



PIU' ORE...

DELL' OROLOGIO



Maritime Labour
Convention 2006

Convention 2006 ha incorporato la Convenzi





in un periodo di 7 giorni con un massi



oppure...

seconda della bandiera scelta dall'armatore

in un periodo di 7 giorni con un minimo



facciamo due conti:

ORIENTAL SWL 5T 21-85

se una settimana ha 168 ore, mese ha 720 ore, un anno ha 8760 ore



RECORD OF HOURS REST :

Sep-2019
ILO Rest(MLC)

Vessel : PROMETHEUS ENERGY
IMO No : 9801988
Flag : Marshall Islands

Seafarer(Full Name) : ANDRADE P JOFFER JOHN
Position(Rank) : ABLE BODIED SEAMAN
WatchKeeper : NO

Date	Period of work are shaded																								Hours of Work in 24h Period	Hours of rest in 24h period	Comments	Not to be Completed by the Seafarer		
	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23				Minimum Hours of Rest in any 24h Period	Minimum Hours of Rest in any 7 day period	
01-Sep-2019																										10.50	13.50	Vessel Drifting in Nigeria	13.50	94.00
02-Sep-2019																										8.50	15.50	Cargo ops.	11.00	96.00
03-Sep-2019																										14.00	10.00	Cargo ops.	10.00	95.00
04-Sep-2019																										10.00	14.00	Dep Okwori	10.00	95.00
05-Sep-2019																										10.50	13.50	At Sea	13.50	95.00
06-Sep-2019																										10.50	13.50	At Sea	13.50	95.00
07-Sep-2019																										10.50	13.50	Drills & At Sea	13.50	93.00
08-Sep-2019																										8.50	15.50	At Sea	13.50	95.00
09-Sep-2019																										10.50	13.50	At Sea	13.50	93.00
10-Sep-2019																										10.50	13.50	At Sea	13.50	97.00
11-Sep-2019																										10.50	13.50	At Sea	13.50	96.00
12-Sep-2019																										10.50	13.50	At Sea	13.50	96.00
13-Sep-2019																										10.50	13.50	At Sea	13.50	96.00
14-Sep-2019																										10.50	13.50	Drills & At Sea	13.50	96.00
15-Sep-2019																										8.50	15.50	Drills & At Sea	13.50	96.00
16-Sep-2019																										10.50	13.50	At Sea	13.50	96.00
17-Sep-2019																										11.50	12.50	At Sea	12.50	95.00
18-Sep-2019																										10.50	13.50	Anchorage at Castellon, Spain.	12.50	95.00
19-Sep-2019																										10.50	13.50	Anchorage at Spain	13.50	95.00
20-Sep-2019																										10.50	13.50	Anchorage at Spain	13.50	95.00
21-Sep-2019																										10.50	13.50	Anchorage at Spain & Drills	13.50	95.00
22-Sep-2019																										8.50	15.50	Anchorage at Spain	13.50	95.00
23-Sep-2019																										10.50	13.50	Cargo ops in castellon	10.00	95.00
24-Sep-2019																										12.00	12.00	Dep Castellon	10.00	95.00
25-Sep-2019																										8.50	15.50		14.00	97.00
26-Sep-2019																										10.50	13.50	At Sea	13.50	97.00
27-Sep-2019																										10.50	13.50	At Sea & Safety meeting	13.50	97.00
28-Sep-2019																										10.50	13.50	Vessel Drifting & Drills	13.50	97.00
29-Sep-2019																										8.50	15.50	At Sea & Cargo meeting	13.50	97.00
30-Sep-2019																										11.00	13.00	Cargo ops	13.00	96.00
	00	01	02	03	04	05	06	07	08	09	10	11	12	13	14	15	16	17	18	19	20	21	22	23	309.00	411.00				

oro e di riposo vengono registrate in

e dovrebbero riflettere la realtà

The following national laws, regulations and/or collective agreements governing limitations on working hours or minimum rest periods apply to this ship :

I AGREE THAT THIS RECORD IS AN ACCURATE REFLECTION OF THE HOURS OF WORK OR REST OF THE SEAFARER CONCERNED

Name of master or person in charge of vessel: MOHAMMED ASHRAF MOHAMMED SHAJI

Signature of master or authorized person:

Signature of seafarer

A copy of this record is to be given to the seafarer. This form is subject to examination and endorsement under procedures established by :

Marshall Islands

(name of competent authority)



ifica degli Ufficiali di PSC ma anche d



al giorno, tutto il resto è considerata



straordinarie quelle lavorate al sabato



Elettra Sincrotrone Trieste

JUNE / GIUGNO 2019

	MON	TUE	WED	THU	FRI	SAT	SUN
22	27	28	29	30	31	01	02
23	03	04	05	06	07	08	09
24	10	11	12	13	14	15	16
25	17	18	19	20	21	22	23
26	24	25	26	27	28	29	30

rato 10 ore al giorno, ho fatto in totale

	LUN	MAR	MER	GIO	VEN	SAB	DOM
27	01	02	03	04	05	06	07



MAY / MAGGIO

	18	19	20	21	22
MON / LUN	06	13	20	27	
TUE / MAR	07	14	21	28	
WED / MER	01	08	15	22	29
THU / GIO	02	09	16	23	30

JULY / LUGLIO

	27	28	29	30	31
MON / LUN	01	08	15	22	29
TUE / MAR	02	09	16	23	30
WED / MER	03	10	17	24	31
THU / GIO	04	11	18	25	



ma a volte alcune ore lavorate
"si perdono"

pio, non salgono a bordo né si stivano

FILE No. 12-1

POLARIS DENİZCİLİK SANAYİ VE TİC. LTD. ŞTİ.
PROVISION REQUEST - KUMANYA TALEP

NO	UN	ADI	NAME	ORDER UNIT	QUANTITY
001		TEREYAĞI	WHEAT FLOUR (WHITE)	KG.	20
002		KURU SOĞAN	BUTTER	KG.	3
003		PATATES	POTATOES	KG.	30
004		ISALAM	BEF SALAMI	KG.	30
005		OSIS	EGG FRESH (MEDIUM)	KG.	3
006		MURTA	MILK POWDER	KG.	3
007		UZU	INSTANT COFFE	KG.	300
008		YIR	WHITE CHEESE-FETA	PCS.	1
009		Y	YELLOW CHEESE-GOUDA	KG.	15
010		AMIR	OLIVES BLACK	KG.	15
011		Y	JAM , CHERRY	KG.	10
012		Y	WHITE NAVY BEANS	KG.	5
013		Y	CRACKED RICE	KG.	10
014		Y	SPAGHETTIES	KG.	15
015		Y	TOMATO KETCHUP (500ML)	KG.	10
016		Y	CONDENSED TOMATO SAUCE (500ML)	KG.	5
017		Y	GRAPE BIG SIZE	KG.	10
018		Y	Y	KG.	15





bunkeraggio avvengono senza che ci sia i

Il personale che non è di guardia in q



tempi di lavoro, spesso non sono regist





stress, spesso le ore extra non vengono



Thank you
itf to all itf
Seafarers

DAY OF THE SEAFARER
25 JUNE

sono:

ORE NASCOSTE

domande e
risposte

