

## News from CMHS

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### Two successful PhD defences

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Last October, Hanna B. Rasmussen defended her PhD thesis with the title **Towards vision zero**. The thesis brings new knowledge about the possibilities and challenges for accident prevention in the Danish oil and gas industry.

You can read more about Hanna's PhD project [here](#).

In December, Lulu Hjarnø also defended her PhD thesis **Health Promotion intervention in the maritime setting' – a 1-year follow-up study among seafarers in two Danish shipping companies**.

The thesis contributes new knowledge about the needs for health promotion interventions at sea as well as the differences, opportunities and challenges by implementing different interventions at the workplace at sea (such as healthy cooking courses, smoking cessation courses, and guidance on physical training).

You can read more about Lulu's PhD project [here](#).



Professor Anja Leppin (supervisor),  
Lulu Hjarnø & professor Michael  
Bloor (reviewer)

### Two new PhD students at CMHS

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After a period as research assistant at CMHS, Solveig B. Dohrmann is now well under way with her PhD project. The project **Fatigue, stress and relational coordination among ferry ship employees** runs until autumn 2016.

The project aims at surveying 1) the prevalence of fatigue and stress among crew members employed at Danish ferry ship companies and 2) the association between the perceived level of fatigue and stress among the employees and the level of relational coordination at the workplace.

You can read more about Solveig's PhD project [here](#).



Thomas R. Poulsen has also started working on his PhD project which is about health and safety in fishery. The aim of the PhD project is to investigate why Danish fishermen seem to experience an increased risk of musculoskeletal disorders and injuries.

The project runs until the end of 2016 and is supported partially by The European Fisheries Fund.

You can read more about Thomas' project [here](#)

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## Two new senior researchers at CMHS

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During summer, CMSS is strengthened with two new international senior researchers. On the 1<sup>st</sup> of July, we welcome Despena Andrioti from Greece. Despena holds a PhD in Public Health with a background in health economics. A few months later, on the 1<sup>st</sup> of September, we welcome Kimmo Herttua from Finland. Kimmo holds a PhD in sociology with a background in epidemiology and register research.

We look forward to welcoming both of them to the Centre, and we hope for a good and fruitful cooperation in the years to come.

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## A selection of current CMHS projects

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### **MARTHA**

CMHS is one of the participating institutions in a three-year international research on fatigue among seafarers. The project is led by Southampton Solent University and is supported by TK foundation with a total amount of USD 1,500,000.

Fatigue at sea and related issues, such as stress and work overload, are highly topical and significant issues currently. The project will explore the requirements for fatigue risk reduction on board vessels in Europe and China. Studies will be made on longer-term psycho-social issues affecting the fatigue of crews at sea, and on cultural differences in the interpretation of the regulatory framework on hours of work and rest.

Read more about the MARTHA project [here](#).

### **Accidents offshore**

Referring to her recent PhD thesis, Hanna is now conducting a one-year follow-up survey. The aim is to study changes in attitudes to safety over time, and to study if learning from near-misses, involvement of safety representatives etc. have been improved since data was collected the first time during the period 2009-11.

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The project is funded by Danish Operators and runs until January 2015.

Read more about Hanna's project [here](#).

#### **Fishermen under cross-pressure**

Fishery is undergoing perceptible changes. CMHS has started a short term pilot project. The aim of the project is to study the changes in fishery and its importance for the psychical working environment, work life and well-being of the fishermen. The project also includes the fishermen's own suggestions to issues that could be improved, and how the improvements could be implemented.

The project is supported by The Danish Fishermen's Occupational Health Services and runs until July 2014. Read more [here](#).

#### **Safety culture in the fishing industry**

The latest study of reported injuries within the fishing industry was made by CMHS in 1994. The current project studies the changes which have happened in the period from 1998 – 2012. The aim of the project is to prevent injuries by developing methods for improving the safety culture onboard fishing vessels.

The project is supported by the European Fisheries Fund and will be completed shortly. Read more [here](#).

#### **A study of chemical exposure from transport containers**

In cooperation with Dalian Maritime University, Aarhus University, United Arab Emirates University and Hamburg University, CMHS is right now trying to raise the necessary financial basis for an international project. The aim of the project is to survey legislation and practice connected with handling transport containers which are fumigated with pesticides in order to protect the cargo during transport. Furthermore, the project also aims to accumulate knowledge about the extent of this fumigation, as well as the potential influence on and health consequences for the workers handling these containers.

The first article on the subject is on its way.

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## A selection of the latest CMHS activities

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#### **CMHS participated in the Festival of Research 2014**

Like the previous years, University College South Denmark formed the setting for the Festival of Research which was held on the 25th of April. The target group for the Research Festival is the fifth forms in Esbjerg Municipality. As always, SDU had made an informative stand, which was decorated with posters and banners. Here some of the units' research projects were presented in text and images at a children's level.

The stand was very well attended. In the course of the morning, approximately 300 pools coupons were completed and thrown in the answer box. Read more [here](#).



### CMHS – co-organiser of a NIVA course in Denmark

On the 12th - 15th of May 2014, the NIVA course 'Maritime Occupational Medicine Exposures and Health Effects at Sea' was conducted in Helsingør. This course, which is the first to have been held in Denmark, was organised by a Scandinavian working group, headed by Jørgen Riis Jepsen from CMHS. The course provided an overview of current issues regarding maritime physical, chemical and biological risk exposures and the resulting health outcomes with special emphasis on recent and ongoing research in the field and the identification of research needs.

Read more about the course at [our website](#).

### A review of maritime linked register studies

Throughout the years, several Danish studies have been conducted involving linkage of health and occupational registers. In cooperation with 'Bundesanstalt für Arbeitsschutz und Arbeitsmedizin' in Berlin and the Danish Health and Medicines Authority, CMHS has recently published a review article about Danish studies of seafarers and fishermen.

The review paints a picture of seafarers' and fishermen's profile in regard to accidents and diseases. During the observation period from 1970-2010 significant improvements have occurred, and the health and safety of Danish seafarers and fishermen have improved notably. However, the article suggests that a continued epidemiologic surveillance of the maritime workers onboard Danish vessels is still needed - especially, when it comes to the foreign seafarers who today represent an increasing part of the maritime workers in the Danish merchant fleet.

### Recently published scientific articles from CMHS (Names of CMHS employees marked in bold)

- A risky occupation? (Un)healthy lifestyle behaviors among Danish seafarers, **Hjarnø L.** & Leppin A.
- Can we use near-miss reports for accident prevention? : A study in the Oil and Gas industry in Denmark, **Rasmussen H.B.**, Drupsteen L. & Dyreborg J.
- Health of Danish seafarers and fishermen 1970-2010 – what have register-based studies found? **Poulsen T.R.**, Burr H., Hansen H.L. & **Jepsen J.R.**
- Health promotion in the Danish maritime setting: challenges and possibilities for changing lifestyle behavior and health among seafarers, **Hjarnø L.** & Leppin A.
- Safety representatives' roles and dilemmas in the Danish oil and gas industry, **Rasmussen H.B.**, Hasle P. & Andersen P.T.
- Social security for seafarers globally, **Jensen O.C.**, **Canals L.**, Haarløv E., Elisio Priso-III D., Flores A. & Sucre R.
- The influence of ship movements on the energy expenditure of fishermen. A study during a North Sea voyage in calm weather, Breidahl T., Christensen M., **Jepsen J.R.**, Johansen J.P. & Omland Ø.
- The metabolic syndrome among Danish seafarers, Pedersen S.F.M. & **Jepsen J.R.**
- Health of Danish seafarers and fishermen 1970-2010: What have register-based studies found? **Poulsen, T.R.**, Burr H., Hansen H.L. & **Jepsen J.R.**

You can find more CMHS publications and bibliographic details by clicking [here](#).

CMHS wishes you all a nice summer