

Welcome to the Hard Hat Training Series!



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Welcome to the Hard Hat Training Series. Today, we will be learning about steps you can take to protect your general health and safety while onboard a marine vessel. This training will give you the tools and knowledge you need to be a healthier, safer seafarer.



HARD HAT
TRAINING SERIES

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HEALTH & WELLNESS
MARITIME TRAINING



Thanks to popular television shows, we all know that working at sea is a deadly occupation. Besides accidents, seafarers are at risk for a number of diseases and health hazards. The physical nature of onboard work, changes in climate and weather, the type of cargo, long and inconsistent working hours, and material handling can all take a toll on your body and mind.





Personal habits such as hygiene, diet, exercise, and stress management also affect your physical and mental wellbeing. Endemic and epidemic diseases are also a concern. There are no medical professionals onboard to take care of you if you fall ill. It is essential, then, that you take preventative measures to keep yourself safe and healthy.



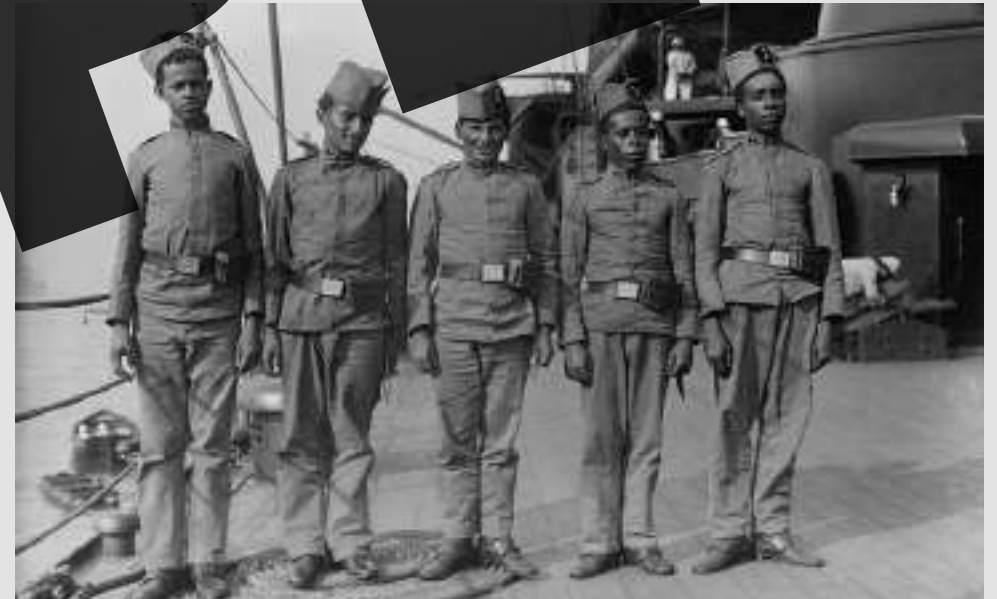
Maritime Health: A History

Being a sailor has always been a hazardous job. In the nineteenth century, it wasn't unusual for minor cuts and abrasions to become infected; left untreated, these infections would grow and spread, resulting in amputations. Tetanus, gangrene, and other infections were common.





Additionally, there were several diseases that were caused by poor diet. Scurvy, caused by a vitamin C deficiency, was prevalent among seamen until the mid-1800s. Scurvy causes exhaustion, pale skin, irritability, swollen gums, joint pain, and bone loss. Similarly, Osteomalacia, a softening of the bones caused by vitamin D deficiency, was also prevalent at the time. It led to bowed legs and fractures.



Conditions onboard were damp, allowing viruses and bacteria to develop at an alarming rate. Colds, pneumonia, and tuberculosis were common among sailors. Poor air quality below decks, where the crew slept, contributed to permanent breathing issues.





Thankfully, scientific advancements have improved the life and health of seafarers. However, dangers still exist if diet, hygiene, and general wellness — both physical and mental — are neglected. Consider the following statistics.



Workers employed at marine terminals and ports are five times more likely to be the victim of a fatal injury on the job than their non-maritime counterparts. Additionally, nonfatal injuries and illnesses in the maritime industry occur at double the rate of the general workforce. The following story illustrates how easy it is to become a statistic by ignoring your own wellbeing.



Carter was employed on a fishing vessel. One day, he cut himself while working. The wound wasn't bleeding very much, so he told himself he would bandage it later and went back to work. Throughout Carter's shift, the open wound was exposed to the water which contained a bacteria called *Vibrio Vulnificus*. This bacteria will eat flesh if it has an opening to get in. Unfortunately, Carter contracted the bacteria.





Courtesy of www.wtxl.com

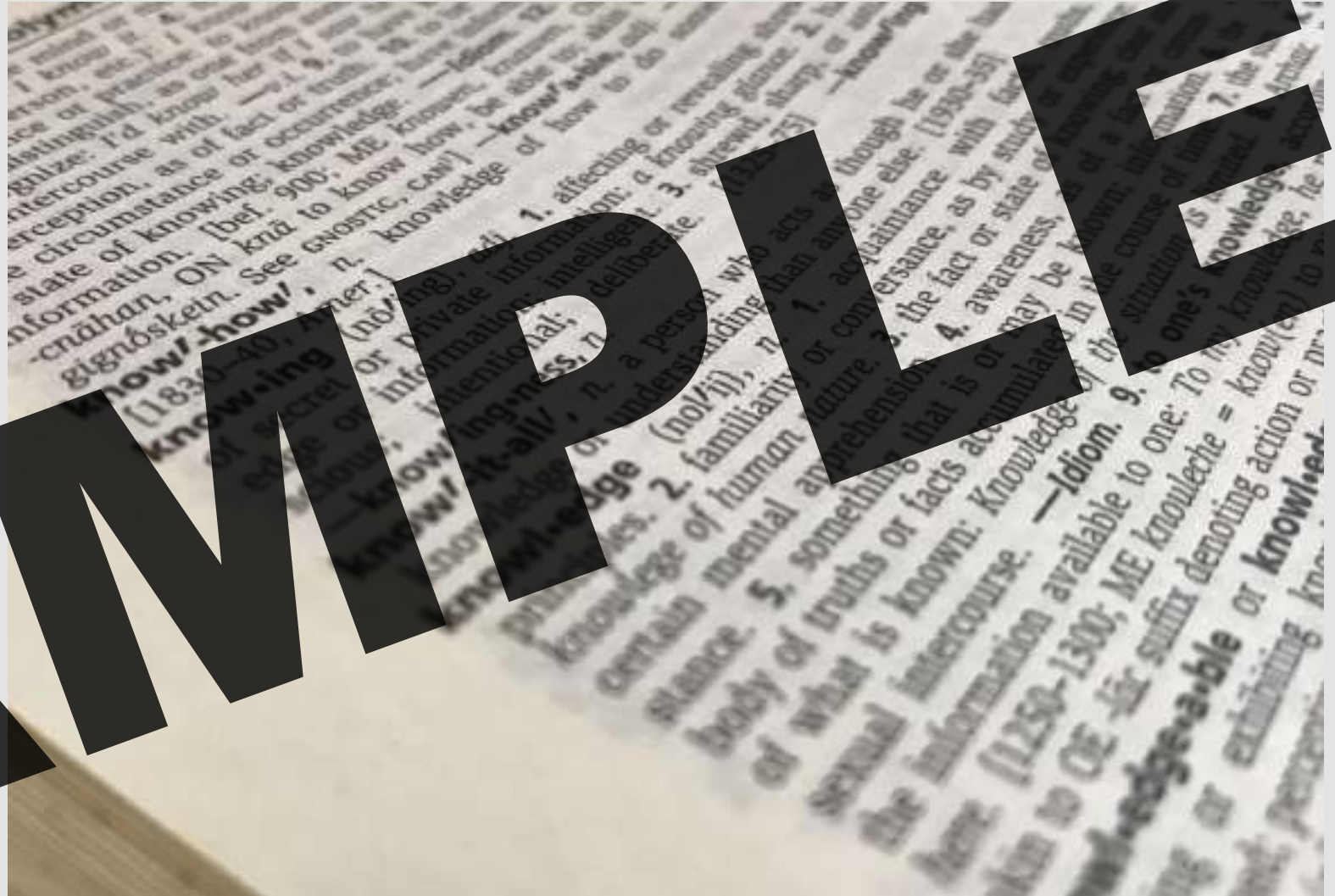
The *Vibrio Vulnificus* made its way up his leg to his torso and back, eating at his flesh along the way. Carter sought help too late and the doctors were unable to stop the progression of the disease. Ultimately, he died from the infection.

Unfortunately, Carter's story is not unique. There are many dangers to human health in nature and especially the marine environment. It is vital that you take care of yourself and know the warning signs your body will give you when something is wrong. This training will help you do just that.



Definitions

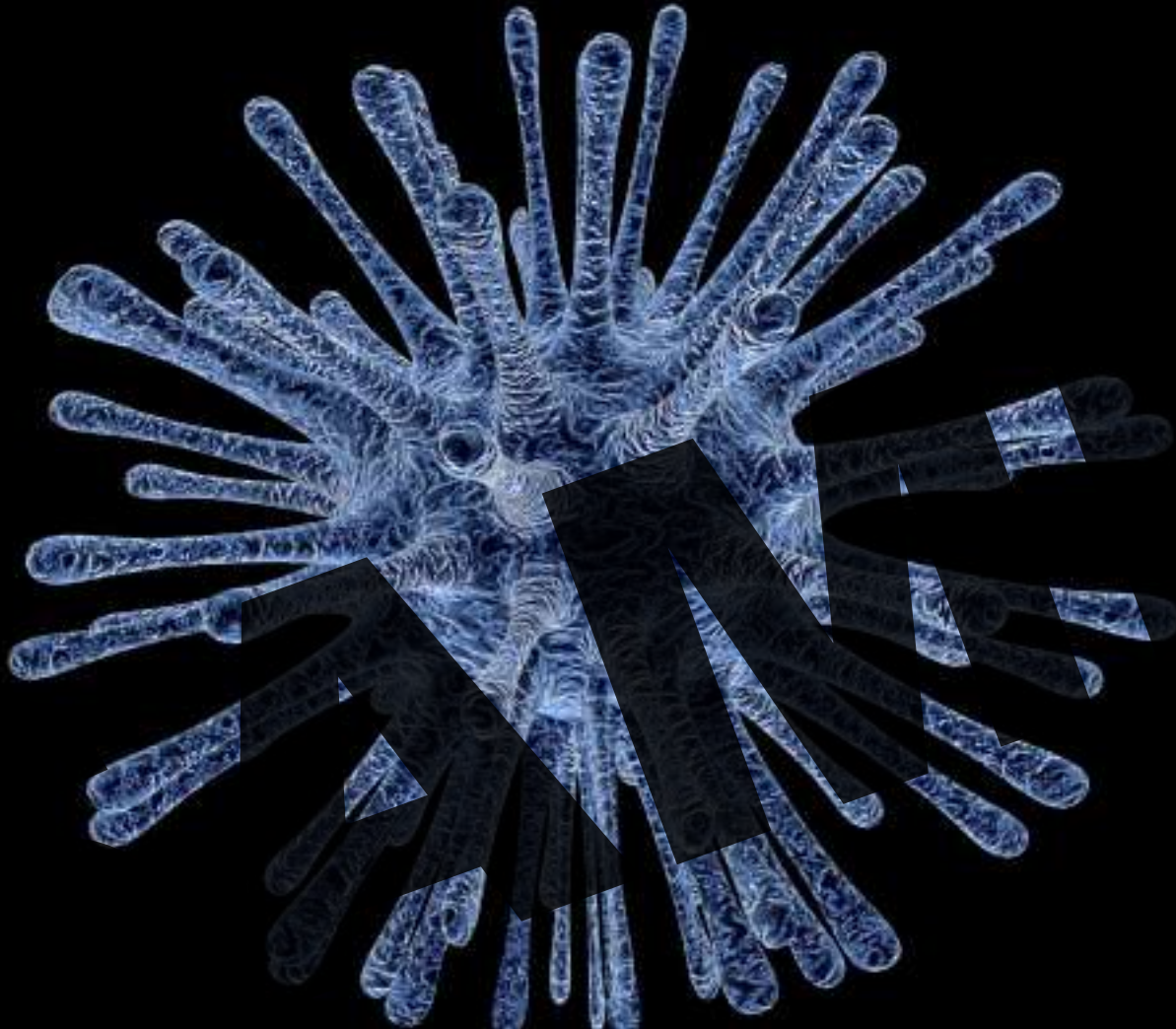
We will be covering a variety of health topics that contain terms you may not be familiar with. We have defined them here for you.



Fungal

In this presentation, we will frequently refer to fungal infections. A fungal infection is an infection caused by a fungus. There are a variety of different fungi that cause many different illnesses.





Virus

A virus is a microscopic organism that enters the body and reproduces inside cells. The virus corrupts the cells and causes many different viral diseases.

STD

An STD is a sexually transmitted disease. This means that the disease can be spread through sexual skin to skin contact; bodily fluids like semen, vaginal excretions, or blood.

SAN



Workers are required to receive refresher training when...

- 1 There are changes in their assigned duties.
- 2 There are changes regarding potential exposure to hazards for which the employees have not received training.
- 3 There is any deficiency noted in an employee's work performance that is related to the safety and health of themselves or other workers.
- 4 If an accident or anytime an employee is injured or nearly injured during operations.

NOTE: In some areas, refresher training is required at least every three years (if not sooner).

Training

Training is not a one-and-done occurrence; it is ongoing. In fact, similar to the guidelines set down for when initial training is required, OSHA is also specific when it comes to “refresher training.” More specifically, OSHA acknowledges the need for refresher or follow-up training whenever there is a demonstrated need for it, as illustrated here.

The extent of training is to be determined by the employer, but at the very least, it should include classroom instruction, followed by a written and practical examination that prove continued competency.



Initial training and refresher training, as well as any written and practical evaluations, must be documented and filed. At the very least, in the case of an investigation, OSHA will want to see proof of proper and consistent training (in the way of training outlines, class lists, training goals, tests, certificates, and so on.) These documents should include the name of the person who taught the class or conducted the evaluation.



In today's training, we will be discussing topics like hygiene, nutrition, and mental health. Each section will contain important instruction that, if followed, will give you a better chance of staying healthy and safe, despite the unique situation that working at sea presents.

Hygiene

SAMPLE



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