



## HEALTH POLICY

It is the Company's Policy to:

- ✦ seek to identify and evaluate health risks related to its operations that potentially affect its employees, contractors or the public;
- ✦ implement programs and appropriate protective measures to control such risks;
- ✦ communicate in a reasonable manner to potentially affected individuals knowledge about health risks gained from its health programs and related studies;
- ✦ determine at the time of employment and thereafter, as appropriate, the medical fitness of employees to do their work without undue risk to themselves or others;
- ✦ 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;
- ✦ comply with all applicable laws and regulations, and apply responsible standards where laws and regulations do not exist;
- ✦ undertake appropriate reviews and evaluations of its operations to measure progress and to foster compliance with this Policy;
- ✦ regularly send health campaign circulars to all vessels to inform the crew about relevant health issues.

  
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**Capt. Spyridon Makrodimitras**  
**General Manager**

31<sup>st</sup> January 2022



## SAFETY POLICY

It is the Company Policy to conduct its business in a manner that protects the safety of employees, others involved in its operations, customers, and the public. The Company will strive to prevent all accidents, injuries, and occupational illnesses through the active participation of every employee. The Company is committed to continuous efforts to identify and eliminate or manage safety risks associated with its activities. Accordingly, the Company's Policy is to:

- ✦ design and maintain facilities, establish management systems, provide training and conduct operations in a manner that safeguards people and property;
- ✦ respond quickly, effectively and with care to emergencies or accidents resulting from its operations, in co-operation with industry organizations and authorized government agencies;
- ✦ comply with all applicable laws and regulations, and apply responsible standards where laws and regulations do not exist;
- ✦ stress to all employees, their responsibility and accountability for safe performance whilst at work and the need to follow safe behavior outside of work;
- ✦ undertake appropriate reviews and evaluations of its operations to measure progress and to foster compliance with this Policy.

  
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**Capt. Spyridon Makrodimitras**  
**General Manager**


31<sup>st</sup> January 2022



## **ENVIRONMENTAL POLICY**

It is the Company Policy to conduct its business in a manner that is compatible with the balanced environmental and economic needs of the communities in which it operates. The Company is committed to continuous efforts to improve environmental performance throughout its operations. Accordingly, the Company's Policy is to:

- ✦ Have ZERO accidents and ZERO spills at sea through continuous improvement.
- ✦ Comply with all applicable environmental laws and regulations and apply responsible standards where laws and regulations do not exist;
- ✦ Engage concern and respect for the environment, emphasize every employee's responsibility in environmental performance and foster appropriate operating practices and training;
- ✦ Being committed to reducing our environmental impact, operating in a sustainable manner and continually improving our environmental performance, including areas not subject to regulations; as an integral and fundamental part of our business strategy and operating methods.
- ✦ Minimize waste, emissions, enhance energy efficiency and promote the concept of recycling and preservation of natural resources, especially where they are non-renewable.
- ✦ Respond quickly and effectively to incidents resulting from its operations, in co-operation with industry organizations and authorized government agencies;
- ✦ Communicate with the public on environmental matters and share its experience with others to facilitate improvements in industry performance;
- ✦ Undertake appropriate reviews and evaluations of its operations to measure progress and to foster compliance with this Policy. Continually assess the environmental impact of all our operations.

  
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**Capt. Spyridon Makrodimitras**  
**General Manager**

31<sup>st</sup> January 2022