

## 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**



<http://oceanservice.noaa.gov>



Photo: Ian Shedock  
[http://commons.wikimedia.org/wiki/File:Fishing\\_boat\\_in\\_the\\_Canary\\_Islands.jpg](http://commons.wikimedia.org/wiki/File:Fishing_boat_in_the_Canary_Islands.jpg)



Knuckle-boom Crane  
<http://www.tmphdraulik.dk/>

## 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: Davies & 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**



Creager Family collection, National Museum of Australia; [http://www.nhm.gov.au/collections/ps\\_enterprise/](http://www.nhm.gov.au/collections/ps_enterprise/)

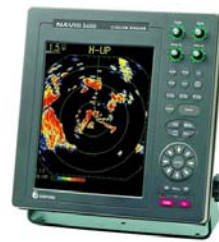


U.S. Navy photo by Lt. Karen Eifert

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

## 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
  - Line/gear coiled on deck
  - Don't swing on or jump over
    - Stair rails
    - Pipes
    - Open hatches
- Always wear protective gear



Avoid standing in line with tensioned wires and ropes. In the event of breakages tensioned wires and ropes moves towards the direction of the pull and can harm the body.

Image: FAO, 2007. Safety of Fishermen. FAO, Rome.

## Protective Gear

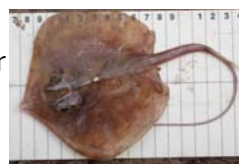
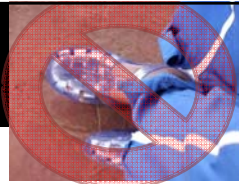
### Personal Floatation Device

- 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, flu 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

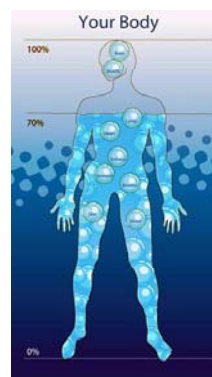
#### Warning signs

- Dehydration
- Pronounced drowsiness
- Unconscious

## Personal health & safety

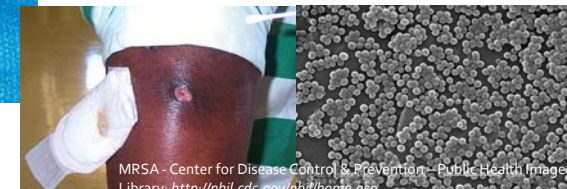
### ■ Hydration – required for normal body functioning

- 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

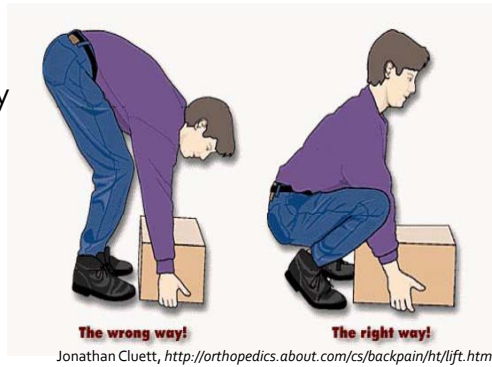
### ■ Bacteria & fungus





## 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



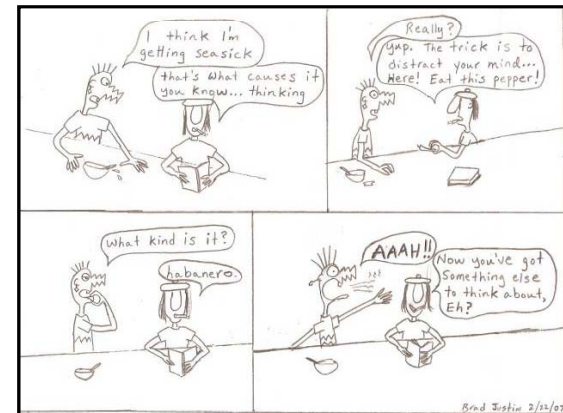
## Personal health & safety

- 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 2007, 10(1)

## 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



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## 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?