

Health & Safety

Part 1: Your responsibilities, Vessel safety hazards and Personal health & safety

INSERT Lecturer name



Introduction

- Fishing is dangerous
 - Constant motion
 - Heavy equipment
 - Inhospitable environment
- Emergencies can happen quickly



Objectives

- List three dangers inherent to working at sea
- List at least 4 basic competencies required for all personnel (including the observer) on the vessel
- Explain how to deal with a variety of health issues including seasickness

Your responsibilities – basic competencies

- i. **Communicate** with other persons on board on elementary safety matters and understand safety information symbols, signs and alarm signals;
- ii. **Respond appropriately** if a person falls overboard, fire or smoke is detected, or the fire or abandon ship alarm is sounded;
- iii. **Identify** muster and embarkation stations and emergency escape routes;
- iv. **Locate and don life jackets** (personal flotation devices or PFDs);
- v. **Raise the alarm** and have basic knowledge of the use of portable fire extinguishers;
- vi. **Take immediate action** upon encountering an accident or other medical emergency before seeking further medical assistance onboard; and
- vii. **Close and open fire/weather-tight and watertight doors** fitted on the particular ship other than those for hull openings.

Source: Davis & Reynolds 2002

Your responsibilities – before leaving the dock

- Complete Safety Checklist (in logbook)
 - We'll cover this form in part 3
- Become familiar with:
 - Safety procedures
 - Alarm signals
 - Escape routes
 - Muster station

Vessel safety hazards

- Boarding
 - Gang plank
 - Safety net
 - Be sure of footing



- Vessel transfers
 - You decide
 - Wear PFD
 - Keep both hands free



U.S. Navy photo by Lt. Karen Eifert

Vessel safety hazards

- Radar



Vessel safety hazards

- Deck – LOOK UP, DOWN & AROUND
 - Slipping & falling – most common injury
 - Tripping over fittings, frames or pipes
 - Be aware of open manholes and hatches
 - Close hatches, manholes after passing through them
 - Be careful of spillages of oil, grease or soapy water
 - Be careful of wet decks from sea spray or rain.



Vessel safety hazards

- Deck hazards
 - Cables under tension
 - Don't swing on or jump over
 - Stair rails
 - Pipes
 - Open hatches
 - Always wear protective gear

Protective Gear

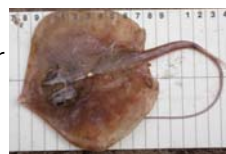
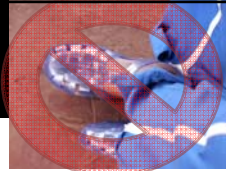
Personal Floatation Device

- A PFD must be worn whenever working on deck and there is a danger of falling overboard.



Protective Gear

- Footwear – Safety Boots
 - Protect from punctures
 - Good soles that will not easily slip on deck
 - Soles must be resistant to oil and chemicals
 - Comfortable & supportive –stand for many hours



Protective Gear

- Hard Hat
 - There will always be a danger of falling objects from overhead



Suzanne Romain 2010

Protective Gear

- DOES NOT reduce the hazard
 - It can only protect against harm or injury
- NOTE: Protective gear can also increase the risk!!
 - Lanyards can get fouled or hook up in moving machinery.
 - Bulky suits or PFD can restrict movement

Personal health & safety

- General
 - Avoid alcohol & drugs
 - Eat & drink regularly
 - Wash hands frequently
 - Treat all injuries & illness immediately
 - Take measures to avoid injuries

Personal health & safety

- Colds & flu – caused by variety of viruses

Symptom	Cold	Flu
Fever	Rare	Common
Headache	Rare	Prominent
Body aches	Slight	Common
Fatigue/weakness	Slight	Common
Stuffy nose/sneezing/sore throat	Common	Sometimes

- Self medication - Vitamin pills, flue tabs, cough mixtures, headache pills
- Should symptoms persist for more than 5 days seek further medical advice

Personal health & safety

- Diarrhea & food poisoning – bacteria, virus, parasite
- Symptoms
 - Abnormal increase in the frequency and liquidity of the stools
 - Nausea, vomiting
 - Severe abdominal cramps
- Acute (short term) or chronic (long term)
- Dehydration is a serious risk
- Severe or persistent **diarrhoea** requires specific diagnosis and treatment

Personal health & safety

- Diarrhea and food poisoning (con't)

Treatment:

- Hydrate - drink more fluids (3-4 litres a day), preferably containing electrolytes and salts. Ready-mixed rehydration sachets can be bought from the pharmacist and added to drinking water.
- Avoid soda & fruit juices (too much sugar)
- A sufficient intake has been obtained when the urine becomes light yellow in colour.
- Eat normally as soon as your appetite returns. If nausea persists, try eating bland foods such as crackers, bread, rice.

Personal health & safety

- Diarrhea and food poisoning (con't)

Seek medical attention:

- If diarrhoea persist for longer than a week or two
- Blood in the motions
- Pus in the motions (yellow mucus)
- Inability to drink liquids because of vomiting

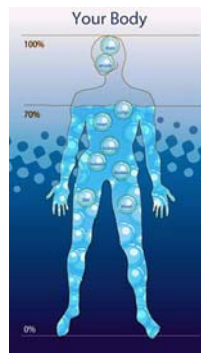
Warning signs

- Dehydration
- Pronounced drowsiness
- Unconscious

Personal health & safety

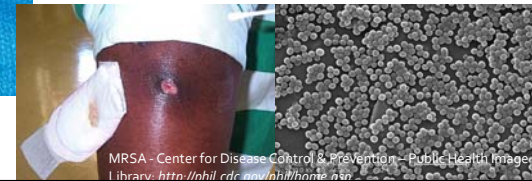
- Hydration – required for normal body functioning

- How much water do you think you need?
- Symptoms of dehydration
 - Headache
 - Dizziness
 - Dark yellow urine
 - Drowsiness/lack of energy
 - Nausea & MORE



Personal health & safety

- Bacteria & fungus



Personal health & safety

- Heavy lifting
 - Bend knees
 - Lift close to body
 - Lift with legs
 - Don't twist



Personal health & safety

- Hyperthermia
 - Core temp too hot
 - Symptoms: headache, profuse sweating, stroke
 - Move indoors / shade
- Hypothermia
 - Core temp too cold
 - Symptoms: uncontrollable shivering, disorientation, loss of consciousness
 - Move indoors, stay dry



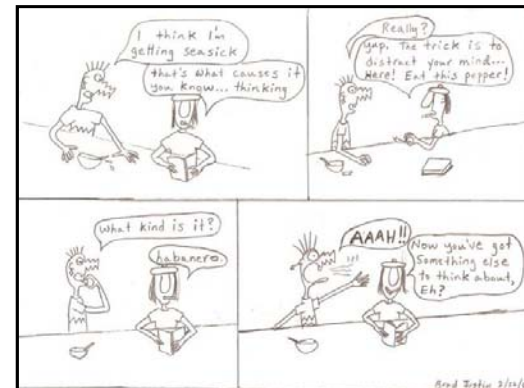
Personal health & safety

- Fatigue – cause of many accidents
- Work hours long & physically demanding
- Sleep periods may be short & interrupted



Personal health & safety

- Motion sickness is normal



APO Mail
Buoy, Spring
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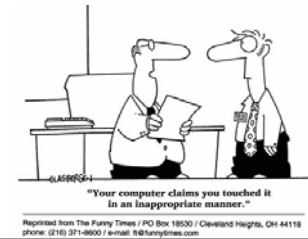
Personal health & safety

- Motion sickness
 - Normal
 - Tips: keep drinking & eating; keep working; carry a plastic bag
 - There is an end



Personal health & safety

- Harassment
- What is it?
 - Varies by individual – when you feel threatened or feel that your work/living conditions have been compromised
 - Sexual harassment – unwelcome behavior of a sexual nature



Summary

- What are 3 dangers inherent to working at sea?
- List the basic competencies required for all personnel
- What should you do if you are injured?
- What should you do if you feel seasick?