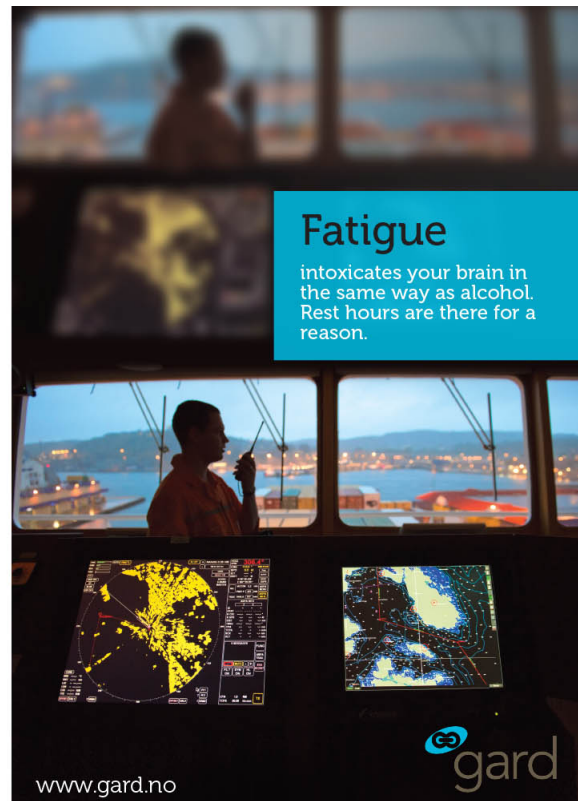


FATIGUE OR DRINKING ALCOHOL

WHICH IS MORE
DANGEROUS AT SEA?



Fatigue can endanger lives

Fatigue or drinking alcohol – which is more dangerous at sea? The answer is they are both equally dangerous.

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Fatigue, also known as excessive tiredness or exhaustion, can impair judgement, response time and performance, which are very similar to the effects of a moderate intake of alcohol. We need to recognise the dangers of fatigue and ensure that rest hours are not limited to a paper exercise. By making fatigue management a part of our safety culture, we can help minimise the number of accidents and the loss of lives.

To learn more:

- [Fatigue and the modern seafarer](#) , Gard Insight
- [IMO Guidelines on Fatigue, IMO MSC/Circ. 1589](#)
- [gard_poster1_Fatigue_lores+%28ID+367620%29.pdf](#) , Loss Prevention poster