

01

Keeping safe at sea and using Personal Protective Equipment (PPE)

- ▶ Wear ear muffs to protect yourself from loud noises in the ship engine's room.
- ▶ Wear buoyancy aids such as marine work vests or life jackets.
- ▶ The lifeline end attached to the vessel must be easily accessible so that it can be hauled in without difficulty.
- ▶ In bad weather or difficult working conditions, wear a safety line to protect yourself from falling overboard.
- ▶ When working aloft, always wear a lifeline.



A lifeline provides a means of getting back on board in case a crew member falls into the water.

02

Lightning and electricity

- ▶ Employer or skipper must inspect and maintain power generator.
- ▶ All electrical appliances must be in a safe working condition.
- ▶ Lights should be installed in dangerous areas and must be fluorescent to not interfere with fishers' visions or work at night.
- ▶ Emergency lights should be installed and become functional immediately when the electricity goes out.



03

Contact with chemicals

- ▶ You may get into contact with different types of chemicals, fuels, and oils on board.
- ▶ Your employer must provide protective equipment, tools and clothing so you can safely use these chemicals.



04

Machine safety

- ▶ Employer must train you properly on safety procedures.
- ▶ Employer must organise the workplace so machines can be used safely.
- ▶ Before operating machines, wear the appropriate protective gear provided by the employer.
- ▶ Avoid wearing loose fitting clothing that can be caught in a machine.



05

Organizing the workplace

- ▶ Keep passageways and work areas clear so you or other workers don't slip or trip.
- ▶ Never walk under a hanging load.
- ▶ Return materials to their original places after using them.

06

Carrying and handling heavy or awkward loads

- ▶ Bend your knees and lift with your legs (not your back).
- ▶ Keep the weight close to your body.
- ▶ Use a hoist or winch if needed.
- ▶ Ask for help if something is too heavy to lift.



07

Coping with fatigue

- ▶ Rest hours must be at least 10 hours per day and 77 hours per week.
- ▶ Make sure you get enough sleep (at least 6 hours per day).
- ▶ Ask another crew member to take over your work if you feel too tired or drowsy to continue.
- ▶ Use an alarm clock and set up a buddy system for control of the vessel at night.
- ▶ There must be at least 2 skippers at night.



08

Treatment for injuries and first aid

- ▶ Cuts can develop into serious infections so cover them with a band-aid immediately.
- ▶ First aid items must be kept clean and dry and prepared in case an injury occurs.
- ▶ A weatherproof container is recommended for keeping first aid kits safe.
- ▶ Instructions for all medical and safety equipment should be in languages and formats understood by all fishing crews.
- ▶ If you are seriously injured or ill, the employer/skipper must bring you back to shore for medical treatment right away.
- ▶ Your employer must make sure that the boat has a functioning radio on board to establish contact with the coast guard at all times, especially during emergencies.



Ministry of Labour

Central Hotline: 1506/1546/1300

Migrant Worker Hotline: 1694

Fishers' Rights Network

Centers are in Ranong, Chumphon, Trat and Songkhla

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09

Clean and hygienic food and water

- ▶ Employer must provide enough clean drinking water and food.
- ▶ Clean fresh water must be provided for showering and brushing teeth.
- ▶ Food storage facilities must always be clean.
- ▶ Waste must be properly sealed in containers and kept away from eating areas.



10

Fire prevention

- ▶ Employer must provide the appropriate amount of fire extinguishers.
- ▶ Extinguishers must be installed properly in visible areas that can be accessed quickly and easily.
- ▶ All information about extinguishers should be in a language you understand.
- ▶ Do not store gas cylinders close to objects that can explode or catch fire.



11

Warning systems

- ▶ Employer must show warning signs to follow for safety and health protection.
- ▶ Arrange a warning system in case crew is missing.

12

Violence or threats on board

- ▶ Physical and sexual violence and threats should not be accepted.
- ▶ If you or co-workers are threatened or beaten, seek help from labour inspectors, civil society organisations or unions.



When you have safety or health problems at work, you should:

- ▶ Talk to your employer.
- ▶ Tell inspectors at the Port-in Port-Out (PIPO) Center about dangers or injuries.
- ▶ Talk to a union or CSO you trust.
- ▶ Remember that labour laws protect you whether you are a Thai national or migrant worker.

**Things that must be remembered****On shore**

- Be watchful for fraud and scams.
- Don't do drugs.
- Use condoms every time you have sex.
- If you have any questions about your working or living conditions in Thailand, you can contact Stella Maris, Fishers' Rights Network or Human Rights and Development Foundation.

Before getting on a boat

Know your rights:

- Minimum monthly wage is no less than 9,840 Baht per month.
- At least 10 hours of rest every 24 hours.
- 30 paid sick days per year.
- Arranges and pays to send you back to the place where you were hired if you are injured while on board.
- Employer must tell you how long you will be at sea (not more than 30 days).
- Employer should provide safety equipment, protective wear and proper training.
- You have the right to change jobs.



Safety Tips on Board a Fishing Vessel


shiptoshorerights.org

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