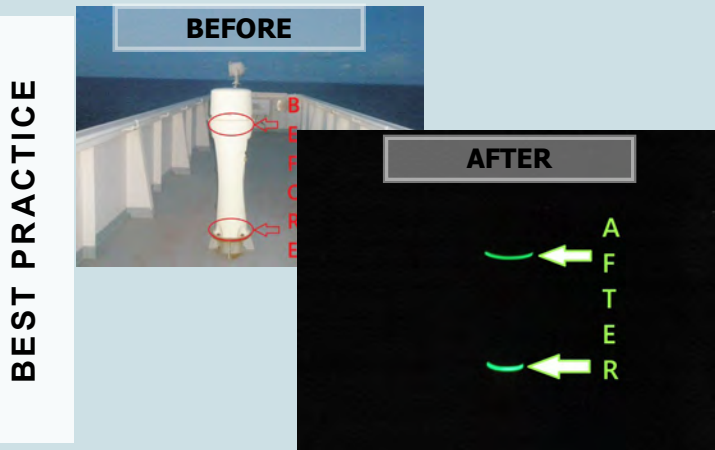
- MV Imperius - **Engine Hand Acuzar, Henssel John B.**
- MV Constantia - **Chief Officer Kuznetsov Viktor**
- MT Energy Triumph - **Second Officer Roman Zyulev**

HAZARD	vs	RISK
A HAZARD is something that has the potential to harm you		RISK is the likelihood of a hazard causing harm
		



**Hazard:**  
Incomplete PPE while handling chemicals

**Risk:**  
Increased risk of chemical splashes or inhaling fumes, leading to potential health issues or injury.



**Hazard:**  
Gyro repeaters not visible at night.

**Risk:**  
Poor visibility could lead to a crew member injury.

**Best Practice:**  
Apply luminescent tape to ensure visibility during darkness.



**Hazard:**  
Lifting block rope with safety harness from the elevator trunk not covering properly all floors from the bottom to the top

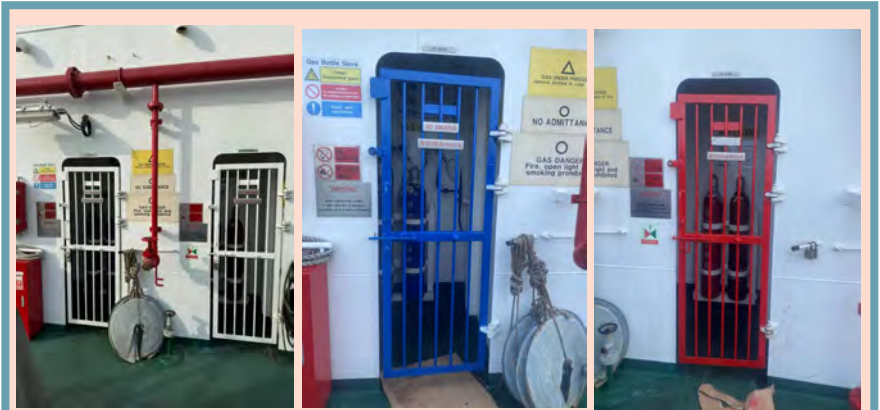
**Risk:**  
Delays in rescuing injured crew members during an emergency.

# Best Practice Received by M/T Energy Afrodite

**W**e would like to thank the **2nd Officer Vladimir Yun** of **MT Energy Afrodite** for providing us this Best Practice.

At EST SA, we understand the significance of implementing Best Practices and firmly believe in the power of sharing knowledge and experiences within our fleet. As such, we kindly request you to share the Best Practice you are implementing onboard through our Near Miss software. This will enable us to disseminate your insights to the rest of the fleet, allowing them to benefit from your expertise and contribute to further enhancing our safety standards.

Furthermore, we would like to remind you that EST S.A. rewards the four most meaningful near misses, best practices, or ideas every month. Your contribution may have a significant impact and be recognized as one of the most valuable submissions.



The crew on mt Energy Afrodite took proactive measures to enhance safety by repainting the Oxygen and Acetylene room doors with the correct colors according to ISO 14726 standards, ensuring clear and accurate identification of these critical areas.

The absence of proper color coding and labeling in the Oxygen and Acetylene storage areas can lead to dangerous mix-ups or improper handling of these gases.

The crew took extra care by thoroughly re-checking all symbols, labels, storage cylinders, and pipes in compliance with ISO 20560 standards, Isle of Man Ship Registry guidelines, and the Code of Safe Working Practices for Merchant Seafarers (COSWP) to ensure compliance with requirements and create a safer working environment.



## “IDEA” Program-mv Furious



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 Furious**

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.





# 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 Off. Mykyta Korniienko of m/v Colossus
- ✓ Chief Off. I. Gutsalyuk of m/t Energy Ariadne
- ✓ Chief Off. Paolo Teodoro Dela Cruz of m/v Puma max
- ✓ 3rd Off. Inocente C. Guimbaolibot of m/v Jaguar Max
- ✓ 3rd Off. Dmytro Pustovy of m/v Dynamic Striker
- ✓ Chief Off. Abner Osias of m/v Furious
- ✓ 3rd Off. Denver L. Basarte of m/v Taurus
- ✓ Engine Cadet Ihor Chunikhin of m/v Braverus
- ✓ 2nd Engineer Alexander Kadantsev of m/t Energy Athena

### UNSAFE CONDITION

#### Cyber Security Risk

**What happened:**



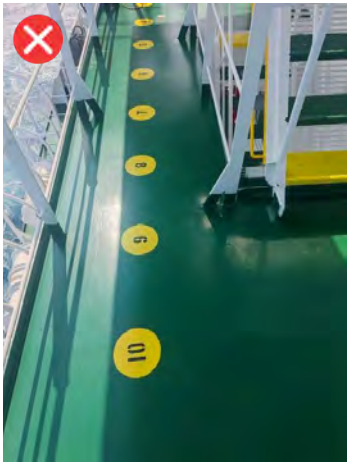
After completing the weekly update of the Navtor system using the special USB stick, the USB port on the Navtor PC was left open.

**In line with Cyber Security Policy, USB ports of all communication, navigation, and other critical systems must be locked to prevent cyber threats.**

### UNSAFE CONDITION

#### Slip and Fall

**What happened:**




During the deck safety round, it was noted that the anti-slip paint had not been applied to the surface at the life-boat muster station.

**Increased likelihood of slips and falls due to slippery surface, resulting in injuries.**

## UNSAFE ACT/UNSAFE CONDITION


### Working in Refrigerated Storerooms

#### Exposure to Cold / Food Contamination



**What happened:**


While transferring fruits and vegetables into the refrigerated room, the galley crew was not wearing appropriate clothing for the cold environment.




**Working inside cold chambers without proper clothing puts you at risk of hypothermia, frostbite, or other cold-related health issues.**

**What happened:**

Newly supplied fruits and vegetables were stored inside carton boxes.



**Use plastic bins or containers with proper ventilation to prevent moisture buildup and facilitate better airflow, avoiding potential damage to the products.**



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**UNSAFE CONDITION**

**Delay in Deploying FF Equipment**



**What happened:**

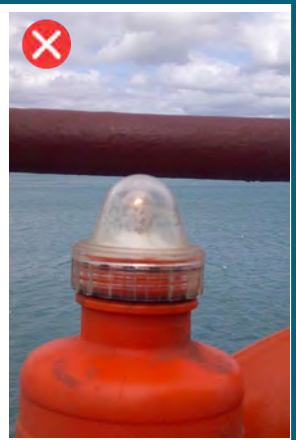
The fire hose in the engine room was improperly coiled on the reel.

**Always ensure that fire hoses are correctly coiled**

**and secured to avoid kinks and ready for immediate use in an emergency.**

**UNSAFE CONDITION**

**Reduced Visibility**



**What happened:**

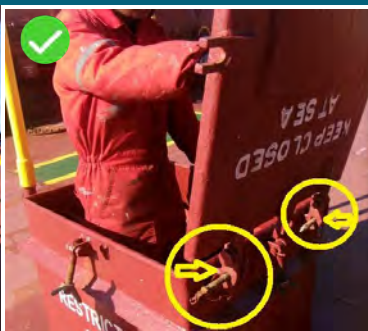
The bulb of the life-buoy self-igniting light was poorly illuminating.

**Regularly check and replace faulty bulbs in lifebuoys to ensure optimal visibility and functionality in emergencies.**

**UNSAFE CONDITIONS**

**Unsecured Pins**

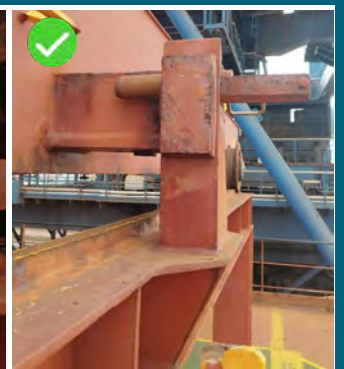
**Risk of Injury / Damage to Equipment**



**What happened:**

The securing pins for the cargo hold access man-hole cover were missing.

**If the manhole cover is not properly secured, crew members could be hit by the cover or fall into the manhole if it accidentally closes.**



**What happened:** During discharging, it was noticed that the securing pins for the hatch cover are not in place.

**If the vessel is rolling or listing while discharging, the hatch cover could shift and potentially damage the rollers or gears.**

**UNSAFE CONDITION**

**Risk of Injury**

**What happened:**

It was found that the cutting disk of the grinder in E/R was damaged and the grinder's handle, along with its protective housing, was missing.

**Always inspect grinders before use to ensure that the cutting disk is not damaged and that handles and protective housings are present and secure. Report any issues immediately and tag the equipment as out of service until it is repaired.**



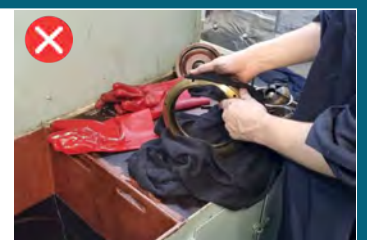
**UNSAFE ACT**

**Failure to Use Proper PPE**

**What happened:**

During the overhauling of the L.O. Separator, crew-member was seen applying chemical fluid without wearing safety gloves.

**Always ensure that safety gloves are worn when handling chemical fluids.**





# Ships with Zero PSC Deficiencies

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

July

No.	Ship	Captain	Date	Port	Country
1	Energy Afrodite	Aleksandr Radchenko	26/07/2024	Melkoya	Norway
2	Dynamic Striker	Vadym Matyushenko	29/07/2024	Pecem	Brazil
3	Alora	Vadym Sokolenko	30/07/2024	Alexandria	Egypt
4	Energy Triumph	Vitaly Chernega	31/07/2024	Novorossiysk	Russia

## IMPORTANT REMINDER !

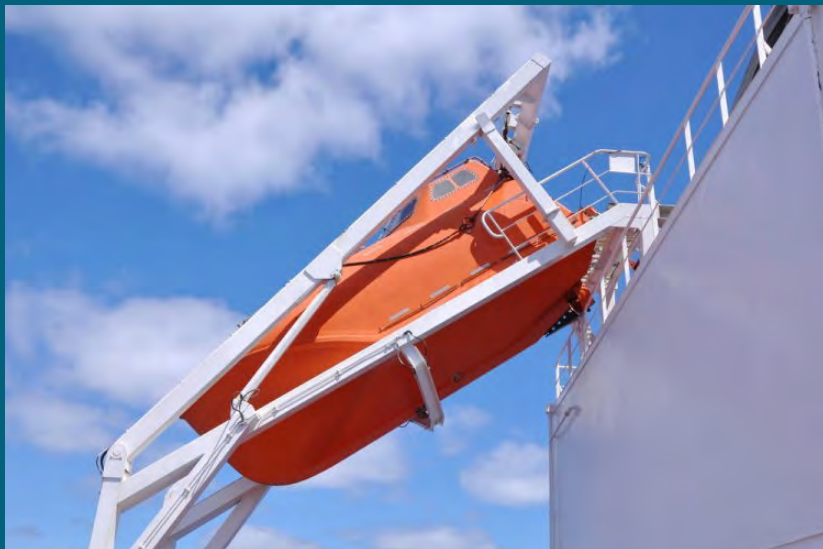
### SOLAS, Chapter III, Regulation 19.3.4. Launching and Manoeuvring of Lifeboats

We remind you that the launching and manoeuvring of lifeboats, including rescue boats and free-fall lifeboats, must be conducted in strict accordance with **Regulation 19.3.4 of Chapter III of SOLAS**. According to this regulation, each lifeboat must be launched and maneuvered in the water by its designated operating crew at least once every three months as part of an abandon ship drill.

Compliance with these drills is a clear requirement under SOLAS and failure to conduct them within the specified timeframe may result in Port State Control or vetting inspection deficiencies, which could have serious implications for the vessel.

It is essential that these drills are meticulously planned, taking into consideration voyage schedules, loading and unloading operations, weather conditions, crew fatigue, and other relevant factors to determine the most appropriate time for the crew to conduct the drill. Given the challenges in scheduling due to these factors, planning to conduct the drill within two months rather than waiting until the end of the three-month period will ensure adherence to SOLAS requirements and maintain crew preparedness.

All details of planned drills, regardless of whether they are carried out or postponed, must be accurately recorded in the Official Log Book, including justifications for any modifications or delays.



# LTI: Fingers Severed by Spinning Fan Blade

## Incident

The incident occurred during house-keeping in the E/R. After turning off power to a portable blower, a crewmember tried to move the portable blower by hand, grabbing the side of the fan instead of using the designated handle. Unfortunately, the fan blade was still spinning, and he stuck his fingers into the blade area to get a grip. Since there was no sufficient blade guard, the spinning fan blade severed his index, middle, and ring fingers.



## Lessons learned

- ✓ Always assume rotating machinery can cause harm, even after the power is off. Residual momentum can keep blades spinning for a significant time;
- ✓ Never reach into blind areas. Know where you put your hands, do not try to reach into places where you can't see your hands or fingers;
- ✓ Never bypass designated handles or guards. They are there to protect you.





# Spotting Hazards: A Key to Safety

**E**nsuring safety aboard is a shared responsibility and identifying hazards effectively is a crucial first step. Understanding how to spot potential dangers in the workplace helps prevent accidents and keeps everyone safe.

## What is Hazard Identification?

Hazard Identification is the process of finding anything that could potentially cause harm on the vessel. Hazards can be physical, like a slippery deck, or mechanical, like malfunctioning equipment.

### Common Hazards Include:

- **Slippery Surfaces:** Wet decks or spills can lead to slips and falls.
- **Faulty Equipment:** Worn or broken machinery poses a risk of injury or operational failure.
- **Poor Lighting:** Inadequate lighting can make it difficult to see hazards and complete tasks safely.

### How to Identify Hazards:

- **Regular Inspections:** Frequently check high-risk areas like the deck, engine rooms and cargo areas for potential dangers.
- **Evaluate Work Areas:** Look at where tasks are performed. Are there risks associated with lifting heavy loads, working at heights, or handling chemicals?

### Hazard Identification Tool

**Gravity**  
The force caused by the attraction of all other masses to the mass of the earth.  
*Examples: falling object, collapsing roof, and body tripping or falling*

**Motion**  
The change in position of objects or substances.  
*Examples: vehicle, vessel, or equipment movement, flowing water, wind, and body positioning when lifting, straining, or bonding*

**Mechanical**  
The energy of the components of a mechanical system, i.e., rotation, vibration, or motion within an otherwise stationary piece of equipment or machinery.  
*Examples: rotating equipment, compressed springs, drive belts, conveyors, and motors*

**Electrical**  
The presence and flow of an electric charge.  
*Examples: power lines, transformers, static charges, lightning, energized equipment, wiring, and batteries*

**Pressure**  
Energy applied by a liquid or gas that has been compressed or is under a vacuum.  
*Examples: pressure piping, compressed cylinders, control lines, vessels, tanks, hoses, and pneumatic and hydraulic equipment*

**Temperature**  
The measurement of differences in the thermal energy of objects or the environment, which the human body senses as either heat or cold.  
*Examples: open flame; ignition sources; hot or cold surfaces, liquids, or gases; steam; friction; and general environmental and weather conditions*

**Chemical**  
The energy present in chemicals that inherently, or through reaction, has the potential to create a physical or health hazard to people, equipment, or the environment.  
*Examples: flammable vapors, reactive hazards, carcinogens or other toxic compounds, corrosives, pyrophorics, combustibles, oxygen-deficient atmospheres, welding fumes, and dusts*

**Biological**  
Living organisms that can present a hazard.  
*Examples: animals, bacteria, viruses, insects, blood-borne pathogens, improperly handled food, and contaminated water*

**Radiation**  
The energy emitted from radioactive elements or sources and naturally occurring radioactive materials (NORM).  
*Examples: lighting fixtures, welding arcs, solar rays, microwaves, lasers, X-rays, and NORM scale*

**Sound**  
Sound is produced when a force causes an object or substance to vibrate and the energy is transferred through the substance in waves.  
*Examples: equipment noise, impact noise, vibration, high-pressure release, and the impact of noise to communication*

**Hazard**  
A condition or action that has the potential for an unplanned release of, or unwanted contact with, an energy source that may result in harm or injury to people, property, or the environment.

**Hierarchy of Controls**

1. Remove the energy source
2. Prevent the release of energy
3. Protect from the release
4. Use Stop Work Authority

- **Consider Environmental Conditions:** Weather changes can introduce new hazards, such as rough seas affecting stability.

### Reporting and Managing Hazards:

- **Report Immediately:** If you spot a hazard, report it to your supervisor or safety officer without delay.
- **Take Preventative Measures:** Where possible, take immediate action to mitigate the hazard, like cleaning up spills or securing loose items.

As a best practice, please also ensure that "HAZARD IDENTIFICATION TOOL" notices are displayed in key areas onboard the vessel, including the Cargo Control Room, Engine Control Room, Ship Office and Smoking Rooms. These notices will serve as constant reminders for the crew to effectively identify and manage hazards.



# IFC Mid Year Incident Report 2024




## INFORMATION FUSION CENTRE

### MID-YEAR REPORT 2024 (JAN-JUN) MARSEC OVERVIEW IN IFC'S AREA OF INTEREST

In the first half of 2024, the IFC recorded a total of 1095 incidents, a 27% decrease from the same period in 2023 (1500 incidents), which is likely due to increased enforcement efforts, leading to fewer MARSEC Incidents at sea.

### THEFT, ROBBERY, AND PIRACY AT SEA (TRAPS)

Reported incidents in 2024: (70 in 2023 over same period) **50** 29%



**3 main areas of concern (by incident numbers)**

- Chattogram and Kutubdia Anchorages 2024 **7**
- Singapore Strait 2024 **21**
- Dumai and Lubuk Gaung Anchorages 2024 **6**

#### Hijacked incidents

2023 **4** 2024 **0**

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#### Serious injuries / deaths

2023 **2** 2024 **0**

#### Types of vessels targeted

- Bulk Carriers **24**
- Tankers **8**
- Cargo Vessels **5**
- Tugs and Barges **5**
- Others **8**


#### OBSERVATIONS


1. The number of incidents has decreased significantly compared to the same period in 2023, likely due to increased enforcement efforts by authorities and the vigilance of the shipping community, especially in the Singapore Strait (SS). However, there has been a rise in incidents in the Chattogram/Kutubdia and Dumai/Lubuk Gaung anchorage areas.
2. If enforcement efforts continue and the shipping community remains vigilant, the IFC expects the downward trend of incidents to continue into the second half of 2024. However, there are areas of concern such as the aforementioned anchorages, where perpetrators may resort to such crimes due to socio-economic factors or the need for alternative income following crackdowns on other maritime crimes such as IUUF.


### MARITIME INCIDENTS (MI)

Reported incidents in 2024: (528 in 2023 over same period) **302** 43%

#### Top 3 types of incidents

  
Sunk-Capsized **125**

  
Adrift **44**

  
Collision/Grounding **41**

#### Types of vessels

- Fishing Vessel **151**
- Small Boat **40**
- Passenger Vessel **39**
- Cargo Vessel **33**
- Others **80**

(Multiple vessels may be involved in a single incident.)

Passenger vessels and fishing vessels accounted for almost 70% of the total dead/missing and rescued persons.

#### Locations of incidents

- Philippines **66**
- Indonesia **58**
- Malaysia **27**
- Vietnam **26**
- India **23**
- China **22**
- Others **80**


#### OBSERVATIONS

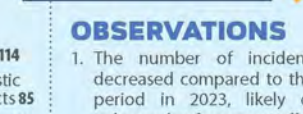
1. The number of incidents has decreased significantly compared to the same period in 2023, with the majority occurring in the Philippines and Indonesia. Bad Weather and Equipment Failure are the main causes of these incidents.
2. Based on past trends, the IFC expects the number of incidents in the second half of 2024 to increase, likely due to the onset of the Southwest Monsoon between July and September, leading to rougher seas and more extreme weather conditions that may impact maritime activities.

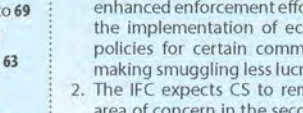
### CONTRABAND SMUGGLING (CS)

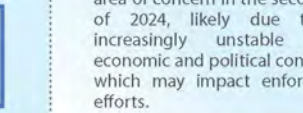
Reported incidents in 2024: (434 in 2023 over same period) **376** 13%

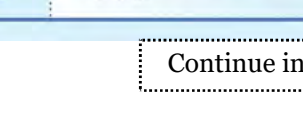
#### Types of contraband

  
Drugs **114**

  
Domestic Products **85**

  
Tobacco **69**

  
Fuel **45**

  
Others **63**

#### Types of vessels

- Small Boat **102**
- Fishing Vessel **51**
- Cargo Vessel **51**
- Container Vessel **40**
- Passenger Vessel **23**
- Others **109**

There is a shift from using container vessels to small boats to transport drug in 2024.

#### Top 3 types of drugs smuggled

Methamphetamine, Cocaine and Cannabis.

#### OBSERVATIONS

1. The number of incidents has decreased compared to the same period in 2023, likely due to enhanced enforcement efforts and the implementation of economic policies for certain commodities, making smuggling less lucrative.
2. The IFC expects CS to remain an area of concern in the second half of 2024, likely due to the increasingly unstable global economic and political conditions, which may impact enforcement efforts.



continued from page 12 "IFC Mid Year Incident Report 2024"

## ILLEGAL, UNREGULATED, AND UNREPORTED FISHING (IUUF)

Reported incidents in 2024: **293** 2%  
(300 in 2023 over same period)



### Top 3 IUUF locations

Malaysia	85
Philippines	39
Sri Lanka	38

### Top 3 local locations

Malaysia	67
Philippines	39
Sri Lanka	25

### Top 3 poaching locations

South Korea	31
Australia	26
Malaysia	18

### OBSERVATIONS

1. The number of incidents is comparable to 2023 over the same period with the majority occurring mainly in the waters off Malaysia, the Philippines and Sri Lanka.
2. The IFC expects the number of incidents in the second half of 2024 to be comparable or even decrease when compared to last year, likely due to the effect of recent law enforcement efforts, and initiatives undertaken by authorities to educate the industry on IUUF.

## IRREGULAR HUMAN MIGRATION (IHM)

Reported incidents in 2024: **55** 56%  
(124 in 2023 over same period)

### Top 3 departure locations (number of migrants)

Malaysia	383
Bangladesh / Myanmar	258
Indonesia	254



### Top 3 migration routes (number of incidents)

Between Indonesia and Malaysia	19
Between Philippines and Malaysia	13
Indonesia to Australia	7

### OBSERVATIONS

1. The number of incidents has decreased compared to the same period in 2023, likely due to enforcement efforts by regional authorities. Of note, there has been a notable decrease in number of people moving from Bangladesh and Myanmar to Indonesia and Malaysia, and an increase in the number of migrants entering Australia.
2. Based on past trends, the IFC expects that economic or political insecurity, conflict, and the displacement of minorities will potentially be the main catalysts for irregular methods of migration in the second half of 2024.

## ENVIRONMENTAL SECURITY (ENVSEC)

Reported incidents in 2024: **16** 48%  
(31 in 2023 over same period)



### Types of incidents

Maritime Pollution (MARPOL)	13
Maritime Illegal Exploitation (MIE)	3

### OBSERVATIONS

1. The number of incidents has decreased compared to the same period in 2023. Majority of the incidents are due to MARPOL, mainly in waters off China, Malaysia and South Korea.
2. The IFC expects ENVSEC to remain an area of concern in the second half of 2024, likely due to the continued high levels of maritime activities and the prevalence of darkened vessels conducting ship-to-ship transfers, which increase the risks of spillage and accidents at sea.

## CYBER SECURITY (CYBSEC)

Reported incidents in 2024: **3** 77%  
(13 in 2023 over same period)



### OBSERVATIONS

1. The number of incidents has decreased compared to the same period in 2023, likely due to a lack of open-source reporting.
2. The IFC expects cybersecurity threats in the industry to remain significant in the second half of 2024, as evidenced by reports of malware infiltrating the computer systems of cargo vessels in Europe this year.

## MARITIME TERRORISM (MT)

Reported incidents in 2024: **0**  
(0 in 2023 over same period)



### OBSERVATIONS

1. There has been no incident since 2021, likely due to the ongoing enforcement effort by authorities.

### Information Fusion Centre

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@Info\_Fusion\_Ctr



Information Fusion Centre

The Information Fusion Centre (IFC) serves as the regional Maritime Security (MARSEC) information-sharing hub covering most of the Indo-Pacific region. With a team of 26 International Liaison Officers from navies / coast guards and 137 worldwide MARSEC linkages (as of 30 Jun 2024), the IFC facilitates MARSEC information sharing and collaboration between its partners to cue operational responses. To get access to data trending and analysis in the IFC's Area of Interest, please visit our [website](#) for our products or [IFC MARSEC interactive dashboard](#).

# Body Workout

# BACK ON TRACK

DAREBEE WORKOUT © [darebee.com](http://darebee.com)

LEVEL I 3 sets LEVEL II 5 sets LEVEL III 7 sets REST up to 2 minutes



20 squats



6 push-ups



20 high knees



20 calf raises



6 climbers



20 jumping jacks



# Health & Fitness Tips!

## Why is Water Important?

**W**ater is essential for life as it supports numerous vital functions. It maintains fluid balance, which is crucial for digestion, circulation, and temperature regulation. Water helps in the proper functioning of cells by facilitating nutrient and waste transport. It also plays a key role in regulating body temperature through sweating and respiration, aids in digestion and nutrient absorption, and assists in detoxifying the body by flushing out toxins. Additionally, water lubricates joints, reducing friction and preventing discomfort.



## How to Protect Your Brain From Aging?

**T**o protect your brain from aging, prioritize a healthy lifestyle by eating a nutrient-rich diet, engaging in regular aerobic and strength training exercises, and keeping your mind stimulated through learning new skills and mental challenges. Maintain strong social connections, ensure you get 7-9 hours of quality sleep each night, and manage stress through mindfulness and relaxation techniques. Avoid smoking and limit alcohol intake while regularly monitoring your health metrics like blood pressure and cholesterol. Cultivate a positive outlook, protect your head from injuries, and stay intellectually active through lifelong learning and creative pursuits. Balance technology use with other brain-stimulating activities to support overall cognitive health.



## Vitamin D: Boosting Bones and Immunity

**V**itamin D is crucial for maintaining strong bones and a healthy immune system. It helps the body absorb calcium, which is essential for bone health and preventing conditions like osteoporosis. Additionally, vitamin D supports immune function, reducing the risk of chronic diseases and infections. Adequate levels of vitamin D can also enhance mood and may play a role in reducing the risk of certain cancers and cardiovascular diseases. Overall, ensuring sufficient vitamin D is vital for overall health and well-being.



## SPOT THE 5 DIFFERENCES:



## FUN FACTS:

**Roller coasters were invented to distract Americans from sin**



On the 1880s, hosiery businessman LaMarcus Thompson hated that Americans were tempted by hedonistic places like saloons and brothels. So he set out to straighten up one of the most immoral places he could think of: Coney Island in New York. There, he built America's first roller coaster to give New Yorkers some good, clean fun—away from seedier pastimes.

**It's impossible to hum while holding your nose**



You just tested it, didn't you? Normally, when you hum, the air is able to escape through your nose to create the sound, and of course, it can't do that when you're holding it shut. This is one of the weird facts you can test out for yourself. Go ahead, try it.



## Tom Cruise Jumps Off Stade de France and Skydives to Hollywood Sign at Olympics Closing Ceremony, Handing Over Games to L.A.



Tom Cruise gave the Paris Olympics closing ceremony a Hollywood flair when he dove off the top of the Stade de France to mark the handover from the Paris Olympics to the L.A. Games in 2028.

He then hopped onto a motorcycle with the flag in tow and rode out of the stadium to make the symbolic delivery to L.A.

As the Red Hot Chili Peppers' "By the Way" played in the background, Cruise rode down the Paris streets and drove into a plane. In a pre-recorded segment, he then parachuted out of the aircraft, landing by the Hollywood sign. Once he touched down at the famous landmark, Cruise attached the five Olympic rings to it.

## Tim Burton receives star on Hollywood Walk of Fame



Film director Tim Burton was honoured with a star on the Hollywood Walk of Fame in Los Angeles just days before the release of his latest movie, Beetlejuice Beetlejuice.

Cast members Michael Keaton and Winona Ryder joined Burton at the ceremony, held outside his fa-

vourite childhood costume and toy shop.

Burton is the 2,788 person to receive a Hollywood Walk of Fame star.

## It's Really Happening: Oasis Will Reunite for a World Tour in 2025



Hell has not frozen over, but Oasis have reunited. Fifteen years after their breakup, brothers Liam and Noel Gallagher have apparently put aside their differences, announcing a run of concerts in the U.K. and Ireland for 2025. The group announced the Oasis Live '25 tour early Tuesday morning, though details on North American shows have yet to be announced.

## Queen guitarist Brian May suffers minor stroke



Queen guitarist Brian May had a minor stroke last week that left him unable to control his left arm or play guitar, he said on Wednesday in a video posted on his Instagram feed and website. He explained that he had suffered a "health hiccup," since diagnosed as a "minor stroke," and went "blue lights flashing" to the hospital when he couldn't use his arm last week, but he reassured fans that he had since recovered enough to play his guitar.



## Ferrari's Charles Leclerc Takes Thrilling Surprise Win at Italian Grand Prix

Formula 1's Italian Grand Prix gave the tifosi the result they were desperate for, but it also gave a really good race for the neutrals.

A stealth win felt like something new from Leclerc — whose stereotype tends to be that he's either glory or disaster. Tyre whispering his way to a success that only becomes obvious in the final moments doesn't necessarily fit the 'raw speed monster' Leclerc brand but he's clearly very, very capable of it when needed.

Given how he and Ferrari have faded from the headlines in recent months, this was both a re-



minder of what they can do and a massive morale boost. And yet another curveball to throw into the remainder of this surprisingly fascinating season.

## Jakob Ingebrigtsen and Mondo Duplantis Break World Records at Silesia Diamond League



Spain Jakob Ingebrigtsen broke the 28-year-old 3,000-meter world record at the Silesia Diamond League.

Ingebrigtsen finished in a staggering time of 7:15.77 on Sunday, more than three seconds faster than Kenyan Daniel Komen's record set in 1996.

The Norwegian 23-year-old won gold in the 5,000m at the Paris Olympics earlier this month having finished a disappointing fourth in a bid to defend his 1,500m title.



Duplantis, meanwhile, broke the pole vault world record for the 10th time in his career, just weeks after he won a second Olympic gold medal and set a ninth world record.

His latest clearance of 6.26 meters, one centimeter higher than his record in Paris, was achieved on his second attempt, brushing the bar with his legs as he went over.

"This year I focused on the Olympics, the record just came naturally because I was in good shape," said the Swede. "So I am not surprised with the record today, but I am thankful."

# Olympic Games-Paris 2024

## Medal Table

Order	NOCs					
1	 United States of America	40	44	42	<b>126</b>	
2	 People's Republic of China	40	27	24	<b>91</b>	
3	 Japan	20	12	13	<b>45</b>	
4	 Australia	18	19	16	<b>53</b>	
5	 France	16	26	22	<b>64</b>	
6	 Netherlands	15	7	12	<b>34</b>	
7	 Great Britain	14	22	29	<b>65</b>	
8	 Republic of Korea	13	9	10	<b>32</b>	
9	 Italy	12	13	15	<b>40</b>	
10	 Germany	12	13	8	<b>33</b>	

## Olympic Medals Contained Iron That Was Once Part of the Eiffel Tower

This year's Olympic medals included a special part of Parisian history. Each Olympic medal was infused with iron from the original Eiffel Tower, which had been built for the 1889 World's Fair. The pieces of iron were cut from parts of the tower that had been replaced during renovations over the years and saved. To create these medals, the Olympics recruited Chaumet, a French luxury jewelry maker, to infuse 18 grams of iron from the Eiffel Tower into other materials made from silver, gold, and bronze. Winning athletes in both the Paris Paralympics and the Olympics received these unique creations.





## Paris Olympics in Photos



The men's omnium points gold medal race during the track cycling competition.



Brazil's Gabriel Medina reacts after scoring 9.9 in round three during the men's surfing at Teahupo'o.



Bulgaria's Stiliana Nikolova Shines in Rhythmic Gymnastics



A view of the Eiffel Tower at dusk during a volleyball match



Léon Marchand of France in action in the men's 200m individual medley swimming race.



A member of Team USA performs during the artistic swimming competition on August 7

	Vessel	Flag	Class		Vessel	Flag	Class
1	Alora	BMA	BV	16	Energy Chancellor	IOM	DNV
2	Braverus	IOM	BV	17	Energy Triumph	IOM	BV
3	Citius	IOM	BV	18	Furious	IOM	BV
4	Colossus	IOM	BV	19	Gladiator	BMA	BV
5	Constantia	IOM	BV	20	Heroic Striker	IOM	BV
6	Delphi Ranger	BMA	BV	21	Imperius	MADEIRA	BV
7	Divinus	IOM	BV	22	Jaguar Max	BMA	BV
8	Dynamic Striker	IOM	BV	23	Livorno	IOM	BV
9	Energy Achilles	IOM	BV	24	Magic Striker	IOM	BV
10	Energy Afrodite	IOM	BV	25	Panther Max	BMA	BV
11	Energy Apollo	IOM	BV	26	Puma Max	BMA	BV
12	Energy Ariadne	IOM	BV	27	Taurus	IOM	BV
13	Energy Artemis	IOM	BV	28	Virtuous Striker	IOM	BV
14	Energy Athena	IOM	BV	29	Warrior	BMA	BV
15	Energy Centaur	IOM	DNV				

### Affiliated vessel

	Vessel	Flag	Class
1	Good Hope Max	IOM	BV

### EST - New Building Orderbook

#	Hull Nr	Expected Delivery Date
1	5095 tbn Energy Delos	December 2024
2	5096 tbn Energy Dione	January 2025
3	5110 tbn Energy Delphi	December 2026

### 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](mailto:ism@ensh.com).



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