

CIRCULAR

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NOVEMBER 30, 2004

CIRCULAR NO. 24/04

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TO MEMBERS OF THE ASSOCIATION

Dear Member:

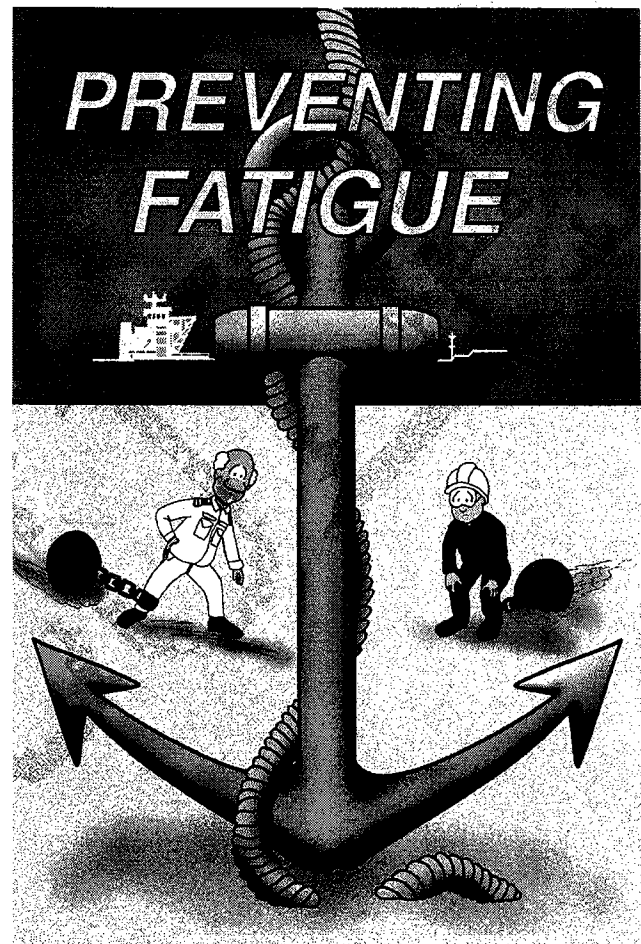
AMERICAN CLUB PUBLICATION — *PREVENTING FATIGUE*

The Managers are pleased to announce the release of a new Club publication: *Preventing Fatigue*. Being aware of fatigue and overcoming its effects are surely among the best ways of preventing accidents at sea. The American Club has long held this view as a central part of its loss prevention mission aimed at reducing the incidence and severity of claims.

The Club has produced this booklet as an easy-to-read and user-friendly publication for seafarers as a means of familiarizing themselves with the risks of fatigue. *Preventing Fatigue* is derived from the observations contained in the International Maritime Organization's publication, *Guidelines on Fatigue*.

It is a widely-held misconception of the modern era that complexity is synonymous with sophistication and effectiveness. By contrast, *Preventing Fatigue* is the antithesis of complexity. Its at-a-glance format, made memorable by an undercurrent of humor, imparts a serious message that everyone can understand and absorb. Most importantly, the message is one we hope which will have a genuinely positive effect on reducing the effects of fatigue as a root cause of human error in maritime accidents. The Club believes this will have a measurable impact on reducing accidents in the years ahead.

The Managers will make copies available "free of charge" to all Members for distribution on board ship, with additional copies for shore-side operations.





Further information

For further information regarding this publication, please contact Dr. William Moore, Vice President, Loss Prevention and Technical Services, Shipowners Claims Bureau on +1 212 847 4542 or at wmoore@american-club.net.

Yours faithfully,

A handwritten signature in black ink, reading "Joseph E.M. Hughes". The signature is written in a cursive style with a long, sweeping underline.

Joseph E.M. Hughes, Chairman & CEO
Shipowners Claims Bureau, Inc., Managers for
THE AMERICAN CLUB