

## **CONTROL OF DRUGS & ALCOHOL POLICY**

The Company recognizes drug and alcohol abuse and its adverse effects as one of the most significant social problems of our time. It is the Company's policy that no seafarer will navigate a ship or operate any equipment on board whilst impaired by drugs or alcohol. All ship's personnel must be subject to testing and screening for drugs and alcohol abuse by means of a combined un-announced testing and routine medical examinations.

**The combined un-announced drug and alcohol testing will be done every twelve months.**

The misuse of legitimate drugs, or the use, possession, distribution or sale of illicit or un-prescribed controlled drugs on board ship is prohibited. In addition, any use of a prescribed controlled drug which causes, or contributes to unacceptable job performance or unusual job behaviour will require the seafarer to be excused from duty until such effects cease.

The lists of substances to be prohibited includes, but not limited to, marijuana, cocaine, opiates, phencyclidine (PCP) and amphetamines and their derivatives.

Officers and ratings must observe a minimum period of four hours abstinence from alcohol prior to scheduled watch-keeping duty or work periods. This is to ensure that, prior to going on schedule duty; the blood alcohol content of the seafarer is theoretically zero. The ship's personnel must be aware that local regulations may be in place and where this is the case, they must be strictly adhered to where they exceed these guidelines.

Recognising that all seafarers must be able to respond at any time to an emergency situation, the alcohol impairment or the maximum permissible blood alcohol content (BAC) permitted whilst on board ships is **40mg/100ml (equivalent to the breath alcohol content 0.2mg/litre by the Breathalyzer)**.

**Unannounced BAC test shall be carried out on-board monthly by use of Breathalyzer.**

Personnel found in violation this policy shall be liable for strict disciplinary action.



  
**Capt. Ryuichi Takebayashi**  
**Managing Director**  
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