



Safety Briefing

Resource for Skippers

A large, stylized graphic of a sailboat's sail, composed of two overlapping curved shapes. The front shape is light blue and the back shape is light green. Both are set against a teal background.

yotlinx



Safety Considerations

- Avoiding the most probable causes of injury
- Safety Equipment





The most probable causes of injury

- Falling (including falling overboard)
- Rope/winch handling
- Being hit by bits of the boat
- Gas & the Galley

- Falling (including falling overboard)
 - One hand for the boat at all times
 - Right footwear for grip
 - Avoid standing on rope
 - Use of harness when instructed to do so
 - Use of lifejacket when instructed to do so
 - Going aboard and ashore
 - amidships
 - no leaps of faith

- Rope/anchor chain/winch handling
 - Ropes can burn and even remove limbs
 - Don't stand inside loops of rope or wrap them round your wrist for grip
 - Never pull a rope directly against the force of the sail or a moving boat (these things exert literally tons of force)
 - Always use some form of clutch or friction system ie: put some turns round something
 - Winches
 - when winching ropes pull with your thumbs towards you, not towards the winch
 - Don't get your fingers between the live part of the rope and the winch
 - stand right over the top of the winch when winching
 - Keep your fingers well away from the anchor winch

- Being hit by bits of the boat
 - The two most likely things to be hit by are the boom and the clew or sheets of a flogging foresail
 - Be aware of the point of sail and likelihood of a gibe. Keep well below the boom whenever possible
 - If working on the foredeck, turn your back on flogging sails

- Gas & the galley
 - Gas off when not cooking.
 - Know where the gas taps are
 - Off at the bottle at night and during passage
 - Gas heavier than air, so have to pump out with bilges
 - Waterproofs at the cooker in rough conditions
 - Leggings outside your boots

Safety equipment

- Know the whereabouts and basic operations and use of:
 - Lifejackets & harnesses
 - Sea cocks
 - VHF
 - Flotation aids
 - Engine
 - Flares
 - Life raft