



TEACHER'S MANUAL

Course:

Occupational Safety Onboard

Part IV - Mental and social risks

TEACHER'S MANUAL

The purpose of the teacher's manual is to assist teachers in organizing and introducing training courses. It is not the intention of teacher's manual to provide teachers with a rigid teaching package which they are expected to "follow blindly", because national educational systems, groups size and the cultural backgrounds of trainees in maritime subjects vary considerably from country to country. The teacher can choose suitable parts for target group and can even make changes that are needed to achieve the learning outcomes.

The teacher's manual has been designed to give ideas how to use material developed in the OnBoard Med – project. Teacher's manuals content is: objectives, content, target group and student's amount, implementation and learning methods, assessment, learning process (summary) and tips for the teacher.

Occupational Safety On Board – Mental and social risks, 1 ECTS = 27 hours

OBJECTIVES

Psycho-emotional factors appearing on board can affect the health of all the crew members. Work in close space, away from home, with the same people for long period of time can influence the individual reactions on stressors and ability to participate in work processes. The ability to recognize and cope with psycho-emotional problems on board is important for the health of the crew.

CONTENT

The course is a part of educational program on occupational safety and risk assessment onboard. The course provides training in recognizing signs of psycho-emotional problems in crew members, teaches to analyze and identify the reasons and gives clues in solving the problem.

The participants should learn what the main mental and social risks are on board; how to identify the problem; how to react to the situation; and prevention possibilities. Topics of the course are: psycho-emotional burnout, fatigue, stress, long working periods, sleepiness, sleep disturbance, poor communication, multinational team, isolation, violence, procedures necessary for keeping good mental health and wellbeing of the crew on board.

TARGET GROUP AND STUDENT AMOUNT:

Mariners, service personnel on board, and ship nurses. For the group work the limitation is 6 students.

IMPLEMENTATION

- E-learning:
 - o Reading of the learning materials

- Lecture material (pp)
- Online discussion in groups with and without supervision of psychologist (groups can differ by target group)

ASSESSMENT

- lecture material – done
- group work online – document created by group sent before deadline
- online discussion with psychologist – done

LEARNING METHODS

eLearning is learning utilizing electronic technologies to access educational material outside a traditional classroom. eLearning can be f. ex. online videos, lectures, discussions, teacher consultation, e-testing.

Exercise is an activity carried out for a specific purpose in online or face to face and can be individual or group exercise. F. ex. pre tasks, classroom exercise, model answer questions.

Lecture: an educational and theoretical talk to the students which should be interactive. When the instructor incorporates engagement triggers and breaks the lecture at least once per class to have students participate in an activity that lets them work. The engagement triggers capture and maintain student attention and allow students to apply what they have learned or give them a context for upcoming lecture material. Lecture can be online, video lecture or face to face.

Skill lab provides students with an opportunity to learn and develop the skills essential to nursing / maritime practice within a supportive and safe environment.

Simulation is a form of experiential learning. Where teacher sets problems, events or scenario that can be used for training students, how to behave in authentic situation within a supportive and safe environment. It includes introduction, simulation and debriefing.

Workshop is a period of practical work on a particular subject in which a small group of people share their knowledge or experience. Workshop can also be like learning café where you develop new ideas or approaches to specific subject.

SUMMARY

CONTENT	TIME	LEARNING METHODS and MATERIAL	ASSESSMENT
Pre-work: - Introduction - Main psycho-emotional and social hazards for mariners - Human reactions on stress - Fatigue and its effects on work process - Violence at work - Isolation - Communication problems	10 h	Reading	done
- Exhaustion disorder and work stress - Assessment and prevention of psycho-emotional problems	3 h	Lecture material (pp)	done
Group work	6 h	Group work online (4-5 persons per group, preparation of the document)	document sent before deadline
Group work under the supervision of the psychologist	8 h	Solving training situations under supervision of psychologist	done

TIPS FOR TEACHER

- Training situations for discussion under supervision of psychologist can include:
 - o long working periods, fatigue,
 - o sleepiness, sleep disturbance, alertness,
 - o multi-national team and communication problems,
 - o isolation,
 - o violence at work (among the staff, from clients/passengers, etc.)
 - o and similar topics about psycho-emotional problems related to work.
- Before the discussion students should make their own list of psycho-emotional problems they have experienced during their work, have heard from colleagues or at least suggest the presence of such situations onboard. The problematic situations should be described as well. Then students should participate in the videochat in small groups (up to 4-5 persons) to discuss the topic together, find the solution and learn the correct way how to react in certain situation. Videochat can be substituted to face-to-face meetings or consultations with the psychologist, or simple chat without video (if videochat is not acceptable by participants due to sensitive psychological reasons).

- To make the discussion easier teacher can use the hints for teaching (Facilitator notes) from the website <https://landing.videotel.com/seafarerwellbeing/thank-you-page-247FZ-5093PQ.html?> (available after registration)
- In parallel, as students read the provided material before the videochat, they can make remarks in their personal diary to ask questions later during the discussion.

List of provided materials

Lecture material "Mental and social risks"

"Harassment and violence in the workplace – OHS requirements for workers and employers"

Brochures available for download from <https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health>

Pre-task template (MS Word document)

Additional literature

Healthy workers, thriving companies – a practical guide to wellbeing at work. Tackling psychosocial risks and musculoskeletal disorders in small businesses (downloadable <https://osha.europa.eu/en/tools-and-publications/publications/healthy-workers-thriving-companies-practical-guide-wellbeing/view>)

<https://osha.europa.eu/en/themes/psychosocial-risks-and-stress>

<https://www.seafarerswelfare.org/seafarer-health-information-programme/good-mental-health>

<https://landing.videotel.com/seafarerwellbeing>

RECOMMENDED REQUIREMENTS FOR TEACHERS

The teacher should be familiar with management of psychological problems (education in psychology or medicine is preferred).

Topic leader:

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