

# SAFE HOME

## KEEP TRAWLIN' – NOT FALLIN'

Slips, trips and falls account for a significant proportion of injuries on board vessels. Safe movement around the vessel is essential at all times but take extra care when in heavy seas or if decks are wet.

### WORK SAFE: SAFE HOME



- Get help when carrying heavy or awkward loads
- If you see a spill – make the area safe and get it cleaned up
- Make sure your work area and path is clear from trip hazards
- Keep working areas well illuminated
- Take care when using stairs or ladders
- Avoid trailing wires and cables on deck
- Rig temporary guardrails around open hatches and fall hazards
- Maintain good seamanship and good housekeeping
- Keep one hand for yourself and one for the boat

