

# RISK FACTORS ASSOCIATED WITH THE SEAFARER'S FREQUENCY AND LEVEL OF FATIGUE



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## **Abstract**

This study which delved into the risk factors associated with the seafarers' frequency and level of fatigue is a descriptive-correlational survey employed on seventy-five (75) seafarers. Weighted mean and multiple regression were utilized as the statistical tools in interpreting the feedbacks drawn from the questionnaires. Results yielded: (1) noise and vibration was the commonly identified risk factors that induce seafarers' fatigue, (2) the seafarers' level of fatigue was high, (3) the frequency of fatigue was sometimes (3-4 times a week), (4) the risk factors: working at times of low alertness and circadian rhythm were significantly related to the seafarer's level of fatigue and (5) the seafarers' frequency and level of fatigue was not significantly related at all. Seafaring is a hazardous occupation with a high toll of death and injuries, therefore a safety culture must be established to cope with the changing landscapes of the maritime industry in the 21st century.

## **Keywords:**

*Fatigue, Risk, Seafarer, Seafaring*

