



ENTERPRISES SHIPPING
& TRADING S.A.

EST Newsletter



WEDNESDAY, 01 APRIL 2026
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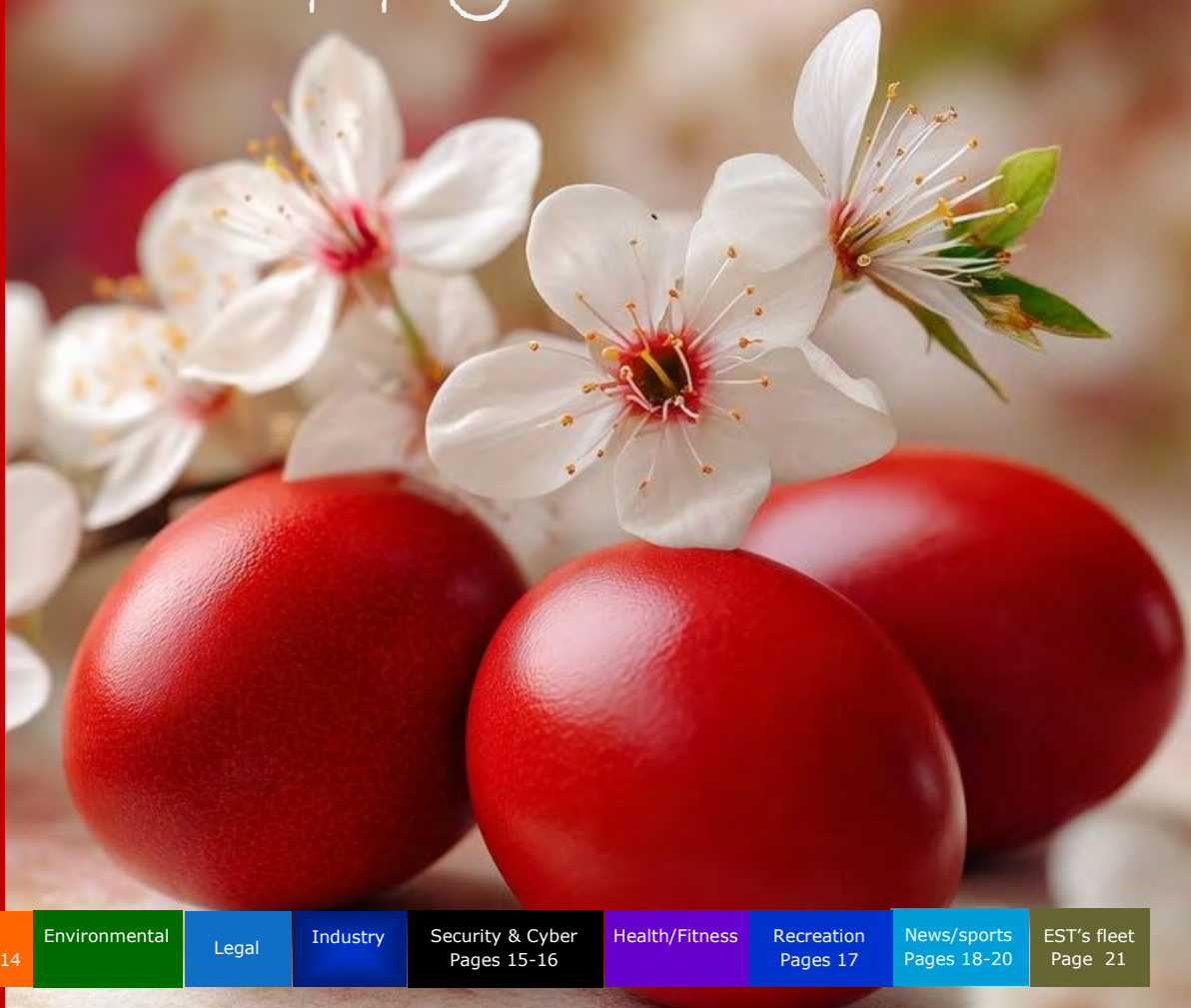
EST'S DRUG AND ALCOHOL POLICY - ZERO TOLERANCE

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.

To our seafarers and colleagues, both at sea and ashore, we extend our wishes to you and your families for a joyful and peaceful Easter, as we celebrate this season of renewal and hope.

Happy Easter!



First Aid Training Seminar at EST Premises: Promoting a Culture of Safety and Care



Mr. Sarris, President and Managing Director of ESTSA (center), with ESTSA office employees and instructor Mr. Aris Miliaras during the seminar

Emergencies can occur anytime—at home, on the road, or in the workplace—and while professional medical services are crucial, the first few minutes following an incident are often critical. Recognizing the importance of immediate response and aiming to further strengthen its proactive safety culture, the company decided to organize a comprehensive First Aid Training Seminar for its employees, as part of its ongoing commitment to health, safety, and employee well-being.

The training was conducted by Team Rescue Delta, led by instructor Mr. Aris Miliaras, and attended by 80 employees across various departments. Due to the high level of participation, the seminar was delivered in three sessions, held on 5 and 12 February and 12 March 2026.

Participants received both theoretical and hands-on training in essential life-saving skills, including

CPR, use of AED, choking response, and emergency incident handling, in line with European Resuscitation Council (ERC) standards. Through this training, employees gained the knowledge and confidence to respond promptly and effectively, whether dealing with minor injuries or more serious situations such as choking or cardiac arrest.

Beyond enhancing practical skills, the seminar also contributes to fostering a culture of care and responsibility on a human level. It empowers people to feel more confident and prepared to respond in emergency situations, not only in the workplace but also in their everyday lives. By strengthening awareness and readiness, it helps create a safer and more supportive environment for everyone.

We would like to thank Team Rescue Delta and all participants for their valuable contribution. Together, we continue building a safer and better prepared workplace!



Continue in page 3

Continued from page 2 "First Aid Training Seminar Successfully Completed:
Promoting a Culture of Safety and Care"



2025 Senior & Junior Officers Seminar Successfully Held in Manila



Group photo of seminar participants with Mr. Christoforos Bissias, Manila 2025

The 2025 Senior & Junior Officers Seminar was organized by Enterprises Shipping & Trading S.A., with the participation of the Crewing Manager and CSO, Mr. Christoforos Bissias, and held on 10 December 2025 in Manila, Philippines, with the support of Philsafe Manning Agency. This marked the first time the Company organized such a seminar with its Filipino seafarers, establishing a new platform for engagement and knowledge sharing. The seminar opened with welcome remarks by Mr. Ricardo N. Galvez Jr., President of Philsafe and brought together Senior and Junior Officers, creating a common platform for learning, discussion and exchange of views.

The one-day seminar combined physical and web participation, encouraging interaction between sea and shore personnel. Key topics included crew welfare, human rights, training and development, retention strategies as well as harassment issues and proper conduct on board, highlighting the company's strong focus on seafarer well-being.

The safety session focused on the TIES program and key safety perspectives, reinforcing a proac-

tive approach to risk management and strengthening the safety culture on board.

Operational and technical sessions covered vessel performance, CII improvement, Navision reporting, Guide2Inspections tablet/phone reporting, incident reporting, lessons learned, and the importance of planned maintenance as per Company's PMS. Updates on the new RightShip RISQ 3.2, along with related findings, inspection trends and safety practices, were also discussed.

In addition, the seminar included further familiarization with the MATHREEX Training Program, focusing on its application, learning pathways and ongoing role in crew development. Cybersecurity issues in maritime operations were also addressed.

The seminar concluded with an open discussion and closing remarks, reinforcing the company's commitment to safety, efficiency and continuous improvement across the fleet.

Enterprises Shipping & Trading S.A. extends its appreciation to all speakers and participants for their valuable contribution.

What's New in the QHSEMS?

Tankers QHSEMS (Revisions)

1. ESTSA 101 Ship_Shore Safety Checklist-v.0.6
2. ESTSA 103 Visitor And Contractor Safety Info Sheet-v.0.3
3. ESTSA 172 Safety Environmental Familiarization-v.0.4
4. ESTSA 203 Pre arrival conference check list-v.0.6
5. ESTSA 213 COW Record-v.0.2
6. ESTSA 213A COW Program-v.0.2
7. ESTSA 335 ECDIS Failure Actions Checklist-v.0.3
8. ESTSA 414 Weekly Maintenance Deck Works Report-v.1.0
9. ESTSA 420 MOORING LINES EQUIPMENT RECORDS-v.0.3
10. ESTSA 420A SMAX MOORING LINES EQUIPMENT RECORDS-v.0.3
11. ESTSA 434 BHC Test-v.0.4
12. ESTSA 435 Certificate Status List-v.0.4
13. ESTSA 470 Maintenance Cycle of Batteries-v.0.3
14. ESTSA 492 ER PreDeparture checklist-v.1.1
15. ESTSA 540 Inventory of PPE-v.0.2
16. ESTSA 801 Forms List
17. ESTSA 826 Mooring_Anchoring Audit Checklist-v.0.8
18. WIM Part III Section A _Documentation Inspections-v.0.5
19. WIM Part III Section B _Navigation-v.0.25
20. WIM Part IV Section A _SHOREBASED Contingency Planning-v.0.18
21. WIM Part IV Section B _Shipboard Contingency Plan-v.0.7
22. WIM Part IV Section C _Contingency Plan Checklists-v.0.7
23. PM Chapter 01_Policy Statements-v.0.8
3. Fuel EU Monitoring Plans (All Tankers)
4. FuelEU Monitoring Plans_Assessment Report (All Tankers)
5. VRP Core (Change 42)
6. VRP Enterprises Shipping SMFF Written Consent
7. VRP_Sister Vessel List
8. CCP Core (Change 40)
9. CCP-CoverPages
10. CCP-AppendixI-EnergyAriadne
11. CCP-AppendixI-EnergyAthena
12. Safety Label 7_Smoking locations on board
13. Smoking prevention and Health promotion policy_1
14. ESTSA 101 Ship_Shore Safety Checklist_SAMPLE
15. ESTSA 172c Engine Familiarization ETO
16. ESTSA 850_Engineering Audit
17. ECDIS ISSUES - 20 Guidance on Essential ECDIS Markings and Navigational Tools
18. ECDIS Issues - Index
19. MLC_Appendix 3_Yellow List_64th Edition_July 2025
20. OIL RECORD BOOK Part II_EST guide for correct entries
21. ENERGY DELOS_SERS

Bulkers QHSEMS (Revisions)

1. FORM 40_2 Engine Familiarization for all Engineer Officers and Engine Room Ratings-v.0.4
2. FORM 59 Annual Emergency Response Drill Guideline Chart-v.0.11
3. FORM 63 Generic Drill Form-v.0.2
4. FORM 76D Daily - UMS Check List-v.1.1
5. FORM 1136 Safety and Health Inspection-v.1.0
6. FORM 1144 Enclosed Space Rescue Resuscitation Escape Drill Record-v.0.3
7. FORM 1150 Enclosed Space Entry Permit-v.0.7
8. FORM 1150a Enclosed Space Register-v.0.2
9. FORM 1156A ECDIS Familiarization Checklist-v.0.2
10. FORM 1178 Bridge Watch Schedule-v.0.2
11. FORM 1241 Ballast and Bilge Remote Control

Tankers QHSEMS (New Uploads)

1. SEEMP Part II Revised and Approved (All Tankers)
2. SEEMP Part III Revised and Approved (All Tankers)

Continue in page 6

Continued from page 5 “What’s New in the QHSEMS?”

Valves Checklist-v.1.1

12. FORMS MANUAL INDEX-v.o.14
13. WIM_Section B_Safety and Health-v.o.11
14. WIM_Section B1_Permits System-v.o.8
15. PR11_Safety Committee Meeting-v.o.11
16. Environmental Management Manual Cover-v.o.5
17. Safety Label 2_Personal Protective Equipment PPE
18. IMPERIUS_ETB_rev02
19. TAURUS_ETB_rev02

Bulkers QHSEMS (New Uploads)

1. SEEMP Part II Revised and Approved (All Bulk-ers)
2. SEEMP Part III Revised and Approved (All Bulk-ers)
3. Fuel EU Monitoring Plans (All Bulk-ers)
4. GOOD HOPE MAX_STS
5. FORM 1271 Safety and Fire Round Checklist
6. California Non Tank Contingency Plan (Volume I-IRAM, CANT_TOC_LOEP_ROC, CANTapproval, CANTapprovedvessels)
7. FORM 86a Cargo Holds Cleaning Progress Report
8. FORM 86b Hatch Cover Watertightness Test
9. WIM_Section B1_APPENDIX A_Enclosed Space Emergency Plan
10. MV LIVORNO_BWMP_Rev01-24.10.2025-BV

Crew Management Manual

1. Office Circular 1_26
2. OFFICE CIRCULARS LIST UPDATED
3. Crew Circular 40
4. CREW CIRCULARS LIST UPLOADED TO NAVISION

Office QHSEMS (Revisions)

1. ESTSA 921 Office Visit Questionnaire-v.o.3

Office QHSEMS (New Uploads)

1. ESTSA 932 Newbuilding List
2. Training Material for First Aid Training

Reflective Learning_LET_Resilience

1. LET Confined Space Entry 2025 (Tankers)
2. ESTSA 104a Reflective Learning Training Q1_Q2 2026 (Tankers)

Safety Awareness Handbook

1. QHSE Alert 1_2026_Finger Injury during Hatch Cover Closing Operations (Bulkers Only)
2. QHSE Alert 02_2026_Starboard Anchor and Anchor Chain Emergency Release to Prevent Collision (Tankers Only)
3. QHSE Alert 03_26_Vessel Detained at Sept-Iles_Canada
4. QHSE Alert 04_2026_Unauthorized Tampering with Peplink Device and Excess Data Consumption
5. QHSE Alert 05_2026_Vessel Detained at Sept-Iles_10March2026_Canada_Post RCA (Only Bulk-ers)
6. QHSE Alerts inventory
7. QHSE SAFETY CAMPAIGN 2_2025(Bulkers)
8. Safety Update_Issue 1_2026
9. Safety Update Inventory
10. 04 2025 CLIP Prevention of Terminal Non Acceptance (Tankers)
11. 1Q_2026_Bulletin_External (Tankers)
12. Health Bulletin 01.2026_Nipah Virus_Precautionary Measures For Vessels Calling Indonesia

Regulatory Updates

1. Regulatory Update_04 2025

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.

- MV Alora, **Second Engineer Sergiy Gradinar**
- MV Alora, **Chief Officer Korniyenko Oleg**
- MV Constantia, **Chief Officer Kuznetsov Viktor**

HAZARD

vs

RISK

A HAZARD is something that has the potential to harm you

RISK is the likelihood of a hazard causing harm



UNSAFE CONDITION



BEFORE

AFTER



Hazard:

Unsecured materials stored overhead and poor housekeeping in E/R.

Risk:

Falling objects may cause injury; scattered items may lead to trips/falls.

Best Practice:

Store and secure materials properly in designated areas.

UNSAFE CONDITION



BEFORE

AFTER



Hazard:

Unsecured trolley with chemical containers.

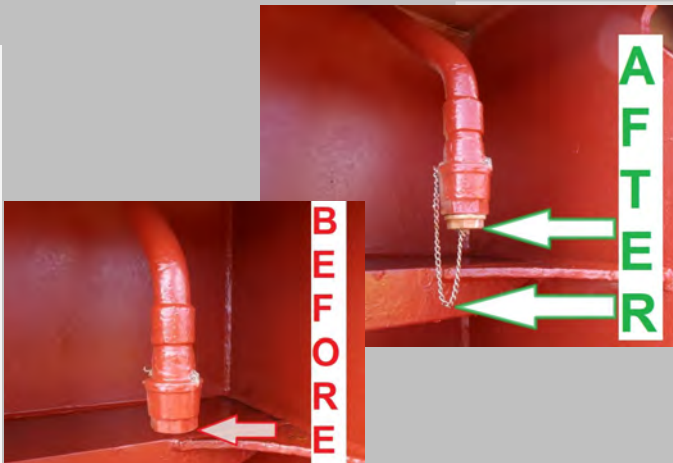
Risk:

Movement during vessel motion causing injury or spill of chemicals.

Best Practice:

Equipment must be properly secured when not in use; this is a TEMPORARY MEASURE only. All chemical containers must be returned to the Chemical Store Room immediately upon completion of use.

UNSAFE CONDITION



Hazard:

Missing closing cover on drain valve in cargo hold.

Risk:

Fire spread in case of fire.

Best Practice:

Ensure drain valve covers are in place, secured and regularly inspected.

Best Practices

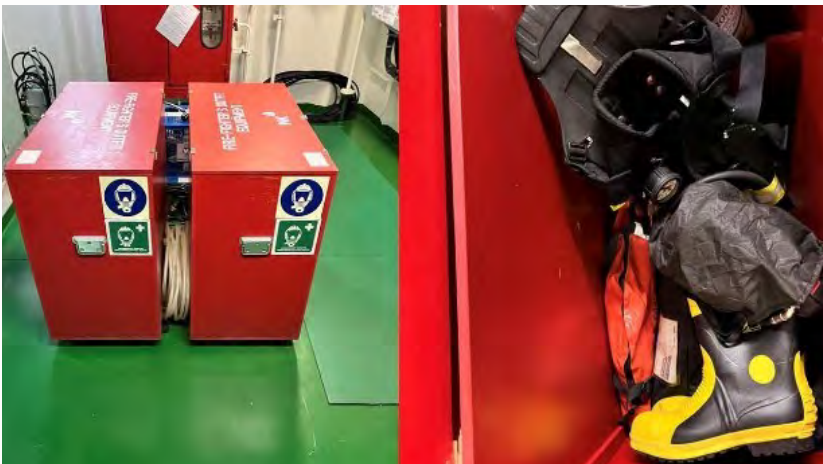
M/T Energy Athena & M/T Energy Centaur

We would like to thank **2nd Officer Anton Davydov** of **MT Energy Athena** and **Bosun Sergey Skosar** of **MT Energy Centaur** for providing us these 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.

During a routine inspection on board M/T Energy Athena, it was observed that a spare EEBD—designated to be located in the Foam Station according to the fire plan—was instead stored inside a fireman's outfit box. This could lead to delayed access and confusion during an emergency, compromising the crew's response during a fire situation. To address this, a dedicated external bracket was installed to the outer part of the fireman outfit box to ensure the EEBD is visible and readily accessible, enhancing safety and improving response time.

BEFORE



AFTER



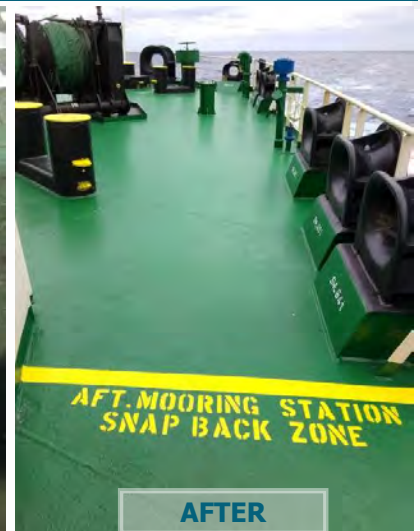
During routine inspection on board M/T Energy Centaur, it was observed that the aft mooring area on the poop deck did not have a non-slip surface and the snap-back zones were not clearly marked.

In case of rain or high humidity, crew members could slip and fall, potentially suffering serious injury. While the entire deck should be treated as a caution zone during mooring operations, clearly marked high-risk areas are essential to ensure crew safety.

BEFORE



AFTER



To address this, the deck was coated with certified non-slip material and the snap-back zones were clearly marked. These improvements enhance safety during mooring operations and help prevent accidents in hazardous areas.

Positive Observations During Sire 2.0 Inspections Across our Fleet

We are pleased to share the results of recent SIRE inspections across our fleet, where our crew members once again demonstrated exceptional professionalism, knowledge and commitment to safety.

MT Energy Delos - Motoroil SIRE

The following crewmembers were recognized for exceeding expectations during the inspection:

- * **Chief Officer Gakaev Adam** demonstrated thorough knowledge of the precautions required for securing overboard valves and sea chests. During deck rounds, these were observed to be clearly marked, locked and properly secured. He showed full familiarity with company procedures related to cargo spillage precautions, from overboard valves and sea chest.
- * **2nd Officer Goryunov Yuri** demonstrated full familiarity with the company's procedures by ensuring emergency instructions for the cargo valve actuator were clearly posted nearby. He also confirmed that installation plating had been kept removed for emergency access. His knowledge was strong and his responses were clear and confident.
- * **Engine Cadet Zaichenko Oleg** demonstrated good knowledge of the company's procedures for enclosed space entry and showed clear understanding of the precautions required prior to entry. His responses were confident and clear, reflecting a strong familiarity with the procedures.

MT Energy Dione - Maxcom SIRE inspection

The following crewmembers were recognized for exceeding expectations during the inspection:

- * **3rd Officer Ivan Kalinin** when questioned on the use of a secondary muster station in the event of an accommodation fire, he demonstrated clear understanding by correctly stating that it should be located outside the accommodation block.
- * **Oiler Stepan Alenkin** demonstrated thorough knowledge of the foam firefighting system, clearly explaining its operation and application under various scenarios.

These commendations highlight the professionalism and vigilance of our seafarers, whose actions play a vital role in maintaining safety and operational excellence across the fleet.



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.

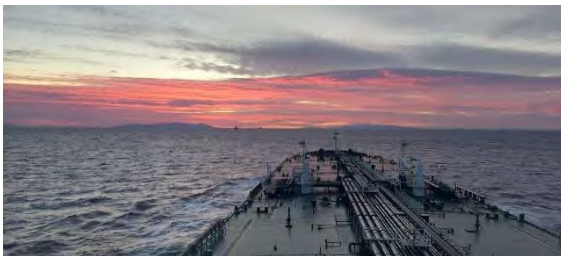
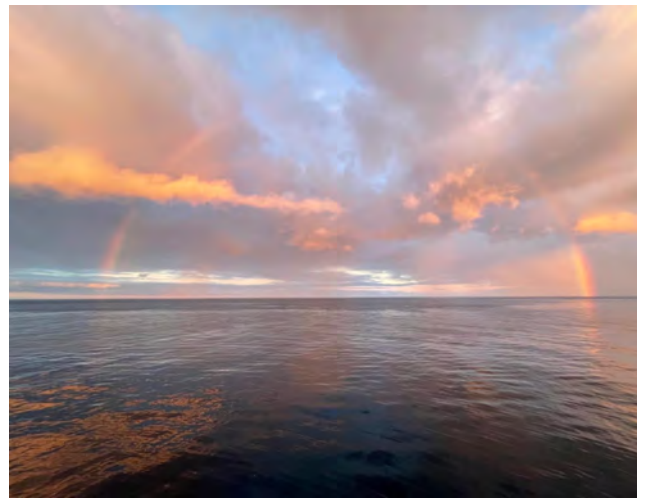
M/T Energy Dione Completes Her First Year at Sea

This month marks the first anniversary of our Good Lady M/T Energy Dione, celebrating her first year of operations and the journeys she has completed so far. Over the past twelve months, Energy Dione has sailed a total distance of 66,861 nautical miles, safely delivering approximately 8,350,000 barrels of cargo to receivers worldwide reflecting a strong operational year.

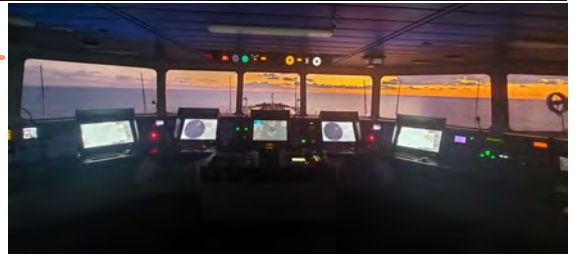
Behind these figures lies the consistent effort, professionalism, and close cooperation between the crew onboard and our teams ashore. Their continuous support, attention to detail, and teamwork have been key in maintaining safe operations and smooth voyages throughout the year.

As Energy Dione reaches this milestone, we extend our sincere thanks to everyone who has contributed to her journey. Special thanks to **Captain Maksim Malenko** for kindly sharing photos from the vessel. With a dedicated crew and strong support from the company, the vessel is well positioned for many more successful voyages ahead.

We wish the crew and the entire team continued success, smooth seas and favorable winds in the years to come!



*Beautiful
views
from MT
Energy
Dione*



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:

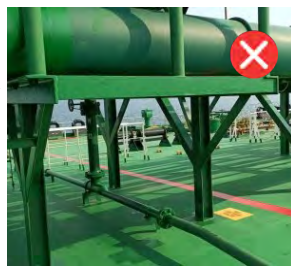
- ✓ Bosun A. Prilipko of MT Energy Triumph
- ✓ Training Officer Capt. Leonid Fedchishak of MT Energy Apollo
- ✓ Ordinary Seaman K. Tangan of MV Imperius
- ✓ Chief Officer E. Savelyev of MT Energy Dione
- ✓ Third Engineer L. Tapel of MV Panther Max
- ✓ Bosun J. Nietes of MV Puma Max
- ✓ Second Officer D. Kurbatov of MT Energy Afrodite
- ✓ Third Officer N. Karpouzi of MT Energy Centaur
- ✓ Chief Officer E. Savelyev of MT Energy Dione
- ✓ Oiler D. Dela Cruz of MV Alora

NEAR MISS

Unmarked Obstructions

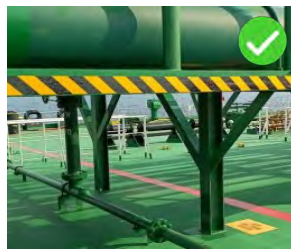
What happened:

A crew member approaching the washing line valve nearly struck his head on a low-clearance pipe support, which was not easily visible as it was painted the same color as the surrounding piping.



Risk of head injury and possible loss of balance, potentially leading to more serious injury.

Always ensure low-clearance areas are clearly marked and remain alert when working in congested spaces.



What happened:

During routine maintenance, a crew member stumbled on a bow hull structure due to limited visibility in the passage area.



Loss of balance and injury due to poor visibility of obstructions.

Ensure deck protruding structures and obstructions are clearly marked with contrasting colors to improve visibility.



UNSAFE ACT

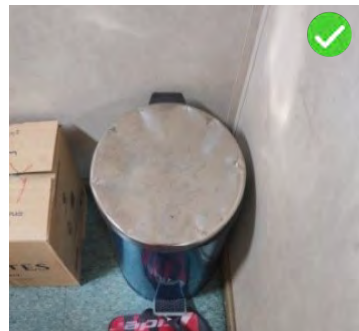
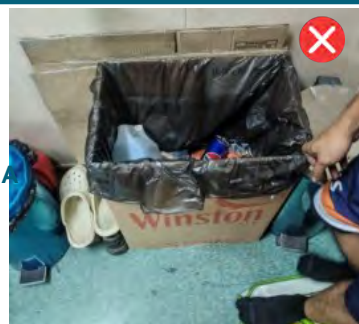
Poor Hygiene Control — Waste Bins

What happened:

Non-pedal waste bins were used in crew cabins, requiring hand contact to open the lid.

Increased risk of contamination and spread of bacteria, especially during food handling or illness.

Use pedal-operated waste bins to minimize hand contact and maintain proper hygiene standards.



UNSAFE CONDITION

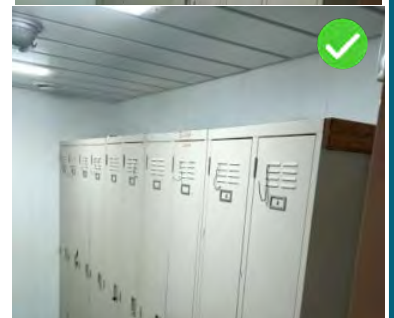
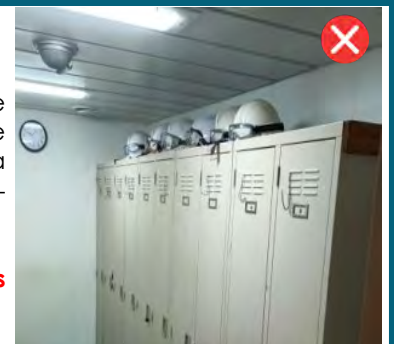
Unsafe helmet Storage

What happened:

Safety helmets were stored in an unstable position on top of a box in the crew changing room.

Risk of falling objects causing injury.

Store PPE only in designated areas and ensure items are properly secured to prevent falling.



continued from page 11 "Promoting Safety On Board - STAY SAFE..."

UNSAFE CONDITION

Unsecured Equipment Risk

What happened:

During maintenance of a ventilation fan, the circuit breaker was not properly locked and tagged.

Risk of accidental equipment start-up, leading to serious injury, electrocution or amputation.

Always apply proper lockout/tag out procedures to ensure equipment is fully isolated before any maintenance work.



UNSAFE CONDITION

Missing Fire Connection Equipment

What happened:

During routine inspection, essential components of the International Shore Connection were found missing from the box.

Risk of delayed emergency response in case of fire, increasing potential damage and danger to crew.

Ensure all International Shore Connection components are complete, properly stored and regularly verified during inspections.



UNSAFE CONDITION

Unsecured Equipment Door

What happened:

Thermometer housing doors on the bridge wings were found unsecured and in poor condition.

Risk of door movement due to weather conditions, leading to equipment damage and unreliable readings.

Ensure equipment enclosures are properly maintained and securely fastened at all times.



UNSAFE CONDITION

Damaged Breathing Apparatus Strap

What happened:

During inspection, a breathing apparatus hose strap was found damaged and detached.

Risk of breathing apparatus failure, potentially leading to loss of air supply and life-threatening consequences.

Ensure breathing apparatus is regularly inspected and all components are in good condition before use.



UNSAFE CONDITION

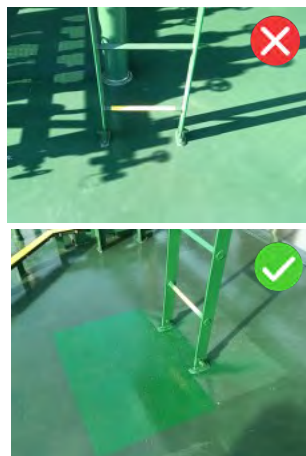
Inadequate Anti-Slip Protection

What happened:

During routine maintenance, anti-slip coating under the monitor platform ladder was found worn and ineffective.

Risk of slipping and falling during use of the platform ladder.

Ensure anti-slip surfaces are maintained in good condition and reapplied where necessary.



UNSAFE CONDITION

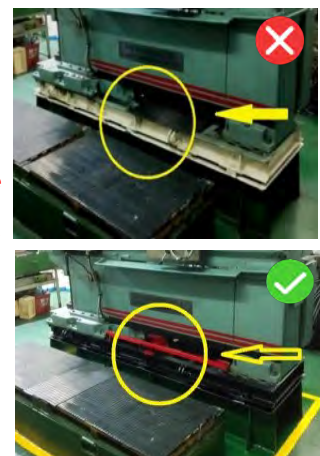
Missing Emergency Stop Control

What happened:

A lathe machine in the workshop was found without an emergency stop foot switch.

Risk of being unable to stop the machine quickly in an emergency, leading to serious injury from contact with rotating parts.

Verify that emergency stop systems are installed and fully functional on all machinery before operation.



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
January					
1	Energy Triumph	Sergey Dmitrenko	08/01/2026	Bilbao	Spain
2	Energy Achilles	Dmitry Kirillovich	14/01/2026	Algeciras	Spain
3	Citius	Efren Canares	16/01/2026	San Nicolas	Peru
4	Gladiator	Vitaliy Gubenko	20/01/2026	Constantia	Romania
5	Energy Afrodite	Feliks Somko	21/01/2026	Linden	New Jersey
6	Divinus	Mykola Gurkovskyi	24/01/2026	Kamsar	Guinea
7	Energy Artemis	Vitaly Khomchenko	27/01/2026	Callao	Peru
February					
8	Jaguar Max	Edwin Quino	11/02/2026	Pecem	Brazil

IMPORTANT REMINDER!

MLC 2006 Title 3: Accommodation & Recreational Facilities Onboard

Under MLC 2006 (Title 3), the provision of appropriate recreational facilities is an important part of supporting seafarers' well-being. Beyond compliance, it contributes directly to morale, mental balance and a positive onboard environment.

Life at sea can be demanding and the ability to relax and unwind is essential. Simple things—such as a properly functioning piece of gym equipment, a book to read, or a shared activity—can make a real difference during long periods away from home.

Masters are encouraged to take a moment to review their recreational arrangements and consider whether:

- ✓ Fitness equipment is available and in good working condition.
- ✓ Leisure items such as books, board games, cards, gaming consoles, or movies and music are available to the crew.
- ✓ Recreational spaces are clean, comfortable and inviting.
- ✓ There is a variety of options to suit different interests.
- ✓ The available facilities encourage crew to relax and spend time together.

Where improvements can be made, even small actions can enhance daily life onboard and strengthen team spirit.

Masters are kindly invited to share any suggestions or feedback for further improvement of recreational facilities onboard.

QHSE Campaign 01/2026: Fire Door Integrity Onboard Bulk Carriers

01/04/2026-30/04/2026

As part of our continuous commitment to safety, Enterprises Shipping & Trading S.A. has launched QHSE Safety Campaign 01/2026, placing the spotlight on fire door integrity onboard our bulk carriers. Running throughout April 2026, this campaign aims to strengthen crew awareness through training, enhance onboard practices and ensure that all fire doors remain fully operational ensuring compliance with safety requirements.

Why this Matters

Fire doors play a critical role in the vessel's fire protection system. They are designed to contain fire and smoke, protect escape routes and preserve the vessel's structural fire boundaries. When even one fire door fails to function properly, the effectiveness of the entire system can be compromised—putting both crew and vessel at serious risk.

Key Campaign Focus

During this campaign, inspections will be carried out with emphasis on the correct operation and condition of all fire doors onboard:

- ✓ Confirming that doors self-close fully from any position without manual assistance.
- ✓ Ensuring tight closure with no gaps or light penetration, proper alignment and intact seals.
- ✓ Eliminating unsafe practices such as wedging doors open, tampering with mechanisms, or carrying out unauthorized modifications.
- ✓ Promptly recording, reporting and rectifying any defects identified.
- ✓ Ensuring all repairs meet manufacturer requirements and Class Regulations, with no temporary fixes accepted.
- ✓ Alongside inspections, onboard training sessions will be carried out to refresh knowledge, encourage discussion and reinforce compliance with company procedures, SMS requirements and SOLAS Chapter II-2.

Crew Responsibilities

Every crew member contributes to maintaining fire integrity onboard by ensuring that fire doors remain closed when required, reporting any defects without delay, and avoiding any actions that may compromise their function. Staying alert, following procedures and actively participating in training and inspections are essential in maintaining a safe working environment onboard.



FIRE DOOR INTEGRITY – NO COMPROMISE

- Self-closing must function at all times.
- No gaps. No damaged components.
- Never wedge or improperly secure doors open.
- No temporary repairs—fix defects immediately.

“RECAAP 2025”

PIRACY AND ARMED ROBBERY AGAINST SHIPS IN ASIA (2025)



NUMBER OF INCIDENTS

132

COMPARED TO 2024

107 incidents 23% increase

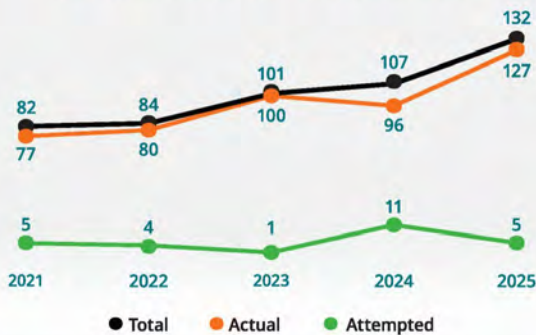


TWO PIRACY INCIDENTS



130 ARMED ROBBERY AGAINST SHIPS

NUMBER OF INCIDENTS



SEVERITY OF INCIDENTS



NO CAT 1 INCIDENT REPORTED IN 2025

2025

VS

2024

39% VS 38%

Increase in CAT 3
(perpetrators carried knives, gun-like objects & other objects to threaten rather than harm the crew)

53% VS 44%

Increase in CAT 4
(perpetrators not armed & crew not injured)

90% VS 74%

Crew not injured

81% VS 79%

Involved smaller groups of perpetrators (1-6 men)

28% VS 31%

Engine spares commonly stolen

40% VS 28%

Perpetrators escaped without stealing anything



STATUS & LOCATION

STATUS OF SHIPS



21
Anchored/Berthed



111
Underway

LOCATION OF INCIDENTS

108

SOMS

10

Indonesia

4

Bangladesh

3

India

2

Philippines

2

South China Sea

2

Vietnam

1

Malaysia

continued from page 15 "RECAAP 2025"...

STRAITS OF MALACCA AND SINGAPORE (SOMS)



NUMBER OF INCIDENTS

108

2025

CAT 2
7CAT 3
49CAT 4
48ATTEMPTED
4

TYPE OF SHIPS



- 52%** - Bulk carriers
- 23%** - Tankers
- 12%** - Tug boats towing barges
- 10%** - Container ships
- 3%** - General cargo ships

TREATMENT OF CREW



- 92%** - Crew not injured
- 4%** - Crew tied up
- 2%** - Crew injured
- 2%** - No information on well-being of crew

STOLEN ITEMS

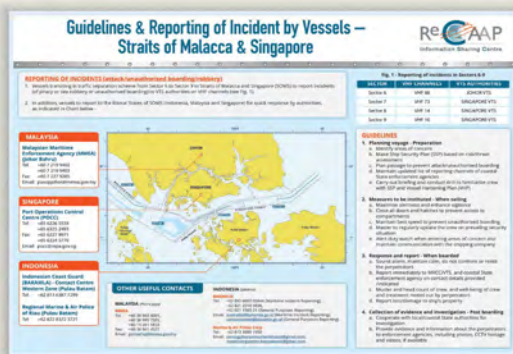


- 47%** - Nothing stolen
- 31%** - Engine spares
- 12%** - Unsecured items
- 8%** - Stores/Ship properties
- 1%** - Cash/Personal belongings
- 1%** - Not stated

TIME OF INCIDENTS



88%
 2000-0559 hrs
 in particular
 0100-0459 hrs



Report all incidents, suspicious activities and presence of suspicious small boats in the vicinity to the nearest coastal State RCC and flag State.

Refer to **Poster on updated contact details of the law enforcement of the littoral States of SOMS**



Scan to register for ReCAAP mobile app



Scan to register for Re-VAMP

For more details, refer to www.recaap.org/reports for the ReCAAP ISC Annual Report 2025.

Please also visit our website for other useful content such as Posters, Guidebooks, Mobile App & Re-VAMP (QR code for download above)

SPOT THE 6 DIFFERENCES:



FUN FACTS:

There's enough gold inside Earth to coat the planet

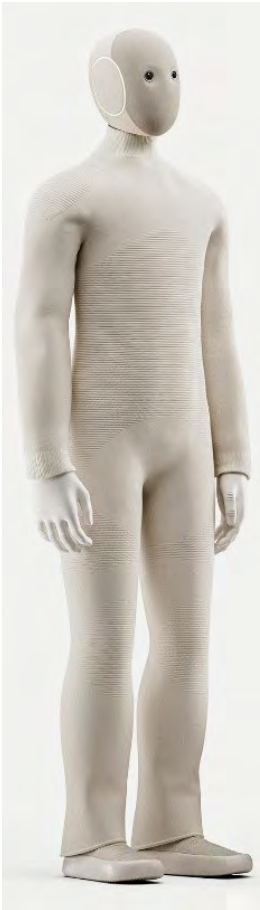


Earth really has a heart of gold: 99% of the precious metal can be found in the Earth's core, *Discover Magazine* reports. How much is there? Enough to coat the entire surface of the Earth in 1.5 feet of gold.

Japan has one vending machine for every 23 people

Japan is thought to have one of the highest densities of vending machines in the world, with an estimated one for every 23 people in the country. While most sell various types of beverages, others feature ice cream, noodles and disposable cameras.





Humanoid Robots Enter the Home

The humanoid robot NEO, developed by Norwegian robotics company 1X Technologies, is designed to assist with everyday household chores. Standing around 165 cm tall, the robot can perform tasks such as folding laundry, organizing objects, watering plants, and tidying living spaces. Powered by artificial intelligence and advanced sensors, NEO can respond to voice commands and learn routines over time. Developers hope the technology will eventually help people manage daily responsibilities more efficiently as household robotics continues to evolve.

Study Warns AI Chatbots Aren't Ready for Mental Health Counseling

A new study from Brown University highlights that AI chatbots, including LLMs like



GPT, Claude, and LLaMA, often fail to meet professional mental health standards. Even with prompts instructing them to use therapeutic approaches, they mishandle crises, reinforce harmful beliefs, and simulate empathy without true understanding. Researchers identified 15 ethical risks, including bias, poor collaboration, and safety gaps. While AI may expand access to mental health support, clear safeguards and regulations are needed before relying on it in high-stakes situations.

Punch the Monkey Wins Hearts



Punch, a baby Japanese macaque at Ichikawa City Zoo in Japan, became an internet sensation after being seen carrying a stuffed orangutan for comfort. Abandoned by his mother, zookeepers gave him the plush toy to help him cope. Videos of Punch hugging the toy quickly went viral worldwide.

Catherine O'Hara – A Beloved Comedy Icon



Catherine O'Hara was a celebrated actress and comedian known for her unique humor and memorable characters in film and television. Born in Toronto in 1954, she became famous through comedy shows like *SCTV* before starring in popular movies such as *Home Alone* and *Beetlejuice*. She

later gained worldwide recognition for playing Moira Rose in the TV series *Schitt's Creek*, a role that earned her major awards including an Emmy. O'Hara passed away in January 2026 at the age of 71, leaving a lasting legacy in comedy and entertainment.

Ozempic-like weight loss drugs may help the heart recover after a heart attack

Popular weight-loss drugs such as Ozempic, Wegovy, and Mounjaro may do more than help people shed pounds. New research suggests these GLP-1 medications could also help protect the heart after a heart attack by restoring blood flow

continued from page 18

in tiny blood vessels that often remain blocked even after doctors reopen a major artery.

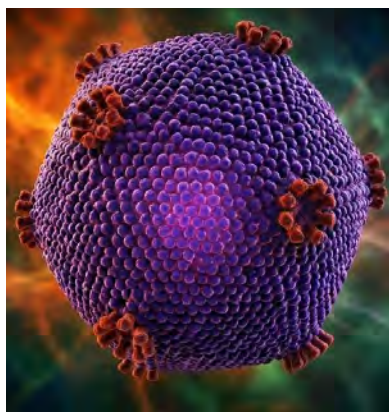
Reimagining the Sound of Sport for Deaf Fans



Sports broadcasts have traditionally relied heavily on sound, but new innovations are changing that for deaf and hard-of-hearing audiences. Researchers and designers are developing technology that transforms the sounds of sports into vibrations, visual cues, and tactile feedback. These systems allow fans to experience key moments such as goals, tackles, or crowd reactions through physical sensations and visual signals. By redesigning how audio information is delivered, sports organisations are making live events more inclusive and ensuring that the excitement of the game can be experienced by everyone.

Giant Virus Discovery Could Change What We Know About the Origin of Life

Scientists in Japan have discovered a new type of giant virus called *Ushikuvirus*. Unlike typical viruses, this one is unusually large and infects tiny organisms called amoebae. What makes it interesting is how it interferes with the cell's control center, the nucleus. By studying this process, researchers believe viruses like this may have helped shape how complex cells evolved billions of years ago. The discovery could help scientists better understand how life on Earth developed into the complex organisms we see today.



Sea Levels Higher Than Expected Raise Flood Risk

A new scientific study finds that global sea levels are already higher at coastlines than most research assumed, due to how land and water elevations have been measured. This "methodological blind spot" means past assessments underestimated baseline sea heights by about 30 cm, especially in the Pacific and South-east Asia. With sea level rise continuing, this could put tens of millions more people at risk of extreme coastal flooding than previously thought.

When to Fly and When to Book: Top Air Travel Hacks for 2026

New data from travel industry experts shows that the usual rules for cheap flights are shifting in 2026.



The most budget-friendly months to fly aren't always what you'd expect, and booking closer to your travel date — but not at the last minute — often pays off. For domestic economy flights, reserving tickets about 31–45 days before departure tends to save money compared with booking many months ahead. Midweek bookings can also help slash costs.

Sugar Drops May Reduce Pain in Babies During Medical Procedures

A new scientific review suggests that a small amount of sugar solution can help reduce pain in babies during hospital procedures such as blood tests or



injections. Researchers analysed 29 studies involving more than 2,700 infants and found that babies given sucrose experienced less pain during and shortly after needle procedures compared with those given water or no treatment. The simple, low-cost method works quickly, though experts say more research is needed on long-term effects.

Norway Dominates the 2026 Winter Olympics

Norway delivered an outstanding performance at the **2026 Winter Olympics in Milan–Cortina**, finishing at the top of the medal table with a record-breaking 41 total medals, including 18 gold. The United States secured second place with 33 medals and a record 12 golds for the country, while host nation Italy achieved its best Winter Olympic performance with 30 medals. Norway's continued dominance highlights the nation's strength in winter sports and marks the third consecutive Winter Games in which it has topped the medal standings. Enjoy a selection of photos from the Milano–Cortina 2026 Winter Olympics.



Alysa Liu Wins Gold as Petrosian Breaks Record

American figure skater Alysa Liu secured the gold medal with a powerful and consistent performance, standing out among the world's top competitors. Russian skater Adelina Petrosian also captured attention during the event by landing record-breaking jumps, pushing the technical limits of women's figure skating. The competition highlighted both athletic precision and the rapidly rising technical level in the sport.



At the 2026 Winter Olympics in Milano–Cortina, speed skating delivered big moments. Norway's Sander Eitrem smashed the Olympic record in the men's 5,000 m race en route to gold, breaking the 6-minute barrier and setting a new benchmark for the sport. On the women's side, Italy's Francesca Lollobrigida claimed gold in the 5,000 m in a dramatic finish on home ice, her second Olympic title of the Games a historic achievement for the host nation.

	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	HN 5110 tbn Energy Delphi	December 2026
2	DE 176	November 2027
3	HN5121 tbn Energy Daphne	December 2027
4	HN5134 tbn Energy Danae	October 2029

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.



Enterprises Shipping & Trading S.A.

11, Poseidonos Avenue, Elliniko,
GR 167 77, Athens.

Tel: 0030 210 8910111
Fax: 0030 210 8945716
E-mail: ism@ensh.com
www.ests.gr

Editing Team:

ak: Anastasia Kitso
ats: Anna Tsismeloglou
bp: Bella Politis
cb: Christoforos Bissias
gr: Georgia Rina
kg: Katerina Gemidopoulou
op: Orestis Perilis
nts: Nikol Tserkezou
sz: Sofia Zogana