



IRSO 2023 - Belgium

Wellness

Sam Hinton CSIRO





Introduction

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Subjects

- 7 Pillars of Wellness Program
- Nutrition
- Recreation and Communication
- Fatigue Management
- Safety Training



7 Pillars of Wellness Program

- Objectives
- Wellness Project
- Accessibility

1. Nutrition
2. Physical
3. Mental
4. Emotional
5. Self
6. Social
7. Spiritual



Nutrition

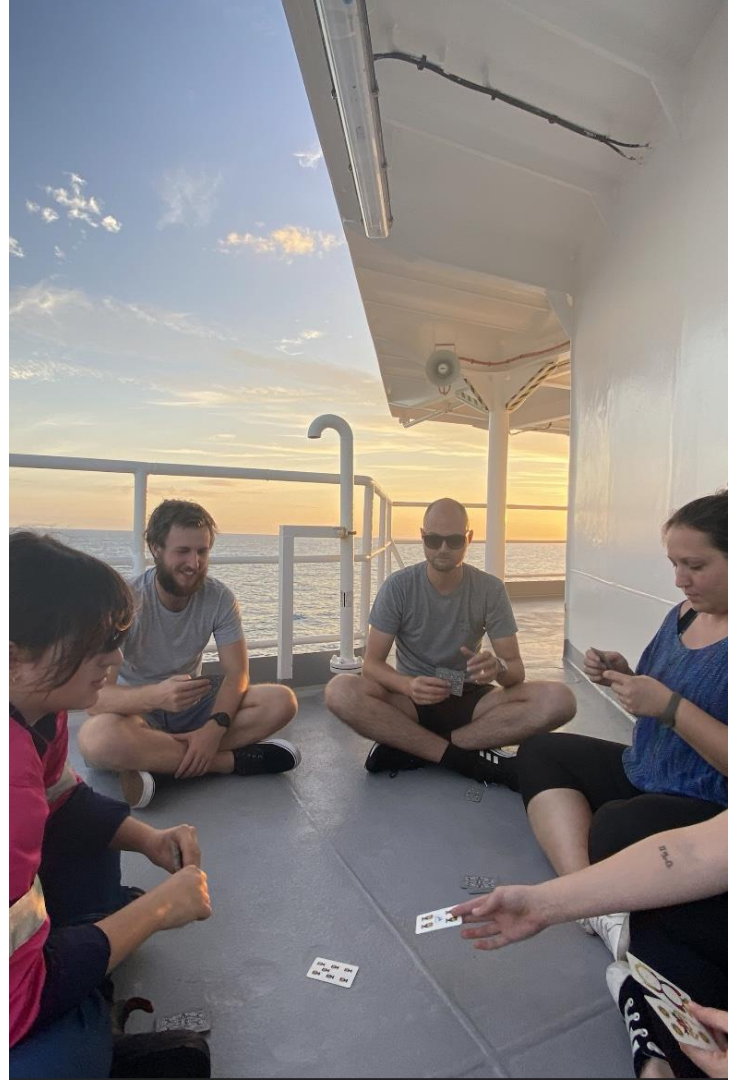
- Commitment to healthy bodies and healthy minds
- Meals developed with nutritionists
- Life onboard can be challenging, eating well shouldn't be one of these challenges
- Ongoing push for sustainable catering options to reduce waste





Recreation and Communication

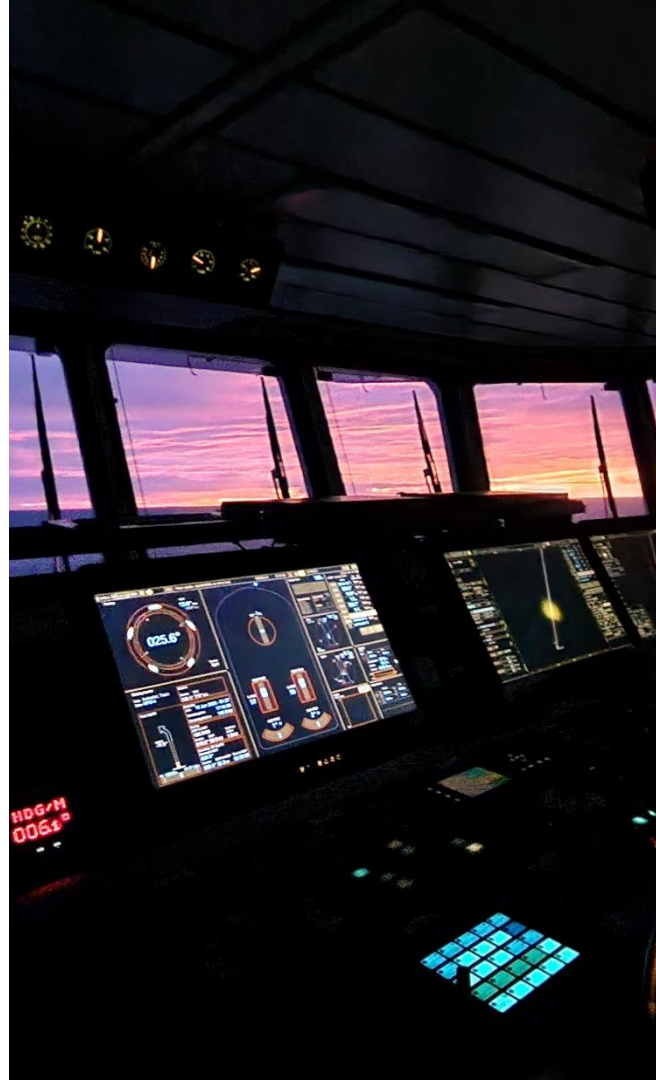
- Fully equipped gymnasium
- Full VSAT Internet access, and WiFi
- Recreational activities such as Table Tennis, Entertainment systems (DVD/Gaming/Music)





Fatigue Management

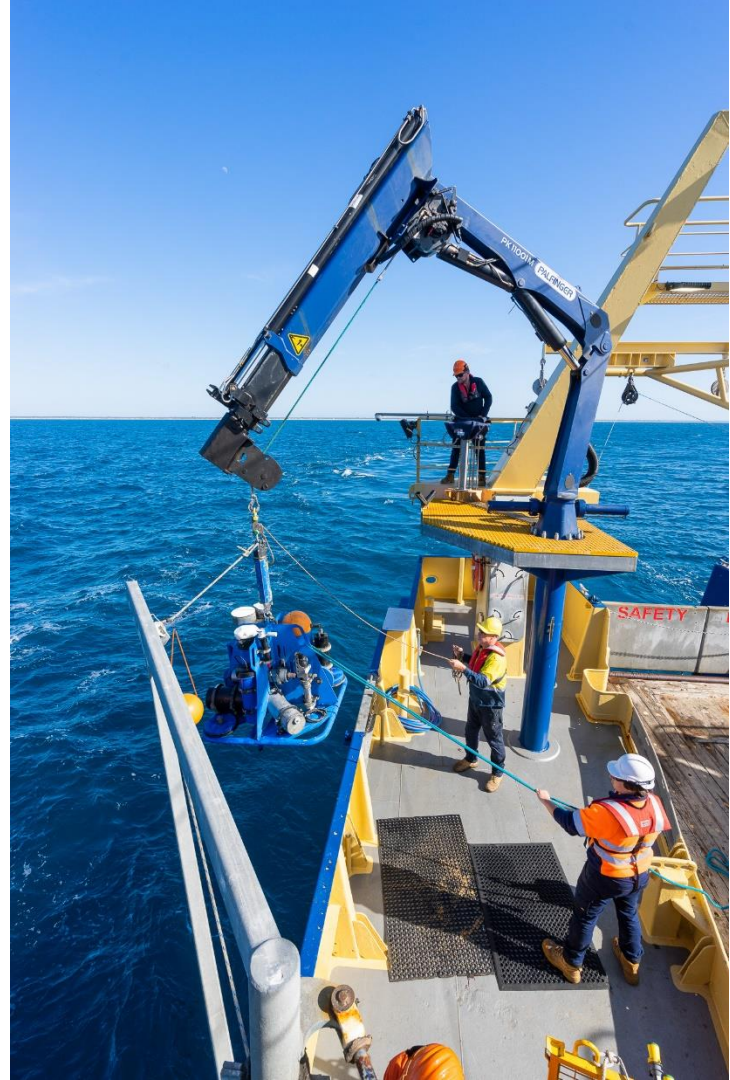
- Hotel Quarantine
- Compounding Fatigue
- Fatigue Leave
- HSE Expectations V
Wellness Expectations
- COVID Quarantine Cabins -> Health
Support Cabins





Safety Training

- Ships Crew
- CSIRO Support Staff
- Science Party



Thank you

