



Gard Crew Claims Report 2025: Key trends in seafarer health and safety

Gard has today released its second Crew Claims Report, outlining key trends and developments in seafarer injuries, illnesses and fatalities worldwide. Drawing on claims data from 2024 and insights from over 6,000 seafarers, the report reveals a troubling increase in crew deaths and emphasizes the need to further prioritise mental and physical wellbeing at sea.

Published 25 June 2025

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The Gard Crew Claims Report is based on a comprehensive review of all crew claims registered under Gard's P&I mutual portfolio during 2024 – around 3000 cases in total – drawing comparisons from previous years to identify key trends and variations.

To complement the claims data, insights for the report are also drawn from Gard's Crew Wellbeing Survey from 2024, which includes responses from over 6,000 seafarers across 46 nationalities, exploring factors such as physical health, mental wellbeing, rest and social support.

Rise in seafarer fatalities

Among the report findings is a 25% rise in the frequency of crew death claims in Gard's P&I mutual portfolio when comparing the three years following the Covid-19 pandemic to the three years before it.

"This is a highly concerning development, and one we will monitor closely to see if there are underlying issues that need to be addressed," said Lene-Camilla Nordlie, Vice President and Head of People Claims at Gard.

Other key findings include:

- Illness is the leading cause of deaths. 83% of the crew fatalities registered in 2024 were related to illness.
- Stress is a key factor: 8 out of the 10 most common illnesses among crew can be caused or aggravated by stress.
- Suicide rates remain concerning: The number of suicides among crew exceeded the number of fatal accidents, according to Gard's data.

"This underscores the importance of having a stronger focus on mental health and wellbeing at sea," said Nordlie. "While some stressors can be handled by seafarers themselves, many factors are controlled or influenced by companies and authorities."

Preventing accidents

Christen Guddal, Chief Claims Officer at Gard, highlighted that there is a strong link between the health and wellbeing of seafarers and operational safety at sea.

"Getting enough rest, having good social support, being part of a team – all of this impacts your state of mind and situational awareness."

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“At Gard, we strongly believe that prevention is better than cure. Many of the incidents we handle every year could have been avoided. With this report, we aim to shine a light on the real-life challenges of life at sea and encourage meaningful conversations and tangible health and safety improvements across the maritime industry,” Guddal added.

Free medical help for seafarers

Guddal also emphasized the importance of the [Mariners Medico Guide](#) – a freely available medical app developed by Gard in collaboration with leading health experts. Designed specifically for seafarers, the app contains guidance on both mental and physical symptoms, making it easier for crew members to seek help when they need it.

Rolf Thore Roppestad, CEO of Gard, welcomed the report:

“Seafarers are the backbone of global trade, and their health and safety should be a priority for all of us. By sharing this data and insight, we hope to raise awareness, support better decision-making, and to further strengthen the industry’s commitment to those who keep the world trade moving.”

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