

# MEMBER ALERT



Shipowners Claims Bureau, Inc., Manager  
One Battery Park Plaza 31<sup>st</sup> Fl., New York, NY 10004 USA  
Tel: +1 212 847 4500  
Fax: +1 212 847 4599

<https://www.american-club.com>

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## **HEALTH SPOTLIGHT: *SUN EXPOSURE & DEHYDRATION***

As warmer seasons approach, managing sun exposure and dehydration becomes safety critical for those working on and off vessels. In recognition of this, the American P&I Club - in cooperation with [Medical Solutions Services](#) (MSS) – has published its first USCG Tac Plus Newsletter of 2025: [Health Spotlight: Sun Exposure & Dehydration](#).

The newsletter outlines the risks associated with sun damage and heat-related illnesses and offers practical prevention strategies. These strategies emphasize the importance of regular sunscreen application, protective clothing, hydration, and awareness of medication-related sensitivities. It also provides guidance on recognizing early signs of heat exhaustion and dehydration, along with first aid measures and best practices to reduce risks during high-heat conditions.

*Health Spotlight* is part of the Club's USCG TAC Plus Service, offered in partnership with MSS and designed to promote wellness awareness among US seafarers. Members should take note of this information and be guided accordingly. The Club thanks MSS for providing this valuable guidance.