

SAFETY AWARENESS ABOARD RESEARCH VESSEL FULMAR

In preparation for your trip aboard the R/V *Fulmar*, please review the following introductory comments regarding safety and the use of personal protective equipment aboard the vessel. If you have any questions about the following information, it is important that you address those questions with your Cruise Leader and R/V *Fulmar*'s Vessel Operations Coordinator, *prior to* the day of departure.

General Safety Considerations

Safety considerations aboard a vessel at sea are entirely different from those encountered at home or in the “average” workplace. Although the R/V *Fulmar* is typically quite stable, it is important to note that the way in which any vessel behaves at sea is sometimes unpredictable. You should maintain a secure hold on the vessel with at least one hand at all times, especially when moving about the vessel. When transiting to and from your working grounds, it is best practice to remain seated for as much of the transit as possible. If you think you may be prone to sea-sickness, consider taking over-the-counter motion sickness medication, as directed by the manufacturer. Read the directions carefully, as many motion sickness medications are most effective when taken the *day before* departure.

Please contact the Vessel Operations Coordinator in advance of the cruise with questions regarding health conditions or physical fitness; this may include food/insect allergies or medications that may require refrigeration or special administration requirements in case of an emergency (examples: insulin, anti-seizure medications, etc.). Providing medical information is voluntary, and will be kept in a sealed and secure location for use only in an emergency by the vessel crew and land-based medical support. Participants take personal responsibility for their health, understanding the potential for delayed medical attention at sea.

Physical Activities Participants May Encounter

While boarding, underway, and departing the vessel you may be required to do the following:

- Walk/stand on decks for several hours
- Step over 24 inch high door sill
- Climb stairs
- Carry a survival suit (<15 pounds) up/down stairs
- Hear alarms (hearing aid permitted)
- Walking on slippery, uneven, and/or moving surfaces

Safety Briefing

Prior to departure, you will be required to attend a complete safety briefing conducted by a vessel crewmember to orient you to the layout of the vessel, the safety equipment carried aboard, and to review the risks specific to the operating conditions of the day. The briefing will also address those safety requirements that are specific to your planned operations. Your undivided attention is required during the briefing and is the best time to

ask questions or communicate any last-minute concerns that you may have regarding your trip.

Donning an Immersion Suit

All persons should have practice within the last year donning an immersion suit. Following the safety briefing, participants that do not meet this requirement must don an immersion suit under the oversight of the crew **or in case of a one-day outreach cruise, have a crew member demonstrate how to properly don an immersion suit.** There must be one adequate immersion suit per participant. Arrangements for alternative immersion suit sizes should be made at least one week before the cruise with the Vessel Operations Coordinator.

The R/V *Fulmar* has the following complement of immersion suit sizes available with the associated rating guidance:

- 28 universal size immersion suits: height 4'11"- 6'3"; weight 110-300 lbs.
- 2 adult small: height < 5'8"; weight 110-200 lbs.
- 2 extra large: max height 6' 8"; weight 225-375 lbs.

Personal Protective Equipment

The safety briefing provided at the start of your trip will include information on the specific safety equipment requirements for your planned mission(s). The following non-negotiable safety equipment rules apply to all operations, at all times.

- 1) Close-toed shoes are required on all exterior weather decks, at all times. In enforcing this requirement, vessel crewmembers will be looking for shoes that cover the entire foot, that are positively secured about the heel, and that have flat, rubber soles. Although many sandals and water shoes are close-toed and do cover the entire foot, they afford very little protection from falling heavy objects and therefore do not satisfy this requirement.
- 2) Hardhats and work vests are required during all crane, winch or A-Frame operations. This equipment is required even if you are not participating directly, but remain in the vicinity of those operations. If you are spending time on the weather decks seeking relief from sea-sickness, you must wear a work vest or Personal Flotation Device (PFD).

PPE such as hardhats, work vests, hearing protection, work gloves, and safety glasses are carried aboard the vessel, and all embarked personnel will have access to PPE as necessary. Crewmembers will direct you to the locations in which PPE are stored when appropriate.

What to Bring (Daytrip)

- Closed-toe shoes
- Wind resistant clothing, a warm coat/fleece, and hat
- Sunscreen

- Sunglasses
- Special dietary requirements/medications
- Water bottle (drinking water provided)

It is the responsibility of the Cruise Leader to confirm that all participants have read, understand, and can meet these safety requirements prior to departure. The Cruise Leader shall confirm this requirement has been met with the Vessel Operations Coordinator. Please inquire early to any safety-related questions that arise in your cruise planning. Thank you for helping us to maintain safer, more efficient operations aboard the *Fulmar*, and we look forward to welcoming you aboard!

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