



Department of Occupational
Medicine and Public Health



Stress indicators and fishermen

The International Association for Safety and Survival Training
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Contributors to the research project

- ☐ Anna Maria Simonsen, R.N.
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- ☐ David Isaacson, medical student

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- ☐ Fisheries R&D Programme
 - ☐ Amerada Hess
-

Objectives

The objective of this study was to describe lifestyle factors, incl. the psychological, among Faroese fishermen working on distant water factory trawlers

Working conditions

- ☐ Working far from home
 - ☐ Up to 4 months continuously on board
 - ☐ Shift work, 6 hours on and 6 hours off, 24 hours a day, every day of the week for the whole period
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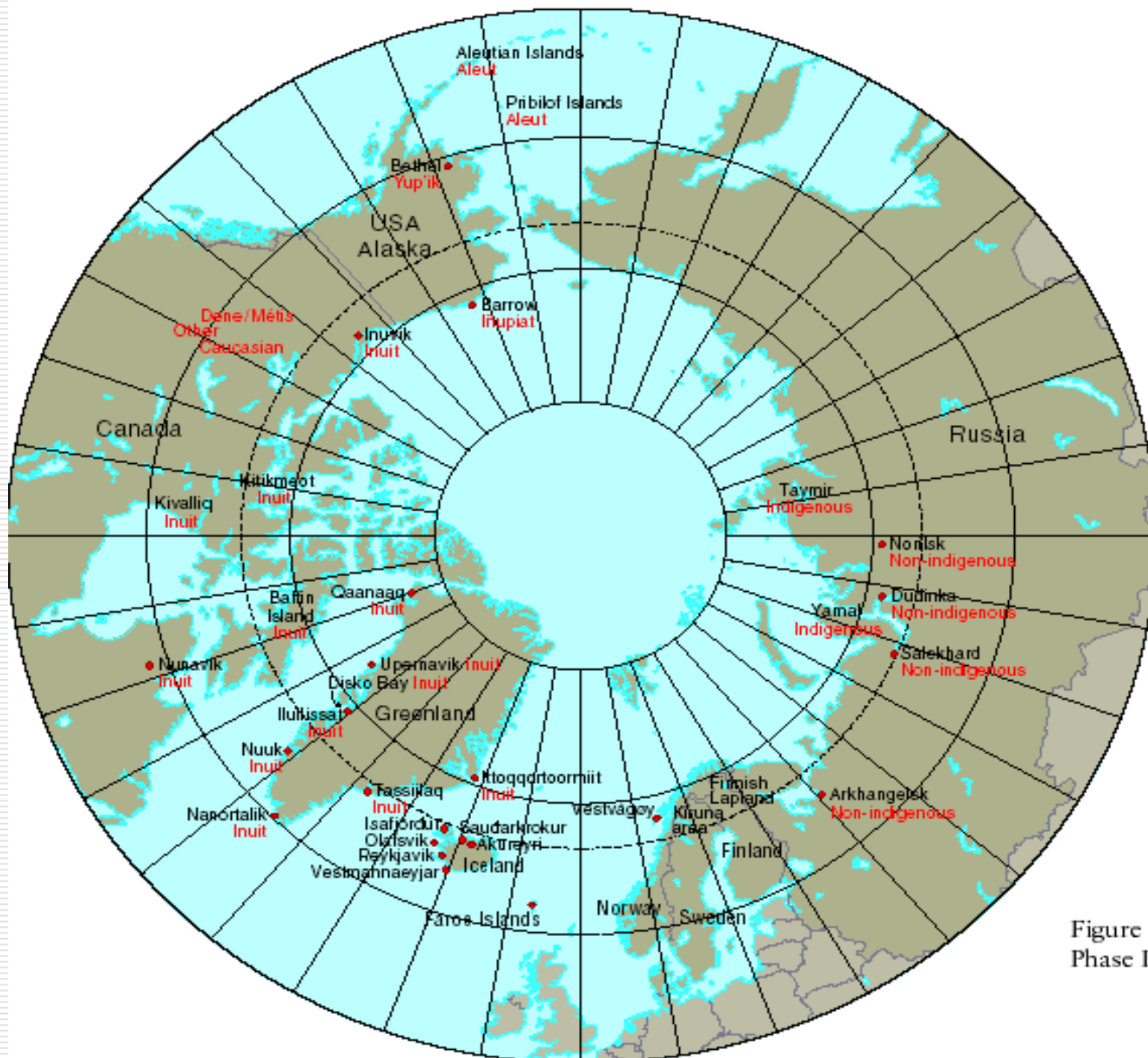


Figure 5
Phase II

Material and method

- ❑ Trawlermen in the Barents Sea
- ❑ 100 men answered a questionnaire regarding the psycho-social working environment right after the voyage
- ❑ Blood, saliva and urine was collected before and after the voyage
- ❑ Saliva and urine collected 3 times during voyage
- ❑ Cortisol analyses in saliva and urine











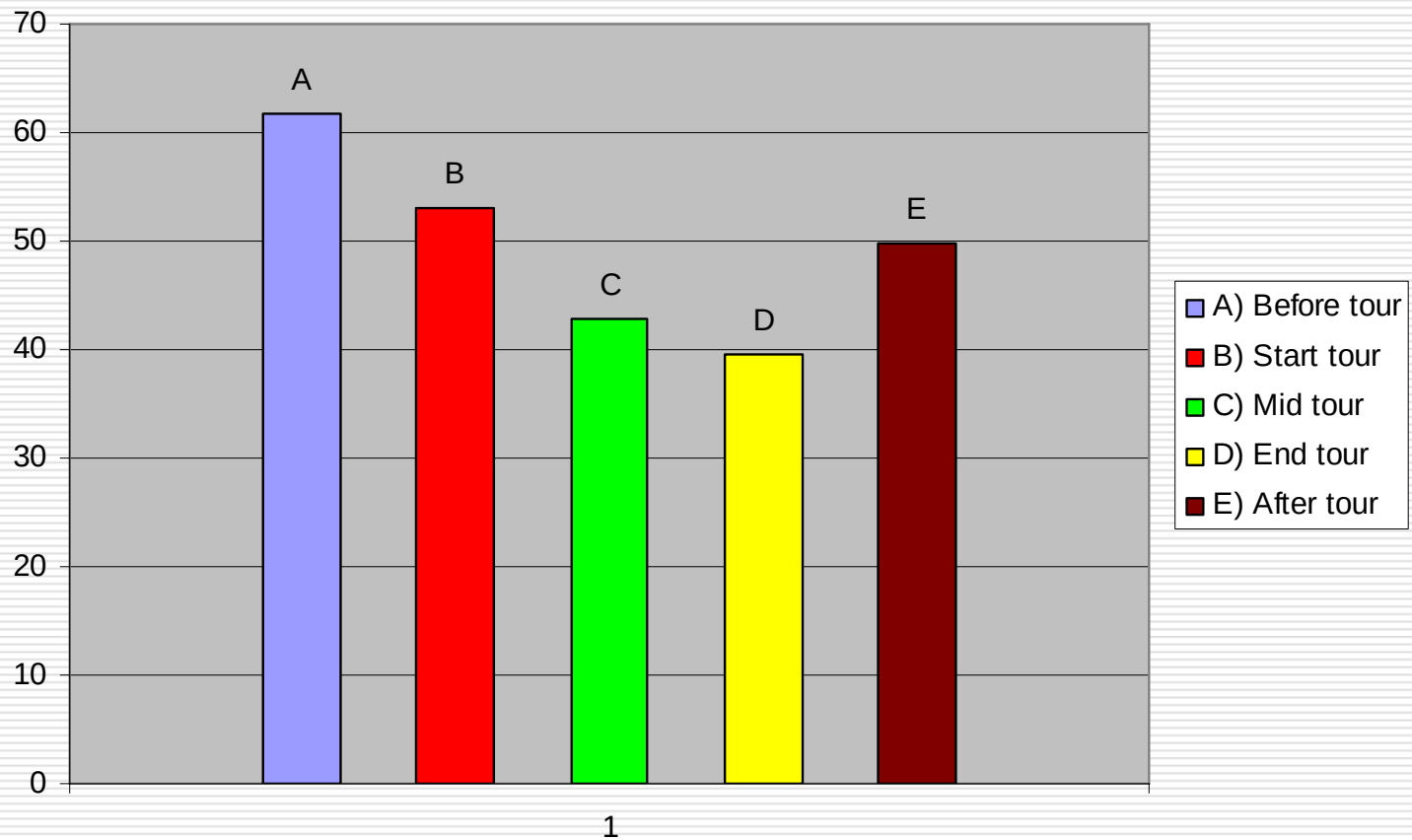




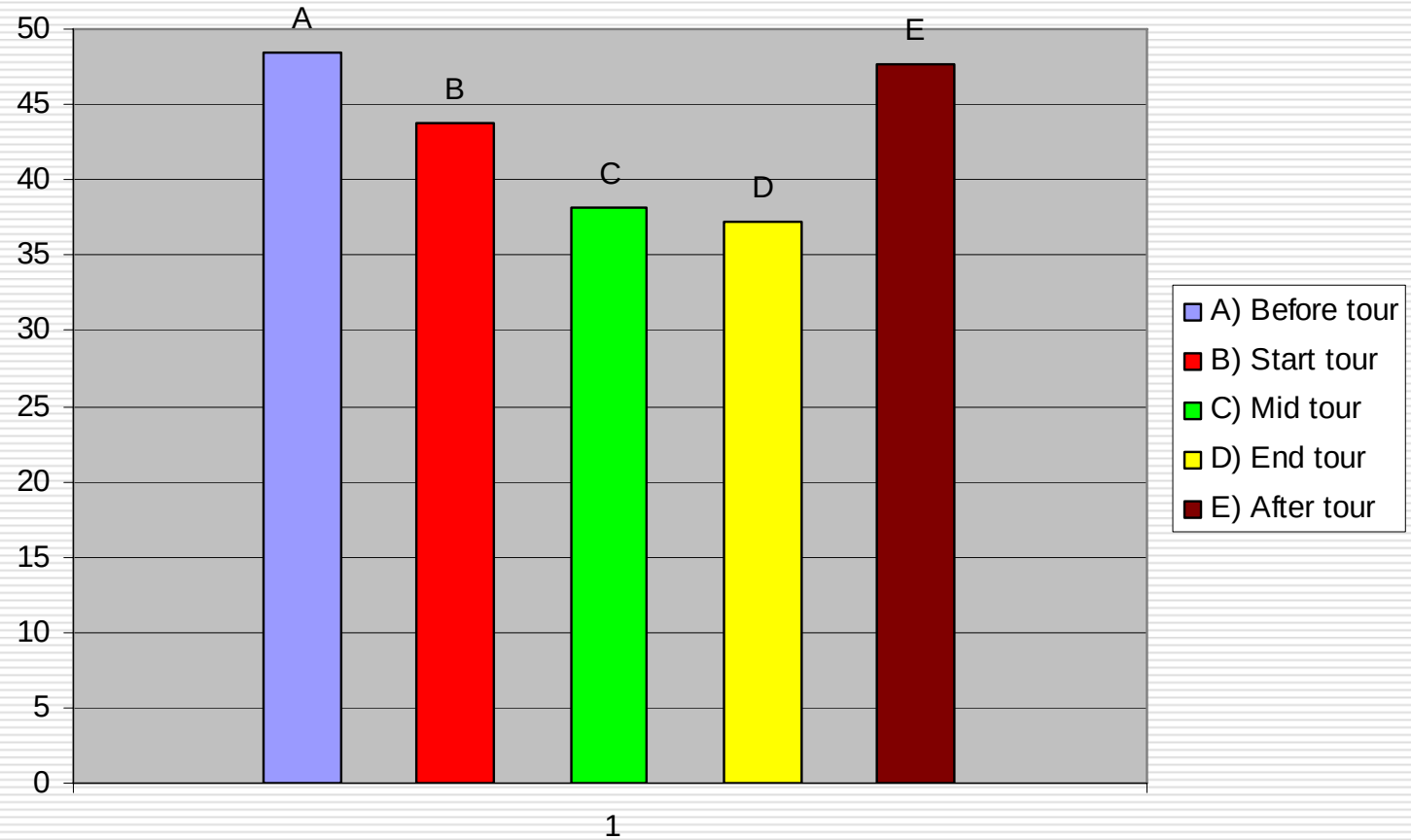




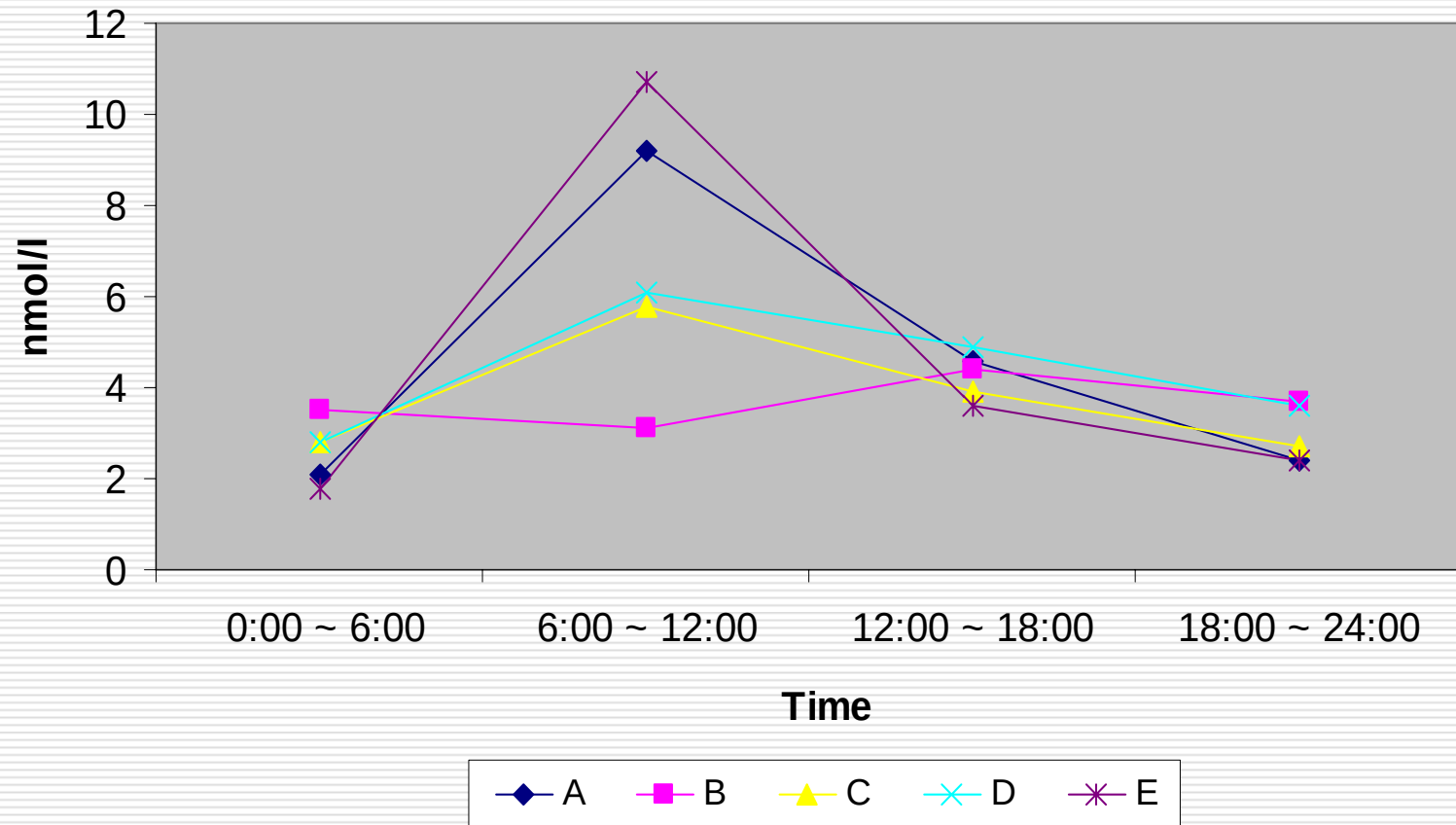
Urine Cortisol nmol/l median



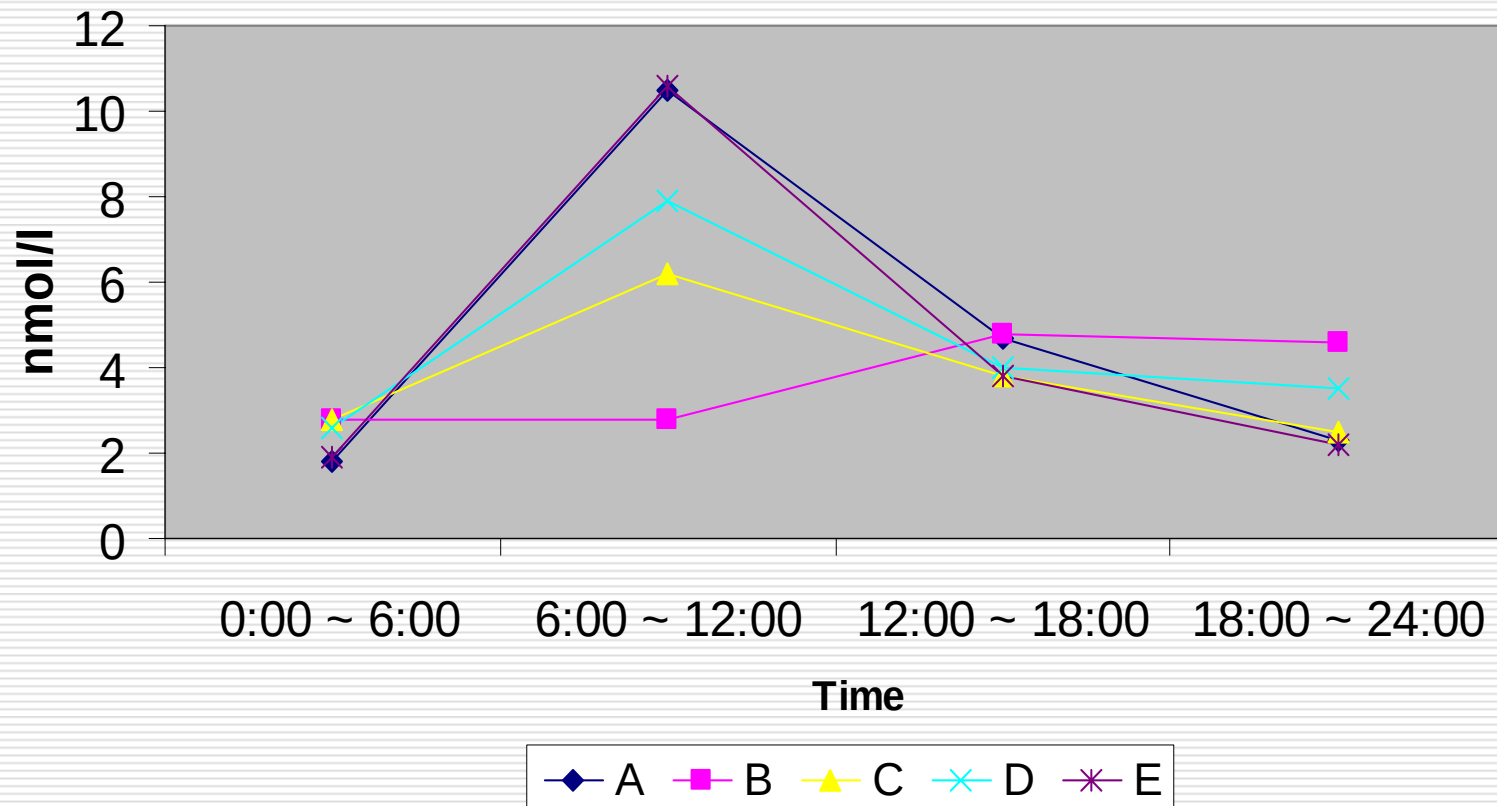
Urine Melatonin nmol/l median



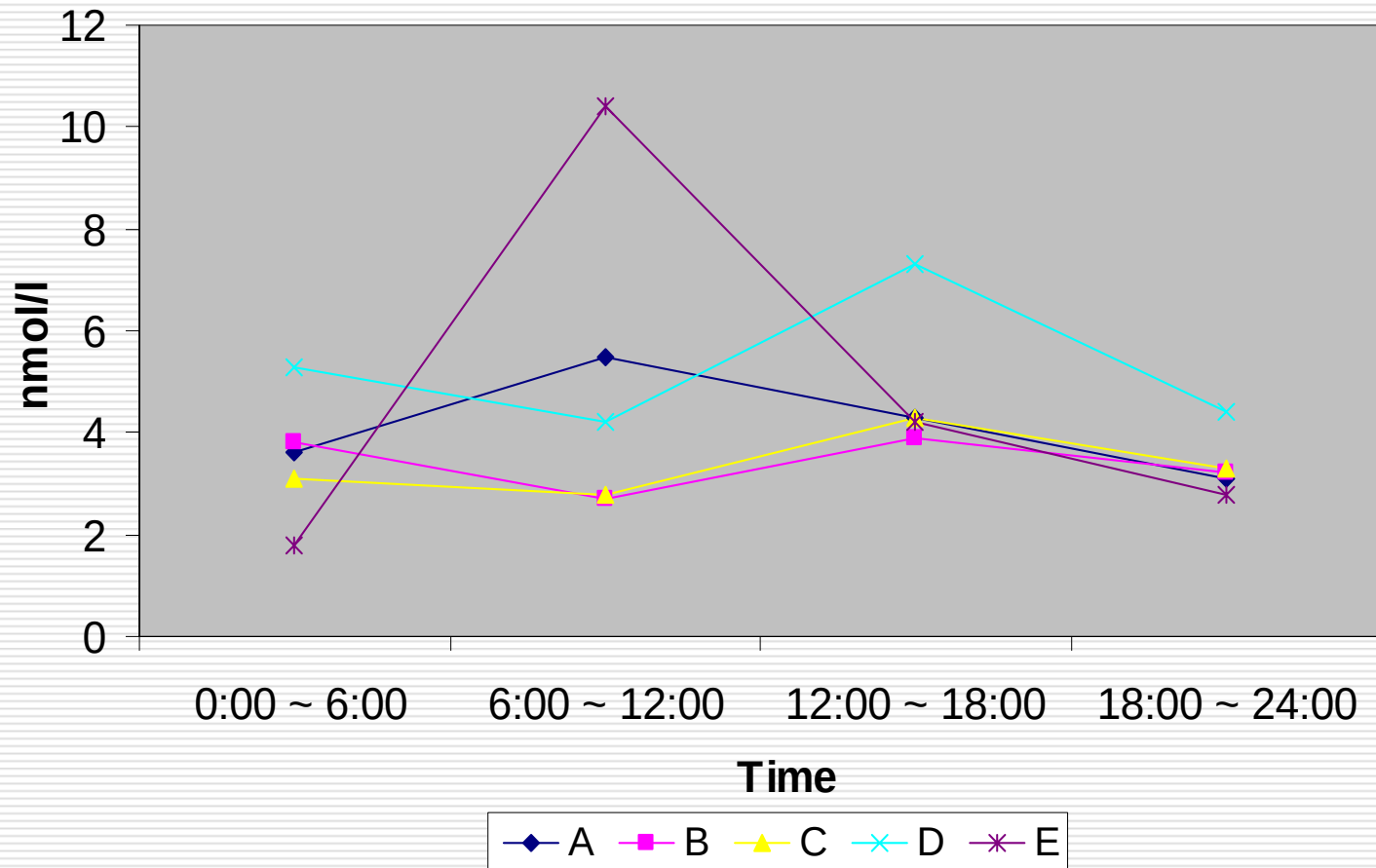
Saliva cortisol concentrations (mixed shifts)



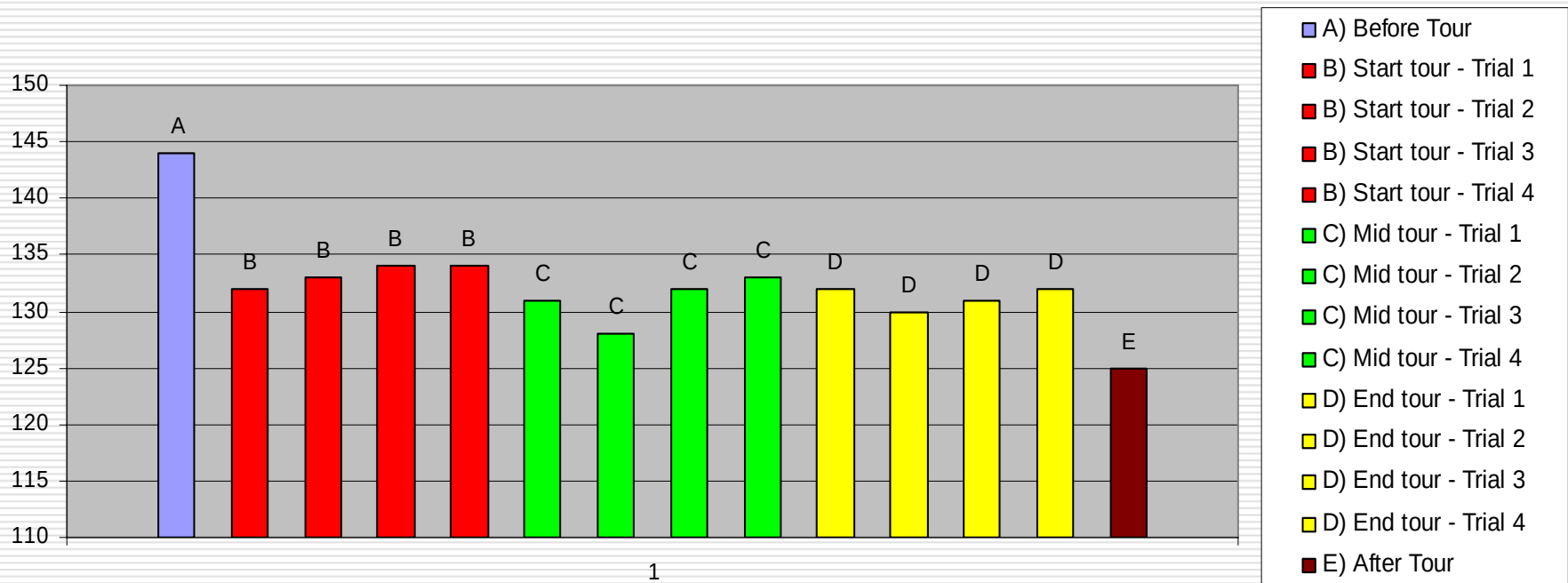
Saliva cortisol concentrations (Shift X)



Saliva cortisol concentrations (Shift Y)



Systolic blood pressure mmHg median



Diastolic blood pressure mmHg median

