

## Preface

Seafarer profession is to work in a special shipboard environment compared to onshore duty.

The features are [isolation from the general society], [solving all things yourself], [dangerous workplace], [workplace and residence space are same] and so on.

This Seafarers' Safety Book is compiled to present essential basic items for maintaining the health and safety of seafarers' working in such a special environment.

In particular, it is effective for acquiring a wide range of basic knowledge for new seafarers.

In addition, descriptions and explanations in this book are given in both Japanese and English for foreign seafarers.

From 1967 when The Association for Promoting Safety and Sanitation for Seafarers was established, the rate of occurrence of accidents involving seafarers has been remarkably reduced to one seventh by the rate of occurrence of fatal accidents, but recently it has stopped decreasing and the situation is still high.

It is said to be about four times the mean rate of accidents in shore industries as a whole.

In addition, the influence of the declining birthrate and aging is remarkable in seafarer society as well and the rate of occurrence of accidents due to aging seafarers' lifestyle disease and agility decline has been much higher than in other age groups.

Furthermore, it is also true that young seafarers' unexpected accidents due to lack of basic knowledge are increasing.

This Seafarers' Safety Book is compiled for seafarers' better understanding more concretely their general precautions and preparedness against any accidents which are frequently happened by sectionwise.

In addition, in this revised edition, we newly add

- (1) How to handle portable fire extinguishers.
- (2) Oxygen Deficiency.
- (3) How to utilize AED (Automated External Defibrillator).
- (4) Mental Health.

We hope every seafarer would always carry this book and use it to maintain their health and safety and to eliminate injuries and diseases from their ship.

Your safe work protects your family!

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The Association for Promoting  
Safety and Sanitation for Seafarers

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### III. 参考資料

参考1 安全衛生チェックリスト

〃 2 検知器具・保護具一覧表

〃 3 安全標識一覧表

## I 注意事項

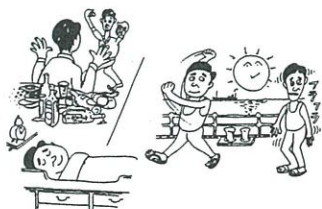
### 1. 一般注意事項

#### 1. 船内の不和は災害をまねく

- (1) 各個人の人間性を尊重し、お互いの立場を理解する。
- (2) もめごとは上長を交えて、話し合いで解決する。
- (3) 助け合う気持ちを持って明るい職場作りを心掛ける。

#### 2. 事故を防止するために

- (1) 乗船したら船舶固有の事故報告書、故障報告書を読んでおく。
- (2) トラブルの予兆を、見逃さないために、普段から五感 (視覚、嗅覚、聴覚、味覚、触覚) を養い、通常状態を知っておく。
- (3) 操作の確実性を増すために、指差呼称を励行する。
- (4) メモを取る習慣を付ける。
- (5) 報 (報告)・連 (連絡)・相 (相談) (ホーレンソー) を密にし、情報の共有を図ること。
- (6) ダブルチェック、トリプルチェックを実行すること。



## I. Precautions

### 1. General Precautions

1. Discord aboard a ship will lead to accidents.
  - (1) Respect individuals, and understand each other.
  - (2) Problems should be settled through discussions involving superiors.
  - (3) Try to create a positive and warm environment.

### 2. To avoid any accidents on board.

- (1) When you embark the ship, read any incident reports and trouble reports of the ship.
- (2) In order not to overlook any indications of accidents, sharpen up the five senses (the sense of sight, smell, hearing, taste, touch) habitually and understand sound conditions.
- (3) Perform pointing and calling on board habitually.
- (4) Put a habit on making notes on board.
- (5) Always by reporting, contacting and consulting densely, share the information with crew members on board.
- (6) Perform double-checking or triple-checking on board habitually.

