



CIRCULAR MCO – 007-2021

DATE: SEPTEMBER 23rd, 2021
FROM: MCO HEAD OFFICE – TECHNICAL DEPARTMENT
TO: SURVEYORS/ MANagements/ OWNERS/ OPERATORS
SUBJECT: ADOPTED STANDARDS REGARDING WATCHKEEPING,
APPLICABLE TO SEAFARERS WORKING ONBOARD SHIPS UNDER
PANAMANIAN FLAG, ACCORDING TO STCW'78 CONVENTION, AS
AMMENDED, THE MLC, 2006, AMENDED AND THE NATIONAL
REGULATIONS

Dear All:

By this means, we would like to draw your attention to **circular MMC-268** regarding the adopted watchkeeping standards as well as the limits of minimum hours of rest for seafarers onboard Panamanian flag vessels as amended by STCW'78, MLC 2006 and national regulations.

The minimum number of hours of rest shall not be less than ten (10) hours every twenty-four (24) hour period or seventy-seven (77) hours each week. The master has the authority to have the right to interrupt and suspend hours of rest when required either to guarantee the immediate safety of the ship, to perform exercises established by international and national regulations or when indispensable operational tasks cannot be delayed for safety or environmental reasons.

Tables describing work organization onboard should be posted onboard, visible and easily accessible. Also, registries of the hours of rest of the seafarers will be kept onboard as evidence of compliance with the minimum hours of rest. Records of the seafarer's hours of rest and the onboard work organization chart should be made available for all competent authorities, including the Flag State Inspectors and Port State Inspectors.

The master or any designated person by him must keep and adequate and efficient organization of watchkeeping periods to assure proper compliance avoiding fatigue without risking the safety of the ship and crew.

The General Directorate of Seafarers through the ADM Resolution No. 074-2021 of May 10, 2021 established a template for both the onboard working organization chart and records of resting hours.

Circular MMC-268 replaces **MMC-187**, **MMC-188** and **MMC-189**.

Note: **Circular MMC-268** and **ADM Resolution No. 074-2021** are attached for reference

All related documents can be found on our website: <https://macosnar.com/>.

Should you have any further questions, please do not hesitate to contact us.

Best Regards,



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