

Some examples of common hazards are listed below:

Hazard	Countermeasure
<p>Working alone: There is a danger that, when working alone, you might become trapped or injured and be unable to call for assistance.</p>	<p>Working alone: Avoid working alone, but if you have to, maintain good communications with someone responsible for checking on your safety and always notify someone else of your intentions and location before you start.</p>
<p>Lighting: It is the responsibility of the vessel to provide adequate lighting — make sure you have organized that.</p>	<p>Lighting: If adequate light is not available, e.g. by opening hatches or doorways, a suitable IS torch or working light may be used.</p>
<p>Slips and falls: The deck of the vessel might be wet or coated with oil or slippery cargo residues which add to the risk of slipping.</p>	<p>Slips and falls: Wear appropriate anti-static non-slip shoes/boots. Pay particular attention in the vicinity of deck machinery, where lubricants may be spilt, or if leaking cargo is identified. Engine room floors are often oily.</p>
<p>Machinery: A variety of machinery may be in use</p> <ul style="list-style-type: none"> ● Ventilation equipment ● Generators ● Pumps ● Compressors ● Winches 	<p>Machinery: Keep a safe distance from moving machinery and wear high-visibility clothing and a safety helmet. Remember: the operator may have a limited view, particularly in the hold.</p> <p>Remember: in tidal basins the ship's</p>

<ul style="list-style-type: none"> • Cargo-moving machinery, including fork-lift trucks, cranes, conveyors or elevators 	<p>mooring lines may require frequent adjustment using winches. Keep well away from these operations.</p> <p>The importance of work outfit and overall cannot be over-emphasized. Entangling with running machinery has been a bad cause of many accidents.</p>
<p>Ship's safety and working equipment: you must know how to use those safely and are satisfied that they are in working order.</p>	<p>Ship's safety and working equipment: if you are unsure of using any, don't hide that fact and ask superior officers to give you a demonstration before you use that with proper safety precautions. If you do not have adequate and appropriate training, you must admit that before undertaking any work.</p>
<p>Cold rooms and stores: Cold store doors may have self-locking mechanisms and may contain a special atmosphere to preserve the goods. They are often maintained at low temperatures.</p>	<p>Cold stores:</p> <ul style="list-style-type: none"> • Always station someone outside the door to call for assistance if you get into difficulty. • Check that there is adequate oxygen and that there are no other hazardous gases in the store before you enter. • Wear insulation clothing to protect you from the cold. • Limit the amount of time you spend in the cold store to make

	<p>sure your core body temperature does not drop too low.</p>
<p>Contact with oils and other spills: You might come across oil spills or leaking cargo. The oil or cargo could be hazardous, either by contact or by inhalation.</p>	<p>Contact with oils and other spills: If you see a spillage or leak; check to see if it has been identified. Unless it has been absolutely ruled safe by a competent person, withdraw immediately and notify your supervisor. Avoid all contact with spills even if they are deemed safe, as you may suffer a skin reaction. Seek proper medical attention if any symptoms occur.</p> <p>Remember: even chemicals that are safe on their own may react together (or with atmospheric water vapour) releasing toxic fumes or giving off sufficient heat to cause injury or start a fire.</p>
<p>Excessive noise: Many items of noisy machinery may be at work on a vessel even when it is berthed, including:</p> <ul style="list-style-type: none">• Ventilation equipment• Generators• Winches• Cargo-moving machinery, including fork-lift trucks, cranes, conveyors or elevators	<p>Excessive noise: You should assess the risk and limit exposure or use ear-defenders. Prolonged exposure to even moderate noise levels can damage hearing.</p> <p>Remember: excessive noise can hinder communication and reduce your awareness of other hazards.</p>

Confined spaces: As mentioned earlier, confined spaces on board ships, including:

- Ballast tanks
- Storage lockers
- Cargo holds and tanks, and
- Engine and machinery rooms

Can pose a wide range of hazards, including toxic fumes and substances

Confined spaces: **Never enter any confined spaces without the appropriate training and equipment.**

A risk assessment should always be carried out and permission obtained, notices placed before you enter any confined space. If you have to enter confined spaces, additional specialist equipment (and training to use it) will be needed, including:

- Personal alert safety system alarm (contains motion sensors and indicates when a person is unconscious);
- Multi-gas alarm personal monitor (detects noxious gases);
- Intrinsically safe (IS) radio/communications line;
- Confined space rescue equipment (compressed-air breathing apparatus);
- Safety harness and lifeline and location line;
- Manual and automatic resuscitation system (MARS).