



# 海员作息时间记录表 TABLE FOR RECORD OF HOURS OF WORK OR HOURS OF REST OF SEAFARERS STING TIME RECORD

船名/Name of ship: 明月/CHIPOLBROK MOON      国籍/Flag of ship: Hongkong(China)      IMO号码/IMO number: 9272216  
 姓名/Seafarer's Name: 徐进 / XU JIN      职务/Position/rank: 机工长 / FITTER      2018年 5 月 / 2018 Year MAY Month

用“√”表示工作时间; 用“X”表示休息时间 Please mark period of work with an “√”, mark period of rest with an “X”

小时 Hours																									24小时中的 加班时间 Hours of overtime in 24h period	24小时中的 休息时间 Hours of rest in 24h period	7天休息总时间 Hours of rest in 7-days period	意见 Comments									
	日期 Date	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22					23								
* 1 <sup>st</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	8	15	108	ADVANCED IH	
2 <sup>nd</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	108		
3 <sup>rd</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	15	107	ADVANCED IH	
4 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	108		
* 5 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	3.5	19.5	111.5	ADVANCED IH	
* 6 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	8	16	112.5		
7 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	113.5		
8 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	15	113.5	ADVANCED IH	
9 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	113.5		
10 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	114.5		
11 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	15	113.5	ADVANCED IH	
* 12 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	3.5	20.5	114.5		
* 13 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	8	16	114.5		
14 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	114.5		
15 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	115.5	ARR.PANAMA CAN	
16 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	115.5	ing through PANAMA	
17 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	115.5		
18 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	116.5		
* 19 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	8	16	112		
* 20 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	8	16	112		
21 <sup>st</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	112	ARR.HOUSTON	
22 <sup>nd</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	0	16	112		
23 <sup>rd</sup>																																					
24 <sup>th</sup>																																					
25 <sup>th</sup>																																					
* 26 <sup>th</sup>																																					
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28 <sup>th</sup>																																					
29 <sup>th</sup>																																					
30 <sup>th</sup>																																					
31 <sup>th</sup>																																					

船长或指定人员签字: \_\_\_\_\_      船员本人签字: \_\_\_\_\_      本月总加班时间: \_\_\_\_\_  
 Signature of Master of Authorized Person: \_\_\_\_\_      Signature of Seafarer: \_\_\_\_\_      Monthly overtime: **47 Hours**

应给海员一份本记录副本 / A copy of this record is to be given to the seafarer.      Note: To be completed every month and filed in ship's file.; To retain for 1 year.



# 海员作息时间表 TABLE FOR RECORD OF HOURS OF WORK OR HOURS OF REST OF SEAFARERS DURING TIME

## RECORD

船名/Name of ship: 明月/CHIPOLBROK MOON 国籍/Flag of ship: 香港(Hongkong (China)) IMO号码/IMO number: 9272216  
 姓名/Seafarer's Name: 罗新华/ LUO XINHUA 职务/Position/rank: 三副/3 ND OFF 2018年 5 月 / 2018 Year MAY Month

用“√”表示工作时间; 用“X”表示休息时间 Please mark period of work with an “√”, mark period of rest with an “X”.

小时 Hours	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24小时中的 加班时间 Hours of overtime in 24h period	24小时中的 休息时间 Hours of rest in 24h period	7天休息总时间 Hours of rest in 7-days period	意见 Comments		
1 <sup>st</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	106.5	ADVANCE 1H		
2 <sup>nd</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	107.5	ADVANCE 1H		
3 <sup>rd</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	107	ADVANCE 1H		
4 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	107			
* 5 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9	14	106	ADVANCE 1H		
* 6 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	10	14	104	DRILL		
7 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	106			
8 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	106	ADVANCE 1H		
9 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	106			
10 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	107			
11 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	106	ADVANCE 1H		
* 12 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	10.5	13.5	105.5	TRAIN		
* 13 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	10	14	105.5	DRILL		
14 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	1	15	104.5	TRAIN		
15 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	105.5	ANCHORED AT BALBOA		
16 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	2	14	103.5	PANAMA CANAL		
17 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	103.5			
18 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	1	15	103.5	TRAIN		
* 19 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9.5	14.5	104.5	TRAIN&DRILL		
* 20 <sup>th</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	8	16	106.5			
21 <sup>st</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	1	15	106.5	ARR HOUSTON		
22 <sup>nd</sup>	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	106.5	BERTHED AT HOUSTON		
23 <sup>rd</sup>																														
24 <sup>th</sup>																														
25 <sup>th</sup>																														
* 26 <sup>th</sup>																														
* 27 <sup>th</sup>																														
28 <sup>th</sup>																														
29 <sup>th</sup>																														
30 <sup>th</sup>																														
31 <sup>st</sup>																														

船长或指定人员签字 \_\_\_\_\_

船员本人签字: \_\_\_\_\_

本月总加班时间: \_\_\_\_\_

Signature of Master of Authorized Person: \_\_\_\_\_

Signature of Seafarer: \_\_\_\_\_

Monthly overtime: 62 Hours

应给海员一份本记录副本/ A copy of this record is to be given to the seafarer. Note: To be completed every month and filed in ship's file.; To retain for 1 year.



# 海员作息时间记录表 TABLE FOR RECORD OF HOURS OF WORK OR HOURS OF REST OF SEAFARERS SING TIME

## RECORD

船名/Name of ship: 明月/CHIPOLBROK MOON 国籍/Flag of ship: Hongkong(China) IMO号码/IMO number: 9272216  
 姓名/Seafarer's Name: 朱川川/ZHU CHUANCHUAN 职务/Position/rank: 二副/2ND OFF 2018年 5 月/ 2018 Year MAY Month

用“√”表示工作时间;用“X”表示休息时间 Please mark period of work with an “√”, mark period of rest with an “X”.

小时 Hours	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24小时中的 加班时间 Hours of overtime in 24h period	24小时中的 休息时间 Hours of rest in 24h period	7天休息总时间 Hours of rest in 7-days period	意见 Comments		
1 <sup>st</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	109.5	ADVANCE 1 H	
2 <sup>nd</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	109.5		
3 <sup>rd</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	108	ADVANCE 1 H	
4 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	108		
* 5 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	8	15	107	ADVANCE 1 H	
* 6 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9.5	14.5	105.5	DRILL	
7 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	107.5		
8 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	107.5	ADVANCE 1 H	
9 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	107.5		
10 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	108.5		
11 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	15	107.5	ADVANCE 1 H	
* 12 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9.5	14.5	107	TRAIN	
* 13 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	8	16	108.5	DRILL	
14 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	1	15	107.5	TRAIN	
15 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	108.5	ANCHORED AT BALBOA	
16 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	2	14	106.5	PANAMA CANAL	
17 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	106.5		
18 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	1	15	106.5	TRAIN	
* 19 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	9	15	107	TRAIN&DRILL	
* 20 <sup>th</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	8	16	107		
21 <sup>st</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	108	ARR HOUSTON	
22 <sup>nd</sup>	√	√	√	√	√	√	√	√	√	√	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	0	16	108	BERTHED AT HOUSTON	
23 <sup>rd</sup>																														
24 <sup>th</sup>																														
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* 27 <sup>th</sup>																														
28 <sup>th</sup>																														
29 <sup>th</sup>																														
30 <sup>th</sup>																														
31 <sup>th</sup>																														

船长或指定人员签字: \_\_\_\_\_ 船员本人签字: \_\_\_\_\_ 本月总加班时间: \_\_\_\_\_  
 Signature of Master of Authorized Person: \_\_\_\_\_ Signature of Seafarer: \_\_\_\_\_ Monthly overtime: 56 Hours  
 应给海员一份本记录副本/ A copy of this record is to be given to the seafarer. Note: To be completed every month and filed in ship's file; To retain for 1 year.



海员作息时间记录表 TABLE FOR RECORD OF HOURS OF WORK OR HOURS OF REST OF SEAFARERS SLEEPING TIME RECORD

船名/Name of ship: 明月/CHIPOLBROK MOON 国籍/Flag of ship: Hongkong(China) IMO号码/IMO number: 9272216
姓名/Seafarer's Name: 李谟 / LI MO 职务/Position/rank: 机工 / OILER 2018年 5月 / 2018 Year MAY Month

用“√”表示工作时间; 用“X”表示休息时间 Please mark period of work with an "√", mark period of rest with an "X".

Table with 24 columns (hours 0-23) and 31 rows (days 1st-31st). Columns include 'Hours of overtime in 24h period', 'Hours of rest in 24h period', 'Hours of rest in 7-days period', and 'Comments'. Data shows work patterns with 'X' for rest and '√' for work.

长或指定人员签字: Signature of Master of Authorized Person: 船员本人签字: Signature of Seafarer: 本月总加班时间: Monthly overtime: 84.5 Hours
给海员一份本记录副本/ A copy of this record is to be given to the seafarer. Note: To be completed every month and filed in ship's file.; To retain for 1 year.