



EST

Newsletter



WEDNESDAY 21, JANUARY 2026

VOLUME 20, ISSUE 212

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2026

May 2026 bring you steady winds, smooth sailings and strength in every challenge you encounter.

*We wish you a happy, healthy and successful
NEW YEAR!*

First Joint Senior & Junior Officers Seminar at Novorossiysk

“For the first time, EST brought Senior and Junior Officers together in a single seminar, promoting common understanding, consistency, and a shared commitment to safety across the fleet.”



Group photo of attendees at the Senior and Junior Officers Seminar in Russia.

The 2025 Senior & Junior Officers Seminar, planned and led by the Crewing Manager and CSO of Enterprises Shipping & Trading S.A., Mr. Christoforos Bissias, in collaboration with Alpha Marine Crew Services, took place on 12–13 November 2025 in Novorossiysk. This event marked an important milestone, as it was the first time Senior and Junior Officers participated together in one joint seminar, creating a common platform for learning, discussion and exchange of views.

The two-day seminar brought together officers from the tanker fleet, EST Head Office representatives and guest speakers, with both physical and web participation. The joint format encouraged open communication between ranks, ensuring understanding of company expectations, regulatory requirements and best practices.

Day 1 focused on recruitment and retention chal-

lenges, company policies, wellbeing and mental health, human-factor related mistakes, risk management, incident investigation, STS operations, seafarer insurance, and STCW training, including cadet education. The day concluded with an ISPS session covering audits, PSC issues, security incidents, piracy threats, and practical compliance measures.

Day 2 addressed regulatory updates, fleet trends, welding safety, and a review of EST incidents, QHSE Alerts, vetting observations, audits, and PSC inspection results. Further sessions covered the company's mission, values, ESG and Just Culture, the MATHREEX Training Program, the Workplace Health Promotion Program, purchasing processes, SIRE 2.0, energy and environmental developments, cybersecurity and key crew-related matters such as welfare, human rights, retention and onboard conduct.

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The closing speech by Ms. Irina Lebedinskaya, General Director of Alpha Marine Crew Services, marked the successful completion of this first joint Senior & Junior Officers Seminar.

EST extends its sincere appreciation to Alpha Marine Crew Services, all speakers and participants for their valuable contributions. **The success of this first combined seminar reflects the company's ongoing commitment to safety, competence and continuous improvement across the fleet.**



Ms Katerina Gemidopoulou, QHSE Manager/DPA Tankers Fleet & Ms Georgia Rina, QHSE Coordinator



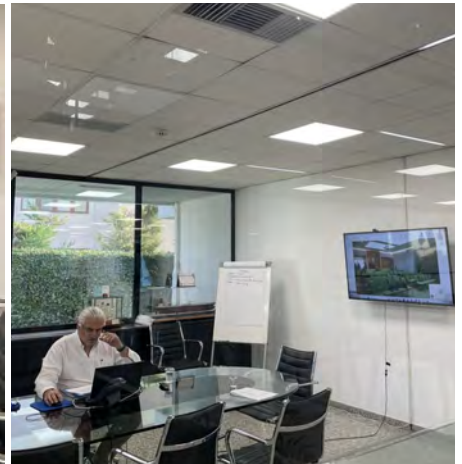
Mr Orestis Perilis, Vetting Manager



Mr Goulielmos Roussos & Mr Charalampos Kremidas, Technical Superintendents



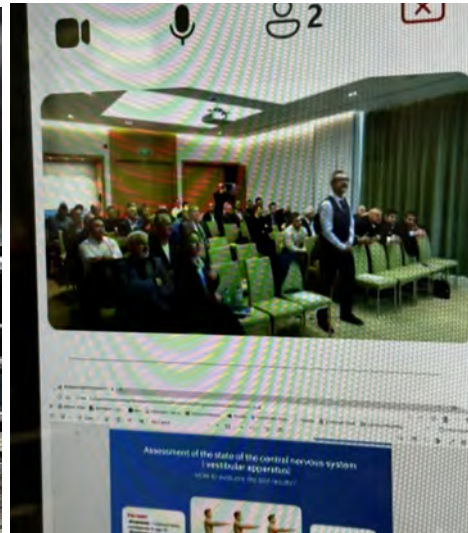
Ms Marietta Bonn, Purchasing Manager



Mr Kostas Zarmakoupis, IT Officer



Ms Svetlana Yakovenko, PhD Integrative Nutritionist



Ms Katerina Gemidopoulou, QHSE Manager/DPA Tankers & Ms Svetlana Yakovenko, PhD Integrative Nutritionist

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continued from page 3 “First Joint Senior & Junior Officers Seminar at Novorossiysk”



Group photo of speakers and attendees at the Senior and Junior Officers Seminar in Russia.



Mr Christoforos Bissias, Crewing Manager & CSO EST; Ms Irina Lebedinskaya, General Director of Alpha Marine Crew Services & Capt. Leonid Fedchishak, Training Manager, addressing the attendees at the Senior and Junior Officers Seminar in Russia.



Mr Christoforos Bissias, Crewing Manager & CSO EST & Ms Irina Lebedinskaya, General Director of Alpha Marine Crew Services.



Capt. Leonid Fedchishak, Training Manager EST, during the seminar.



Mr Victor Burlutskiy, Supt Engineer EST, during the seminar.

Educational Visit by Maritime Studies Students of SAEK AKMI Piraeus at ESTSA Premises



SAEK AKMI Piraeus students and College Directors with Company Representatives outside the Company's premises

On 04 December 2025, we were pleased to welcome 3rd-semester Maritime Studies students of SAEK AKMI Piraeus to our offices for an educational visit, accompanied by the College Director, Mrs. P. Tziahana, and the Maritime Studies Director, Mr. I. Kalafatis. The visit provided students with a concise yet practical overview of how a shipping company operates.

The visit commenced with a warm welcome and gathering in our training room, where the QHSE Manager-DPA Tankers Mrs. K. Gemidopoulou introduced our company, highlighting its structure, core values, and role within the maritime industry. This was followed by a comprehensive overview of shipping operations and departmental functions delivered by Deputy Operations Director Capt. K. Angelaras.

Students then participated in a guided tour of all departments, where Heads of Department introduced their teams and shared insights into their daily activities, providing a realistic perspective on professional

life in the shipping sector.

The visit continued with an interactive discussion on the qualifications, skills and personal attributes needed to succeed in the maritime industry, accompanied by a lively Q&A session led by Capt. K. Angelaras.

A highlight of the visit was the participation of our Managing Director, Mr. G. Sarris, who welcomed the students and shared valuable experiences from his career in shipping. His insights offered students a broader understanding of the challenges and opportunities within the industry.

The visit concluded with our thanks to the students and their instructors for their active engagement. We were delighted to host SAEK AKMI Piraeus and support initiatives that bridge academic learning with real-world industry experience. We wish the students every success in their future maritime careers.

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Continued from page 5 “Educational Visit by Maritime Studies Students of SAEK AKMI Piraeus at ESTSA Premises”



Mr G. Sarris – Managing Director
Sharing professional experiences and insights on the maritime industry.



Ms K. Gemidopoulou – QHSE Manager/DPA Tankers Fleet
Introducing the company and its role in the maritime industry.



Capt. K. Angelaras – Deputy Operations Director
Presenting an overview of shipping operations and departmental functions.



Ms Katerina Gemidopoulou – QHSE Manager & DPA, Tankers Fleet (Left)
Ms Sofia Zogana – QHSE Manager & DPA, Bulkers Fleet (Right)
Presenting the QHSE department’s functions and daily operations.



2025 Table Top Exercise (TTX)

The 2025 Annual Table Top Exercise (TTX) was successfully carried out on 20 November 2025 at 13:30 UTC.

Capt. Andrey Sevryuk, Master and Chief Officer Aleksandr Kirichenko of M/T Energy Centaur, along with their crew, participated in this year's exercise, simulating a very elaborate real-case accident scenario.

As required by VRP §7.2.3, a spill management exercise is to be conducted annually with the participation of the Company's Emergency Response Team (ERT), the QI-Spill Management Team (Gallagher Marine Services) and a vessel listed with the plan.

During the 2025 TTX the following **USCG Prep and California Objectives** were tested and achieved:

- 1. Notifications
- 2. Staff Mobilization



Emergency Response Team during the TTX

- 3. Operate within Response Management System
- 4. Source Control
- 6. Containment of Discharge
- 10. Communications
- 12. Personnel Support

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Continued from page 6 “2025 Table Top Exercise (TTX)”

In addition, the following **Exercise Objectives** were also achieved:

- A. Knowledge of the Response Plan
- B. Proper Notifications
- C. Communications System
- D. ERT ability to access contracted Oil Spill Removal Organizations
- E. ERT ability to coordinate response with On-Scene Coordinator, State and applicable agencies
- F. ERT ability to access sensitive site and resource information in the Area Contingency Plan

The exercise highlighted seamless coordination and effective communication between the crisis teams. Upon completion, the QI Exercise Controller commended both the office Crisis Team and the Ship's response team for their exemplary performance in managing the simulated scenario and achieving all objectives.



AMVER Awards 2025 Ceremony

The heart of seamanship took center stage at this year's AMVER Awards Gala Dinner, a major tradition of the shipping industry. The event that took place on December 16, 2025, at Athens' Athenaeum Intercontinental Hotel, was organized by the International Propeller Club of the United States, Port of Piraeus, in collaboration with the United States Embassy in Greece and the United States Coast Guard, marking another milestone in honoring our seafarers' exceptional commitment to seamanship.

The AMVER Awards celebrate and honor the shipping companies, vessels and crew who have played a role in safeguarding the lives of seafarers leveraging the AMVER System.

Standing as a beacon of safety in the maritime world during the last seven decades, this system actively monitors vessels, promptly identifies potential issues, and signals nearby ships to lend assistance - a lifeline in times of crisis.

Enterprises Shipping & Trading S.A. was awarded for the participation of fifteen vessels in the voluntary reporting program, for the year 2024, with the awards being accepted by Capt. Tasos Triantafyllidis on behalf of Enterprises Shipping & Trading S.A.

Eligibility Requirements for the Awards Program are those vessels with at least 128 days on the Amver plot in a calendar year are eligible for an award.

AMVER's success is tied directly to the number of merchant vessels regularly reporting their position. The more ships on plot, the greater the chance a ship will be identified near the position of distress.

It has to be noted that EST vessels are voluntarily participating to AMVER program for over two decades!

As such, we take great pride in the professionalism and safety culture developed among our crew and we would like to congratulate all our officers and crews on their voluntary commitment and continuous support to the safety of life at sea!



EST delegation at the AMVER awards ceremony

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Continued from page 8 “AMVER Awards 2025 Ceremony”



Capt. T. Triantafyllidis-Head of Tankers Operations



Mr John Pavlou, Technical Fleet Manager, Mr Ilias Kokiopoulos, Technical Superintendent & Mr Antonis Psyllas, Technical Fleet Manager (Left to Right)



Ms Georgia Rina, QHSE Coordinator, Ms Nefeli Triantafyllidi, Vetting Coordinator & Ms Anna Tsemeloglou, QHSE Coordinator (Left to right)



Mr Thodoris Voryllas, Senior Marine Officer & Capt. Panagiotis Katsafaros, Operations Marine Superintendent

What's New in the QHSEMS?

Tankers QHSEMS (Revisions)

- WIM Part III Section F_Maintenance-v.0.9
- ESTSA 218 Cargo Related Equip Maintenance_Test Records-v.0.7
- ESTSA 273 Checklist 1_Pre Fixture Information-v.0.2
- ESTSA 274 Checklist 2_before Operations Commence-v.0.2
- ESTSA 275 Checklist 3_before run in and mooring -v.0.2
- ESTSA 276 Checklist 4_before Cargo Transfer-v.0.2
- ESTSA 277 Checklist 5_before Unmooring-v.0.2
- ESTSA 470 Maintenance Cycle of Batteries-v.0.2
- Tankers Ops Manual-v.0.12

New Uploads (Tankers)

- Biofouling Management Plans (All Vessels)
- CCP revision 36

Bulkers QHSEMS (Revisions)

- WIM_Section C_Bridge and Deck Instructions-v.0.9
- WIM_Section D_Engine Room Instructions-v.0.4
- WIM_Section E_Port and Cargo Operations_General-v.0.6
- WIM_Section G_Shorebased Contingency Plan-v.0.14
- FORM 40 Safety and Environmental Familiarization for all Personnel-v.0.5
- FORM 57 Maintenance of Deck Items-v.0.8
- FORM 59 Annual Emergency Response Drill Guideline Chart-v.0.9
- FORM 93 Forms List for Dry Cargo Vessels-v.0.13
- FORM 1152 Permit to Work Aloft Over Water-v.0.3
- FORM 1260 Mooring Unmooring Anchoring Operation Safety Briefing-v.0.4
- Form 1268 Bridge Navigational Equipment Daily

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continued from page 9 “What’s New in the QHSEMS?”

- Tests and Checks-v.0.4
- FORMS MANUAL INDEX-v.0.13
- Technical Circular 60-v.0.3
- Technical Manual Contents-v.0.6
- Bulkers Operations Manual-v.0.17
- Safety Label 2_Personal Protective Equipment PPE-v.0.4

New Uploads (Bulkers)

- IHM Manual (Good Hope Max)
- Biofouling Management Plans (All Vessels)
- RISQ 3_2 11_2025
- Technical ircular 72_Emergency Suction Valve
- Safety Label 1_8_Fire Detection System
- Safety Label 1_9_Fire Alarm Time Delay
- Good Hope Max_2013 VGP
- GOOD HOPE MAX_BWMP

Crew Management Manual

- Office Circular 1_24 rev1
- OFFICE CIRCULARS LIST UPDATED

Safety Awareness Handbook

- CLIP 03-2025 Prevention Of Loss Of Containment (Tankers)
- Chevron Shipping OE_HSE Bulletin_Q4 2025 (Tankers)
- QHSE Alert 11_2025_Rightship Adverse Feedback Report for Draft Marks (Bulkers)
- QHSE Alert 12_2025_AMSA PSC Deficiencies
- QHSE Alert 13_2025_ME Remote Control Failure) Bulkers
- QHSE Alert 13_2025_ME Remote Control Failure_Tankers
- QHSE Alerts inventory
- Port Info Turkey 3
- Port Info Australia 8

- Port Info Index

GMS Client Advisories

- GMS Client Advisory_19_25_USTR Section 301
- GMS Client Advisory_20_25_WA COFR Requirement_002
- GMS Client Advisory_21_25_USTR Section 301 Chin
- GMS Client Advisory_22_25_Transport Canada
- GMS Client Advisory_23_25_Final Action_USTR Section 301
- GMS Client Advisory_24_25_2025 VGP Annual Reporting Requirement
- GMS Client Advisory_25_25_USCG Guidance_Updated For Reporting Breaches
- GMS Client Advisory_26_25_USCG Ballast Water FAQs
- GMS Client Advisory_27_25_USCG NVMC New eNOAD ver 8.0
- GMS Client Advisory_28_25_GMS Regulatory Reference Guide
- GMS List of Advisories

Technical Supporting Documents

- GOOD HOPE MAX - Sampling Points Names
- GOOD HOPE MAX_Lub Chart

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.

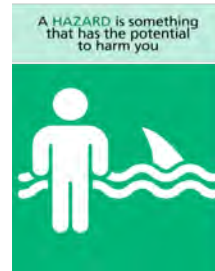
Key to this is to reward diligent crew members who contribute in a responsible manner to their own safety and that of their fellow workers.

- MT ENERGY ATHENA - **Second Officer Anton Davydov**
- MT ENERGY DELOS - **Cadet Kostopoulos Argyris**
- MV HEROIC STRIKER - **Cadet Russov Illia**

HAZARD

vs

RISK



UNSAFE CONDITION

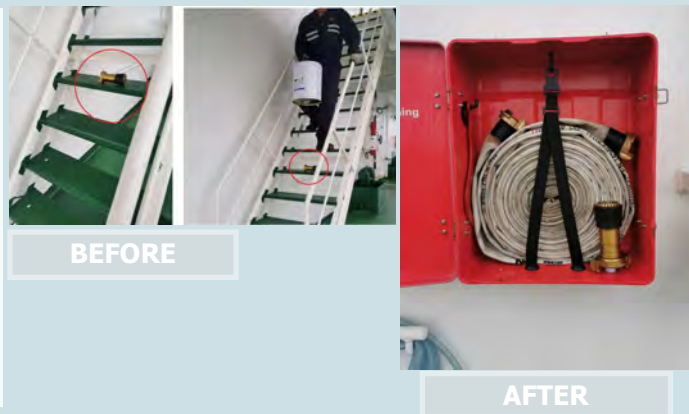


Hazard:
Stairways marked with arrows only on the side.

Risk:
Falls, collisions and delayed emergency response.

Best Practice:
Stairways to be marked with fluorescent arrows visible from all directions.

UNSAFE CONDITION



Hazard:
A fire hose nozzle was placed on a stair step, creating an obstruction on the stairway.

Risk:
Trip and fall while descending the stairs.

Best Practice:
Keep all stairways clear of equipment and obstructions at all times.

BEST PRACTICE



Hazard:
Bolts and nuts poorly sorted.

Risk:
Difficulty finding tools quickly or potential mistakes in their use.

Best Practice:
Organize all bolts and nuts in containers for easy and quick access.



Best Practices Received

Mt Energy Centaur & Energy Dione

We would like to thank **3rd Officer Niki Kalliopi Karpouzi** of **MT Energy Centaur** and **Bosun Pavel Mankarsuzyan** of **MT Energy Dione** for providing us this Best Practices.

At EST SA, we value the implementation and sharing of Best Practices across our fleet. We kindly encourage you to share yours through the Near Miss software.

A reminder that EST S.A. rewards the four most meaningful near misses, best practices, or ideas every month. Your input could make a real difference and be recognized among the top submissions.

On board **MT Energy Centaur**, it was observed that the stationary room was disorganized and untidy. Storage boxes were unlabelled and items were mixed in different boxes, making it difficult to quickly locate the required materials. This situation could result in unnecessary time loss for the crew and increased disorder while searching through multiple boxes.

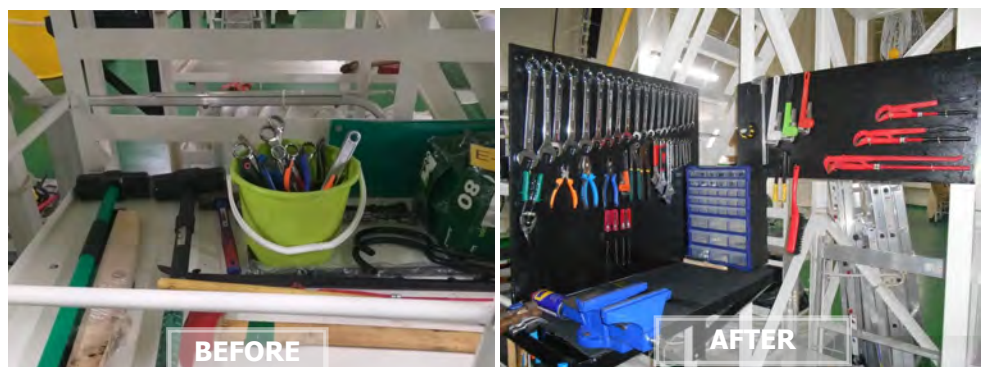
To improve organization, the stationary room was cleaned and reorganized. Unnecessary cardboard boxes and plastic were removed and all storage boxes were clearly labelled in both English and Russian. This improvement enhances efficiency and maintains better order on board.



During routine operations on board **MT Energy Dione**, on the forecastle area, it was observed that necessary tools were not arranged in a designated working area.

In case of an emergency involving hydraulic or other mechanical mechanisms on the forecastle, lack of proper tool arrangement could result in delayed response, increased risk of injury and inefficient handling of the situation.

To address this, a dedicated working place was established and all necessary tools were properly arranged and stored in the bosun store. This ensures improved organization, safer working conditions and quicker access to tools during routine tasks or emergency situations.



Holiday Highlights from M/V Citius

Capt. Efren R. Canares and the officers and crew of M/V Citius shared highlights of their Christmas and New Year celebrations.

We warmly thank them for their greetings and for the lovely photos they shared with us!



Festive Moments Onboard M/V Jaguar Max

Capt. Edwin P. Quiño, together with the officers and crew of M/V Jaguar Max, shared photos from their Christmas celebration onboard. We warmly thank the Master and crew for sharing these festive moments with us!



Christmas Wishes from M/V Taurus

We sincerely thank Capt. Jose Abraham A. Apostol, along with the Officers and Crew of m/v Taurus, for their thoughtful wishes and for sharing their festive Christmas decorations with us!

Please feel free to share with us any photos from any Holiday or other gatherings onboard so that you can be featured in company's next newsletter!



Festive Cheer Onboard M/V Puma Max

Master of m/v Puma Max, Capt. Jan Michael L. Lara, along with the officers and crew of MV Puma Max, celebrated Christmas and New Year with joy and festive spirit. Decorations, gatherings and shared moments brought the crewmembers together, reflecting the positive energy on board!



Holidays Onboard M/T Energy Dione

Master of m/t Energy Dione, Capt. Maksim Malenko, along with the Officers and the crew celebrated Christmas and New Year, sharing their warm wishes for a happy and successful year ahead!



Training Manager Attendance Onboard M/T Energy Athena

During his recent attendance on board m/t Energy Athena, our Training Manager, Capt. Leonid Fedchishak, had the opportunity to meet with the Master, officers and crew and to engage with them in their daily operations. The crew's approach to their duties was observed to be well organized and efficient, with teamwork and cooperation evident throughout. We are pleased to share a photo taken during the visit, offering a glimpse into life on board the vessel.



Training Manager Capt. Leonid Fedchishak, Captain Vladimir Tretyak
Officers and Crew of M/T Energy Athena

Positive Observation During Sire 2.0 Inspection on M/T Energy Artemis

We are pleased to share that during a recent SIRE 2.0 inspection on board m/t Energy Artemis, the vessel received the following positive observation:

Rating: Exceeded normal expectation.
AB Artem Vergizov during the course of the interview was fully conversant with the company cargo emergency shutdown system and demonstrated understanding of the safety-critical aspects of the task and associated steps.

This recognition highlights Artem's commitment to safety and reflects the professionalism and high standards maintained across our crew, demonstrating the impact each team member's dedication can have on safe and efficient operations.



Under the SIRE 2.0 regime, such positive observations serve as a powerful reminder for all crew members to continue adhering to and promoting best safety practices onboard.

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:
- ✓ Chief Officer L. Nadales of MV Furious
 - ✓ Chief Officer O. Karnagel of MV Warrior
 - ✓ 2nd Engineer A. Kadantsev of MT Energy Athena
 - ✓ 3rd Officer A. Vergelis of MV Divinus
 - ✓ 2nd Engineer V. Borisov of MV Virtuous Striker
 - ✓ 2nd Engineer V. Mazur of MV Alora
 - ✓ 2nd Officer D. Kurbatov of MT Energy Afrodite
 - ✓ 3rd Officer R. Carranza of MV Taurus
 - ✓ 2nd Officer Y. Goryunov of MT Energy Delos

UNSAFE CONDITION

Improper storage of kitchen knives

What happened:
A kitchen knife was found stored together with forks and spoons during dishwashing.

This may lead to cuts and hand injuries.

Always store knives separately in proper holders and never mix them with other utensils.




UNSAFE CONDITION

Missing Anchor Sledge hammer

What happened:
During the daily deck round, a crewmember noticed the sledgehammer for the anchor chain was missing.

Delays in emergency actions during anchor release may occur, posing safety hazards.

Always ensure the sledgehammer is easily accessible and securely kept next to the anchor quick release mechanism.




UNSAFE CONDITIONS

Improper Disposal of Food Waste and Garbage Segregation

What happened:
Plastic container with yogurt fragments was thrown in the garbage unwashed.





Hygiene Risk

Always wash all food containers and soda cans before disposal, then place them in proper bins.

What happened:
During the daily bridge watch, e-waste was found disposed of in a plastic garbage bin.

Improper segregation-MARPOL violation.

Always segregate and dispose of garbage according to the Garbage Management Plan.

Continue in page 18

UNSAFE CONDITIONS

Damaged tools

What happened: (Case1)

During a routine inspection, a crewmember discovered tools with missing or damaged handles.



Potential hand injury during use.

- Always inspect tools before use.
- Do not use tools that are damaged, have missing parts, or defective edges
- Report any defective tools immediately and ensure they are repaired or replaced before further use.

What happened: (Case2)

While using a chisel, a crewmember observed that it had a defective edge.



UNSAFE CONDITION

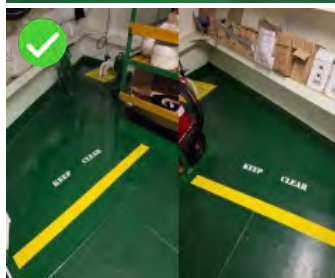
What happened:

During weekly inspection, access to the bilge valves was found to be obstructed by a ladder on the deck.



This may prevent quick access to bilge valves during an emergency.

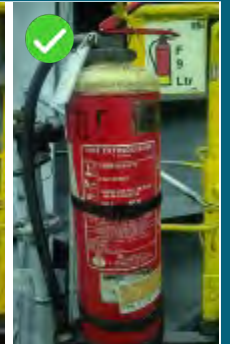
Always keep access areas clear and ensure designated spaces remain free of obstructions.



UNSAFE CONDITION

What happened:

The strap of a portable fire extinguisher was damaged during engine room cleaning.



The fire extinguisher may fall or not be readily accessible during an emergency, potentially delaying immediate fire-fighting response.

Always report damaged fire-fighting equipment and ensure it is properly secured at all times.

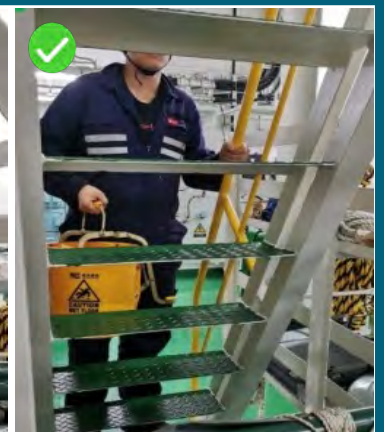
UNSAFE ACT

Improper Use of Handrail

What happened: A crew member was climbing the gangway carrying a bucket with both hands, leaving no hand free for the handrail.

This can lead to slipping or losing balance, resulting in a fall and possible injury.

Always maintain three points of contact when climbing or descending the gangway: two hands and one foot, or two feet and one hand to be in contact with the structure at all times, to prevent slips or falls.



Ships with Zero PSC Deficiencies

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

Nov./Dec. 2025

No.	Ship	Captain	Date	Port	Country
1	Heroic Striker	Oleksiy Pirogov	06/11/2025	Nagoya	Japan
2	Gladiator	Vadym Matyushenko	12/11/2025	Fortaleza	Brazil
3	Magic Striker	Yuriy Shashurin	16/11/2025	Oran	Algeria
4	Puma Max	Jan Michael Lara	17/11/2025	Norfolk	USA
5	Energy Artemis	Vitaly Khomchenko	18/11/2025	La Plata	Argentina
6	Energy Apollo	Oleg Somko	19/11/2025	Suape	Brazil
7	Taurus	Felvin Maray	24/11/2025	Campha	Vietnam
8	Jaguar Max	Edwin Quino	27/11/2025	Cartagena	Spain
9	Virtuous Striker	Kostyantyn Borets	28/11/2025	Altamira	Mexico
10	Good Hope Max	Tirso Jr. Pesalbon	03/12/2025	Kamsar	Guinea
11	Puma Max	Jan Michael Lara	17/12/2025	Eregli	Turkey

IMPORTANT REMINDER!

Medicines and Medical Equipment

The health and safety of our crew is our top priority and having the right medical supplies on board is critical for effective response to any medical situation at sea. Maintaining adequate medicines and medical equipment ensures prompt treatment and even minor lapses in stock management can have serious consequences, especially during long voyages when shore assistance is not available.

To support this, our company has a well-established procedure to ensure all ships are stocked with medicines and equipment, that exceed flag requirements. Strict and dedicated adherence to these procedures is essential to maintain readiness and prevent complications during emergencies.

Your Role Matters: Masters and Chief Officers are responsible in ensuring medical readiness. Timely communication, careful monitoring of stock levels and strict compliance with procedures guarantee the ship is prepared to respond effectively to any medical situation.

Key responsibilities for Masters and Chief Officers:

- The Master must purchase controlled and refrigerated medicines locally, as these cannot be supplied by the office, due to various restrictions in ports.
- The Chief Officer must notify the Master well in advance when stock is low to allow timely replenishment.
- All medicines and equipment must be stored, handled and accounted for according to company procedures to ensure availability and safety at all times.

MEDICINE CHEST INVENTORY		FORM 1127 Issues
Company Name:		Revision: 1
Vessel Name:		
Vessel Flag:		
IMO Number:		
Medicine Chest Certificate Expiration Date (DDMMYY):		

This form is used to verify the 'List of Medicines' required for the ship's MEDICINE CHEST by the flag of Main: Bahamas, Bermuda and Panama as well as the MHC (World Health Organization) recommended Medicines and Equipment List included in the International Medical Guide for Ships 3rd Edition.

As per ISM - Chapter 9 - Safety and health - Chapter 10 - Medical arrangements - our purpose is to ensure that vessels are always ready to complete, qualified and medically fit seafarers and to comply with International, National and Company requirements.

Send an updated 'Medical Inventory' to the office (To Supply to: QMS/ISM) recommended Medicines and Equipment List included in the International Medical Guide for Ships 3rd Edition. Medicines will be supplied every 5 months upon receipt of which the inventory must be immediately updated with the quantities you have. It applies to all the original and stock quantity to be sent that you should enter per (2) in the Remaining On Board field. If you have 20 capsules left then you should enter one (1) in the Remaining On Board field.

Due Dates	Send To Office Form 1127	Vessel Will Be Supplied With Missing Items	Actual Medicine Chest Certificate
2025	X	X	X
2025	X	X	X
2025	X	X	X
2025	X	X	X

INSTRUCTIONS FOR INVENTORY COMPLETION:

1. Ship will verify date in the inventory must be entered and an expiration date entered in the inventory. Do not allow to be entered in the inventory or ship file structure in any way. If there are any other items present or additional items requested by the vessel that are not present in the inventory these should be entered in the Supplementary Inventory section of this spreadsheet.
2. The O.B. quantity of each item should be entered in one (1) of the boxes in present or as per (2) if the date is missing. It is the date the item is missing (D, M, Y) or (2) then its expiration date should be entered in the respective column. The date of which should agree with a corresponding medical logbook entry.
3. In the case of a medical supply unit pack containing multiple items inside, if the quantity remaining is less than 50% of the original unit pack quantity then it should not be accounted for in the inventory. For example, if a sleeping unit pack contains 50 sleeping tablets and you have 3 sleeping tablets left then you should enter zero (0) in the Remaining On Board field. If you have 3 sleeping tablets left then you should enter one (1) in the Remaining On Board field. The same applies when opening unit packs of medicines. For example, you have 10 tablets left and the original unit pack quantity is 50, then you should enter zero (0) in the Remaining On Board field. If you have 20 capsules left then you should enter one (1) in the Remaining On Board field.
4. The expiration date of each item (if there is one) should be entered in the Month/Year format MM/YYYY e.g. 12/2025. If an item does not have an expiration date then the expiration date field should be left blank.
5. Due to international regulations regarding the transport of DANGEROUS and CONTROLLED substances the following items must be identified from your equipment:
 - Controlled Substances:**
 - Cocaine - 20 Tablets
 - Morphine - 10 Ampoules
 - Diazepam - 10 Ampoules
 - Diazepam - 25 Tablets
 - Chlorpheniramine - 4 Ampoules
 - Dangerous Cargo:**
 - Alcohol Rubbing - 3 Bottles
 - Oxygen Unit as Regulator - Humidifier & Oxygen Administration Masks v1 set
 - Spare Oxygen Tank to be used with Oxygen Unit v1 tank

Refrigerated Items: (To be stored in the Hospital Refrigerator between 2-8 Degrees C)

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Learning from a Recent PSC Detention: Lifeboat Release Hook Indicators

As already advised through QHSE Alert# 12/2025, a PSC inspection by the Australian Maritime Safety Authority (AMSA) at Adelaide resulted in the detention of one of our managed vessels. While the vessel was released shortly after rectification, the case provides an important learning opportunity for the entire fleet.

The Detainable Deficiency:

The detainable deficiency was related to the lifeboat release hook indicators on both port and starboard lifeboats. It was found that the set-point alignment markings on the release hook indicators were not positioned in exact accordance with the lifeboat manufacturer's instructions at the time the lifeboats were in the reset condition prior to lifting. Although the lifeboat release system was fully functional and later confirmed to be in proper working order by the manufacturer's certified service engineer, with no impairment to the functionality, reliability, or safety of the system, this slight deviation in indicator alignment was sufficient for the deficiency to be considered detainable under PSC criteria in this case.

Key takeaway for all vessels:

Lifeboat release mechanisms must always be in accordance with the manufacturer's instructions. Reset positions, alignment markings, indicators and visual confirmations must be clearly visible, correctly aligned and free from ambiguity. This must be confirmed during drills and routine inspections.

Any uncertainty, misalignment, or deviation-no matter how minor it may appear-must be reported immediately to the Company and rectified with proper technical guidance.

This case highlights a critical point: PSC inspections assess strict compliance with maker's instructions and documented guidance, not only func-



Stbd aft hook indicator not matching before adjustment

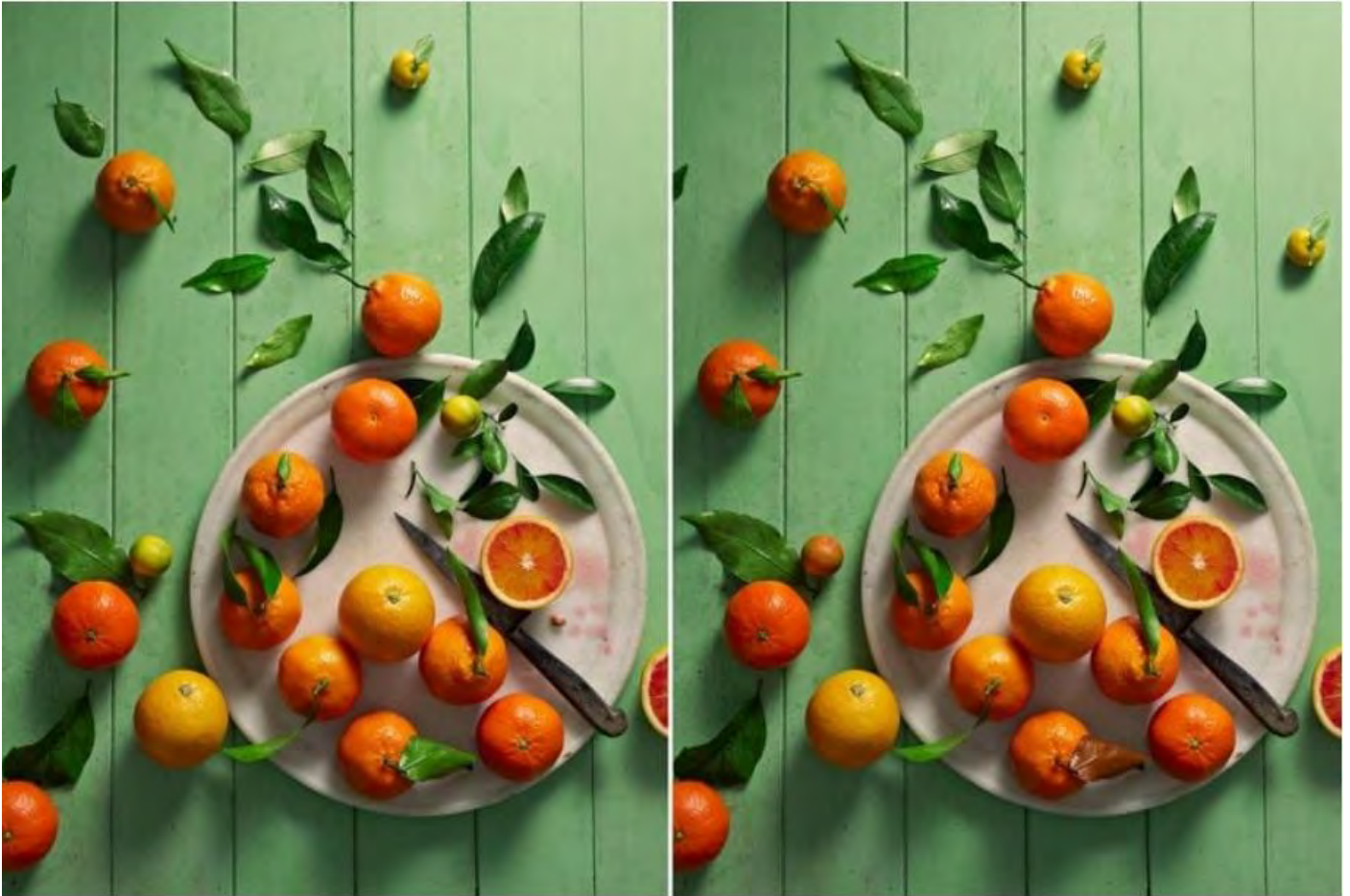


stbd aft hook indicator after adjustment

tional performance. Even minor technical deviations - particularly on lifesaving appliances that receive close scrutiny during inspections- can lead to serious consequences such as detention, regardless of whether safety is actually compromised.

Attention to detail, strict adherence to manufacturer's guidance and proactive reporting remain essential to ensuring compliance, avoiding detentions and maintaining the highest safety standards across the fleet.

SPOT THE 5 DIFFERENCES:



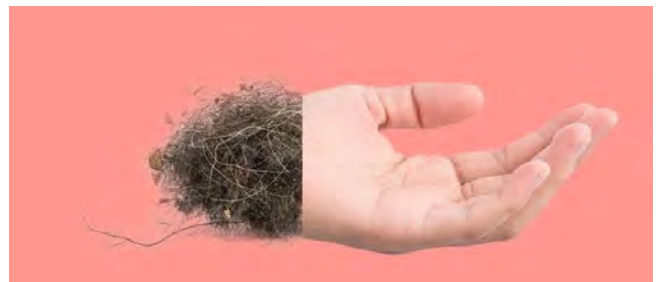
FUN FACTS:

The world's oldest wooden wheel has been around for more than 5,000 years



Talk about one old tourist attraction! This wheel was found in 2002, approximately 12 miles south of Ljubljana, the capital of Slovenia, and is now housed in the city's museum. Radiocarbon dating was used to determine the wheel's age, which is somewhere between 5,100 and 5,350 years old.

Dead skin cells are a main ingredient in household dust



According to researchers at Imperial College London, humans shed around 200 million skin cells each hour—and they have to go somewhere when we're indoors. If the idea of skin dust isn't sitting well with you, you should know that a report from the American Chemical Society found that a skin oil called squalene naturally helps reduce indoor ozone levels by up to 15%—so it's not all bad.

Global Mission Rescues 30,000 Trafficked Animals



A worldwide crackdown, Operation Thunder 2025, rescued nearly 30,000 animals from illegal trafficking across 134 countries. Authorities made over 4,600 seizures, recovering trafficked birds, reptiles, primates and even endangered big cats. The mission also uncovered major plant smuggling and illegal timber networks while identifying more than 1,000 suspects. The operation highlights just how massive the illegal wildlife trade has become.

Global temperatures dipped in 2025 but more heat records on way, scientists warn

Global temperatures in 2025 did not quite reach the heights of 2024, thanks to the cooling influence of the natural La Niña weather pattern in the Pacific, new data from the European Copernicus climate service and the Met Office shows.



But the last three years were the world's warmest ever recorded, bringing the planet closer to breaching international climate targets. Despite natural cooling from La Niña, 2025 was still much warmer than temperatures even a decade ago, as humanity's carbon emissions continue to heat the planet. That will inevitably lead to further temperature records – and worsening weather extremes – unless emissions are sharply reduced, scientists warn.

"If we go twenty years into the future and we look back at this period of the mid-2020s, we will see these years as relatively cool," said Dr Samantha Bur-

gess, deputy director of Copernicus.

Avatar's Next Chapter Takes Shape

Avatar: Fire and Ash, the third outing in James Cameron's blockbuster sci-fi adventure series, has topped the US and Canada box office on its opening weekend.

Both 2009's Avatar, which was considered groundbreaking for its revolutionary use of technology, and sequel



The Way of the Water, held on to the top box office spot for seven consecutive weeks.

The new Avatar movie dives back into Pandora with upgraded visuals, new underwater cultures, and a focus on the next generation of Na'vi. Early previews say the tech jump is wild, and the story leans harder into family, survival, and world-building.

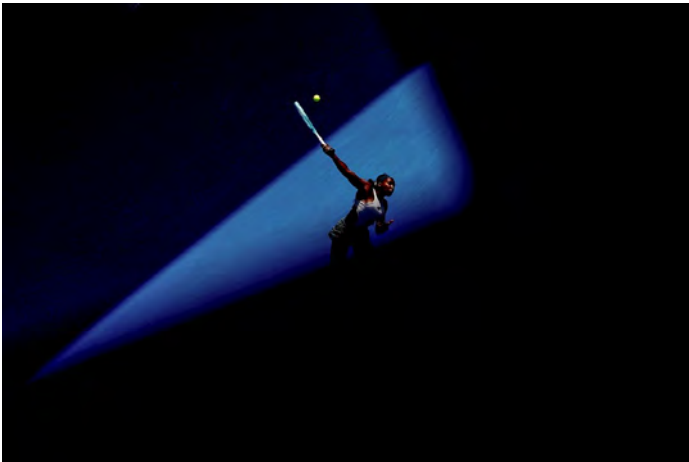
Milan-Cortina Olympic Countdown Heats Up

The 2026 Winter Olympics, known as Milano Cortina 2026, are scheduled to take place from 6 to 22 February 2026 across sites in Lombardy and Northeast Italy.



These Games will mark the first Olympic Winter Games to be officially co-hosted by two cities, with Milan primarily hosting ice events, while the remaining events will be held in clusters around Cortina. The 2026 Winter Olympics will feature 16 major winter sports, bringing together the world's top athletes in disciplines such as alpine skiing, figure skating, ice hockey, curling, biathlon, cross-country skiing, ski jumping, bobsleigh, luge, skeleton, short-track speed skating, snowboarding, freestyle skiing, and Nordic combined. Notably, the Games will also see the Olympic debut of ski mountaineering, adding a new and exciting dimension to the competition.

2025 Sporting Moments in Pictures



Coco Gauff of the U.S. in action during her fourth round tennis match against Switzerland's Belinda Bencic Tennis during the Australian Open in Melbourne Park, Melbourne, Australia, January 19, 2025.



Australia's Danielle Scott during the warm up before the women's aerials Freestyle Skiing, during the FIS Freestyle World Championships in St Moritz, Switzerland, March 30, 2025



Lightning is seen above the stadium during the Pachuca v RB Salzburg match during the FIFA Club World Cup, Group H, at the TQL Stadium in Cincinnati, Ohio, U.S., June 18, 2025



McLaren's Lando Norris in action during the Formula One F1 Emilia Romagna Grand Prix, at the Autodromo Enzo e Dino Ferrari in Imola, Italy, May 18, 2025.



Switzerland's Jean-David Duval in action for the men's 27m High Diving semifinals, during the World Aquatics Championships in Sentosa Island, Singapore, July 25, 2025.



Toyota Gazoo Racing's Seth Quintero and Dennis Zenz in action during the stage 11 Dakar Rally from Shubaytah to Shubaytah in Saudi Arabia, January 16, 2025

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

EST - New Building Orderbook

#	Hull Nr	Expected Delivery Date
1	5110 tbn Energy Delphi	December 2026
2	DE 176	November 2027
3	HN5121	December 2027

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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