Quick Reference Single Person Operations

USCG

GOOD HOUSEKEEPING

- Inspect your equipment and basic systems (propulsions, steering, pumps, alarms) frequently.
- Keep bilges free of debris so pump strainers do not clog.
- Keep decks, work areas and passageways clean and free of obstructions.
- Keep regular maintenance schedules for all safety equipment, machinery, electronics and gear.
- Store oily rags and solvents in non-flammable containers to eliminate sources of fuel for fire.
- Secure loose gear.

Keep at least 1 battery above the bilge line to operate emergency equipment in case of flooding.

DISTRESS SIGNALS

orange smoke

signalling mirror

pistol and flares

hand-held flares

strobe light

flashlight

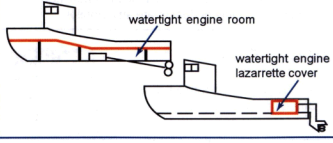
Developed under Contract DTCG23-95-D-HMS026

FLOODING CONTROL

- Check bilges regularly.
- Maintain bilge high water alarms.
- Maintain watertight integrity at all times. Secure hatches when underway.
- Carry a "Damage Control Kit" with a variety of wedges, round soft wood plugs, patches, waterproof epoxy, waterproof flashlight and hose clamps.
- Have an emergency source of power above deck, separate from the main battery bank.
- Know the capacities of your compartments and have a means to pump any that flood.
- Know the effect on the vessel's stability if a compartment is flooded.
- Regularly check through-hull fittings, clamps and hoses.

WATERTIGHT INTEGRITY

* Maintain watertight bulkheads watertight!
  * Minimize number of penetrations.
  * Penetrations must be watertight, high and centered on the bulkhead.
* Discharge piping penetrating the hull shall be fitted with positively closing check valves.
* Deckhouse openings shall open outward and be fitted with gasket seals.
* Hatches/covers for engine room, lazarrette, fish holds should be watertight and have gaskets and proper dogging devices to ensure watertight seal.



THE FIRE TRIANGLE

A fire must have heat, fuel and oxygen in order to burn. Remove any leg of the "triangle" and fire cannot occur.

FIGHTING A FIRE

Have more than one fire extinguisher available and know how to use them. Follow the rules below for safety.

F - Find the fire, its location and size.
I - Inform nearby vessels and make a distress call if you cannot control it yourself.
R - Restrict the fire.
- Shut off air supply to the fire (close hatches, ports, doors, and other similar openings).
- De-energize electrical systems.
- Set fire boundaries to confine the fire.
- If the fire is in a machinery space, shut off the fuel supply and ventilation system.
- Maneuver the vessel to minimize the effect of wind on the fire.

E - Extinguish the fire.
- Aim your extinguisher at the base of the fire.
- Sweep the extinguisher back and forth.
- If unable to control fire, prepare to abandon the boat.
- Do not use water to extinguish an electrical fire.

NOTE: If water is used to extinguish the fire, dewatering procedures should be started immediately to avoid stability problems.

Quick Reference Single Person Operations

CFIVAC

STAY ALERT! WORK SAFE!

- Check all ladders: make sure they are secure and intact.
- Secure all equipment when not in use.
- Keep feet and hands clear.
- Keep clear of the bight of a line.
- Keep a sharp knife available.
- Monitor weather reports.
- Secure hair, jewelry and clothing to prevent entanglement.

KEEP IN CONTACT

- Have a FLOAT PLAN and follow it.
- Use a BUDDY SYSTEM. Travel together if possible.
- Stay in radio contact.

COLD WEATHER CLOTHING

- Wear layers of wool or polypropylene. Avoid cotton.
- Wear wool hat. 50% of body heat is lost through the head.
- Be visible! Have bright colors and reflective tape on all outer garments. Attach whistle and light.
- Wear nonskid boots.

PERSONAL FLOTATION DEVICES

- Wear flotation at all times when on deck.
- Practice donning the PFD or immersion suit you would rely on in an emergency.
- Find the type of PFD that works for you and WEAR IT!

STAY AWAKE! STAY ALERT! STAY ALIVE! YOU MAY HAVE ONLY YOURSELF TO DEPEND ON!

Use alarms. Watch alarms, radar, LORAN, depth finder, deadman switch, etc. should be set to activate in case you fall asleep.

FALLING OVERBOARD

- Permanently attach a ladder or rope over the side.
- Follow every precaution to avoid falling overboard.

MAN OVERBOARD ALARMS ARE AVAILABLE

These alarms are set off when the wearer is immersed in water. They can activate an alarm in the wheel house, shut down an engine or deactivate an autopilot.

STOPPING THE BOAT

- Stop motion of vessel before leaving the wheel.
- Use the deadman switch/pedal to disengage propulsion.

MAYDAY

How to make a distress call

Establish radio contact as soon as you recognize that an emergency exists. Know how to give a proper Mayday.

Speak: slowly and clearly

Select 156.8MHz
(vhf channel 16 or 2182KHz)
Know local fleet backup channels.

Say "Mayday Mayday Mayday."

Say "This is name of vessel." Describe your position in latitude and longitude or range and bearing from a known point. "Over."

Release microphone and listen for response.

Repeat "Mayday. This is the fishing vessel name."

State nature of your distress. Give number of individuals on board and injuries. Briefly describe your vessel.

If situation permits, stand by radio for further communication with the Coast Guard or another vessel. If no one answers, repeat above then try on another channel.

EMERGENCY COMMUNICATION

Use your EPIRB (Electronic Position Indicating Radio Beacon) and make a distress call at the first sign of trouble. Contact the Coast Guard and nearby vessels.

This information provided by the U.S. Coast Guard and the Commercial Fishing Industry Vessel Advisory Committee