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**Anleitung zur Gesundheitspflege  
Auf Kauffahrteischiffen**

Chapter Attach. B No.

**17. Seasickness (Kinetosis)**

<p><b>General:</b> Seasickness threatens the safety of ship and crew!</p> <p><b>Symptoms:</b></p> <ul style="list-style-type: none"> <li>• Chills, yawning, tiredness, headaches, lack of appetite. (~ 80 % of seamen)</li> <li>• Indifference, indecision, depression, sluggishness, vomiting.</li> <li>• Exhaustion, physical and psychological disintegration, hallucinations, circulatory failure, risk of suicide (~10 % of seamen)</li> </ul> <p><b>Enhancing factors:</b></p> <ul style="list-style-type: none"> <li>• Bad weather</li> <li>• Work, e.g.:           <ul style="list-style-type: none"> <li>in engine room</li> <li>at radar screen</li> <li>at navigational charts</li> <li>caring for sick</li> <li>cooking</li> </ul> </li> </ul> <p><b>People particularly at risk:</b></p> <ul style="list-style-type: none"> <li>• Diabetics who must inject insulin</li> <li>• People with stomach illnesses</li> <li>• People with kidney illnesses</li> </ul>	<p>B.2.4.</p>	
<p><b>Preventive measures:</b></p> <ul style="list-style-type: none"> <li>• <b>Every crew member must know about the susceptibility of each individual.</b></li> <li>• <b>The activities</b> which experience has shown <b>each individual to be capable of performing without restriction</b> must be known.</li> <li>• <b>The activities which an individual may perform only conditionally or for a limited time</b> must be known.</li> <li>• Susceptible seamen should have found out which of the many <b>medications</b> offered are best for them individually and be aware of the side effects and <b>have taken it before onset of the sickness.</b></li> <li>• <b>Alcohol should be avoided for 24 hours before the start of the voyage.</b></li> <li>• Mutual monitoring of the crew for the first signs of seasickness</li> </ul>		
<p><b>Treatment:</b></p> <ul style="list-style-type: none"> <li>• Work on upper deck as much as possible.</li> <li>• Balance out ship movements as much as possible while standing.</li> <li>• Avoid enhancing factors.</li> <li>• Take medication in due time.</li> <li>• Drink a lot of mineral water and eat light (porridge, pretzel sticks).</li> <li>• Compensate for salt loss in cases of massive vomiting.</li> <li>• For advanced seasickness:           <ul style="list-style-type: none"> <li>Allow to sleep, below deck, lying horizontally on the back and secured from a fall from the bunk. If there is loss of conscious, stable lateral position.</li> <li>Monitoring of vital functions.</li> <li>Psychological treatment.</li> <li>Continuous monitoring for risk of suicide.</li> </ul> </li> <li>• Prepare hygienic measures: e.g., have seasick bags, cellulose ready.</li> <li>• Forbid alcohol.</li> </ul>		<p>7.01, 7.02, 7.03</p> <p>3.07</p>
<p>Further measures: If there is particular risk due to other acute illnesses, consult physician before giving medication. Try to remove from ship in the case of massive psychological disturbances.</p>		