

MDK 200 – Homework #2

1. Describe the 3 basic Accident Categories:
2. What is the Definition of Crew Endurance?
3. List 3 of the 6 risk factors which affect employee endurance.
4. What are the dietary items to stay away from to combat Fatigue?
5. What are 3 stress items that increase fatigue?
6. How much sleep does a person need in a 24 hour period to reduce fatigue?
7. How is Sleep Debt made up?
8. What is Sleep Inertia?
9. What is the Hormone produced by the body to induce sleep?
10. Where is this hormone produced?
11. What is the definition of “Rest” in the 2010 Amendments to STCW?
12. What is the MINIMUM hours of rest required in a 24 hour period by 46 CFR 15.111?
13. What is the MINIMUM hours of rest required in any 7 – day period under the 2010 Amendments to the STCW Convention?
14. What are the MINIMUM Rest Hours required by the Maritime Labour Convention?
15. IS the US a part to the Maritime Labour Convention?
16. Can the MLC be applied to US Flag Vessels?
17. What is the MINIMUM Rest Hours required by 46 USC 8104 (c) for Towing Vessel operated on the Great Lakes?
18. List the 8 Tips for new supervisors:
19. Why is delegation important?
20. Why is it important to be consistent?
21. Is it ok to go up the street and have only 1 beer with members of the Unlicensed Crew? Why or why not?
22. Should you always rush in to solve every problem your crew has? Why or why not?
23. Is it ever ok to lower your expectations for a non-performing employee? Why or why not?
24. Why should you set the example?
25. Why is it important not to get too high or low emotionally?