

COPING WITH FATIGUE

- ☑ Make sure you have time off for sleep. It is recommended that you sleep at least 6 hours (time sleeping is not the same as rest hours). Take short naps whenever possible. This works best before a person gets tired.
- ☑ If you feel drowsy, you should ask another crew to help take over your work.
- ☑ While sailing at night, use an alarm clock and a buddy system to control the vessel. There must be at least 2 skippers.



TREATMENT FOR INJURIES AND FIRST AID

- ☑ First aid items must be kept clean and dry and ready to take to the scene of an injury. A weatherproof container is recommended.
- ☑ Instructions for the use of medical equipment and supplies must be in the language(s) and format understood by all fishing crews.
- ☑ If you are seriously injured or ill, the employer/skipper must bring you back to shore for medical treatment without delay.



- ☑ Your employer must make sure that the vessel has a functioning radio on board to always establish contact with the Directorate of Maritime Affairs, especially during emergencies.



GETTING HELP:

Ministry of Labour, Industrial Relations, and
Employment Creation

Directorate: Labour Services
+264 61 2066111
+264 61 2066297

Division: Labour Inspectorate
+264 61 2066224

Division: Occupational Health and Safety
+264 61 2066111
+264 61 2066302

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Walvis Bay
+264 64 277800
Swakopmund
+264 64 429700

Karas Region
Lüderitz
+264 63 203842

Office of the Labour Commissioner
+264 61- 2066800

Ministry of Works and Transport

Directorate of Maritime Affairs
061 4485 01

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HOW TO STAY SAFE WHILE WORKING ON A FISHING VESSEL AT SEA



International
Labour
Organization



Funded by
the European Union



USING PROTECTIVE EQUIPMENT DEDUCTIONS

- ☑ Wear ear muffs to prevent hearing loss when in the vessel's engine room.
- ☑ Wear buoyancy aids including 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 conditions, a safety line should be worn to prevent going overboard.
- ☑ When working aloft, always wear a lifeline.



POTABLE WATER AND QUALITY FOOD

- ☑ Drinking water, quality food, as well as clean and fresh water for washing must be available and accessible at all times and in sufficient quantity.
- ☑ Food storage facilities must be maintained in a hygienic condition.
- ☑ Water must be kept in closed, well-sealed containers and away from food handling areas whenever necessary.



LIGHTING AND ELECTRICITY

- ☑ The power generator and all electrical appliances should be inspected and maintained to ensure correct and safe functioning.
- ☑ Lights should be installed in areas of high danger and use fluorescent lamps that do not interfere with fishers' vision or work at night.
- ☑ Emergency lights should be installed and should function immediately when there is a power outage.
- ☑ All accommodation spaces should be provided with adequate light.



FIRE PREVENTION

- ☑ Your employer must provide adequate portable fire extinguishers of an approved type and be installed firmly in clearly visible and accessible spots so that they can be used easily and quickly.
- ☑ It is important that the information about the type of fire extinguisher and usage instructions are in a language that can be understood by the crew.
- ☑ Do not store gas cylinders close to combustible objects.



CONTACT WITH CHEMICALS

- ☑ If a worker will be in contact with different types of chemicals such as chlorine for cleaning (which can irritate skin and lungs), fuel and oil which are often dispersed on board.
- ☑ The employer must provide protective tools and equipment such as appropriate clothing, gloves, etc.



MACHINE SAFETY

- ☑ Your employer is obligated to make sure that you have the proper training and equipment while working with machinery.



WARNING SYSTEMS

- ☑ Your employer must affix warning signs for occupational safety and health such as danger warning signs, forbid signs, and signs to comply.
- ☑ Arrange a warning system on board if one crew is missing, such as a buddy system.

WORKPLACE ORGANIZATION ON BOARD

- ☑ Passageways should be clear
- ☑ All work areas, including decks, the engine room, the wheelhouse, and the anchor area, must be kept free of slipping and tripping hazards.
- ☑ When water hoses are not been used, they should be coiled on brackets.
- ☑ Workers should not stand or walk under a suspended load.



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 or ask for help if something is too heavy to lift by yourself.



VIOLENCE OR THREATS ON BOARD

- ☑ Physical and sexual violence must not be tolerated.
- ☑ Threat of violence is never okay.
- ☑ If you or your co-workers are threatened with violence or beaten, you must seek help from labour inspectors or civil society organizations (CSOs).
- ☑ When you have safety or health problems at work, you should:
 - talk to your employer;
 - tell inspectors at the port about the danger or injury;
 - make sure you talk to a union or CSO you trust.

Remember that the labour laws protect you no matter your nationality