

## HEALTH & HYGIENE POLICY

The Company is committed to ensure all employees perform their work under healthy and hygienic conditions. We shall as far as practicable, provide a safe working environment for the health, safety and welfare of all our employees, contractors, visitors and members of the public who may be affected by our work.

### STATEMENT

To do this, we will:

- Comply with all applicable laws and regulations and apply responsible standards where laws and regulations do not exist.
- Seek to identify and evaluate health, ill health and hygiene risks related to our operations.
- Develop and maintain safe systems of work and a safe working environment.
- Provide personal protective clothing and equipment, and enforce its use.
- Assess all risks before commencement of works on new areas of operation, for example, buying new equipment and setting up new work methods, and regularly review these risks.
- Provide adequate facilities (such as clean toilets, cool clean drinking water and hygienic sleeping areas where relevant).
- Ensure all employees are competent to perform their assigned tasks, by providing adequate information, instruction, training and supervision.
- Determine at the time of employment and thereafter, as appropriate and relevant, the medical fitness of employees to perform their work without undue risk to themselves or others.
- Implement programmes and appropriate protective measures to control risks.
- Provide or arrange, as appropriate, for medical services necessary for the treatment of employee occupational illnesses or injuries and for the handling of medical emergencies.
- Ensure all seagoing personnel undergo stringent medical and visual tests based upon standards prepared by the industry.
- Ensure safe handling and use of substances.

#### Scope

This Policy forms a statement of the principles that guide our daily operations and establishes how we expect management, employees, service providers, clients, visitors and company representatives to act in accordance with the law and applicable company policies, procedures and guidelines.

This Policy does not discriminate at any level and applies equally to all employees whether temporary, permanent, sea going or shore based, as well as service providers, clients, visitors and company representatives. *In brief, all persons who have an association with the company.*

#### Responsibility

Company management and Masters are responsible for ensuring that the standards set forth by this Policy, documented guidelines and procedures are communicated to all employees and that their own conduct sets a good example in this respect.

Furthermore, the company welcomes any suggestions that could improve the health, safety and hygiene of its operations.

#### Continuous Improvement

This Policy is reviewed annually by Senior Management and revised as necessary to reflect changing operational conditions, new technology, government policies, legislation and the provision of materials, goods and services.

Eas Tchacos  
Chief Executive Officer

Darios Melas  
Managing Director

Date: 2<sup>nd</sup> July 2018