

Marine Safety Forum – Safety Flash 14-09

Issued: 1st April 2014

Subject: Crew Member Injured In Gymnasium

A crew member was recently injured in the gymnasium while serving onboard a company owned vessel. The vessel was tied up alongside at the time of the incident. The crew member was performing “Bicep Curls” with a Kettle bell when he felt pain in his left Bicep. Later that day, extreme bruising was observed on his bicep and surrounding area.

Causes

A contributing factor to this injury was, the crew member was using the wrong equipment for this particular exercise and as a result his left bicep ruptured causing a lot of pain and extreme bruising.

Actions taken and/or planned (by the submitting company)

Crewmember stopped training immediately. He was assessed by a doctor onshore and was declared unfit for work. The crew member returned home to undergo surgery on his arm and was put on sick leave for 3 months.

Recommendations

All crew members are reminded that gymnasiums can be a dangerous place if not used correctly and at appropriate times.

1. Warm up / Cool down correctly
2. Use all gym equipment correctly in the manner they are designed for
3. All types of gym equipment must be risk assessed prior to use
4. Take weather conditions into consideration before using equipment / the gym



Crew Members Arm



Equipment Used

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