



Maritime and Coastguard Agency

MARINE INFORMATION NOTE

MIN 375 (M+F)

MCA Occupational Health and Safety Leaflets and Posters

Notice to all ship, large yacht and fishing vessel owners, fleet managers, safety managers, training managers, masters, yacht masters, skippers, seafarers, training colleges and training organisations.

This notice replaces MIN 341 (M+F)

This MIN expires 30 January 2011

Summary

This Marine Information Note lists the Occupational Health and Safety leaflets and posters produced by Seafarer Safety and Health Branch of the Maritime and Coastguard Agency. Leaflets and posters are **FREE OF CHARGE to those companies operating or seafarers working on UK registered vessels only**. Copies can be ordered from the address provided in Annex A of this notice.

1. Introduction

- 1.1 There have been a large number of accidents that have been reported to the Marine Accident Investigation Branch (MAIB) over the last few years.
- 1.2 As part of the MCA's overall remit, we are seeking to reduce the numbers of such occupational accidents on board ship. We are doing so through a pro-active approach, producing a series of leaflets and posters. The issues covered to date stem from MCA Health and Safety Inspections, accidents investigated by the MAIB and meetings with industry including both the National Maritime Occupational Health and Safety Committee and the Fishing Industry Safety Group.
- 1.3 However if you believe there is a gap in the subjects addressed through our series of leaflets and posters let us know. You can do so by emailing us on : seafarer.s&h@mcga.gov.uk or writing in to us at the address found under "More information" which is found on page 2 of this notice.

2. Occupational Health and Safety Leaflets and Posters

- 2.1 The leaflets and posters are categorised into five categories:
 - Your Health at Sea
 - Your Safety at Sea
 - Safety Management at Sea

- The Law and You
- Fishing

2.2 The posters are available in both A4 and A3.

More Information

Seafarer Safety & Health Branch
Maritime and Coastguard Agency
Bay 1/29
Spring Place
105 Commercial Road
Southampton
SO15 1EG

Tel : +44 (0) 23 8032 9328
Fax : +44 (0) 23 8032 9251
e-mail: seafarer.s&h@mcga.gov.uk

General Inquiries: infoline@mcga.gov.uk

MCA Website Address: www.mcga.gov.uk

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Maritime and Coastguard Agency

MCA OCCUPATIONAL HEALTH AND SAFETY LEAFLETS

**ANNEX 1
MIN 375(M+F)**

All occupational Health and Safety leaflets and posters are available
FREE OF CHARGE (for those operating or working on UK registered ships ONLY) from the MCA publication distributors.
TO ORDER CONTACT : MCA Customer Line, EC GROUP, Europa Park, Magnet Road, Grays, Essex, RM20 4DN
 Tel : 0845 6032431 / Fax: 01375 484556 / Email: mca@ecgroup.co.uk

Leaflet	Poster	Title	Distribution	Order Ref. No.
YOUR HEALTH AT SEA			M = Merchant F = Fishing Y = Yachts	
*		Your Health at Sea 1 – Seafarer Medical Examinations	M	MCA/096a
*		Your Health at Sea 2 – Seafarer Medical Examinations - Additional Tests & Procedures	M	MCA/096b
*		Your Health at Sea 3 – Protect Your skin – Health Risks from Exposure to Direct Sunlight	M,F,Y	MCA/111
*		Your Health at Sea 4 - Fatigue in Seafarers	M, F	MCA/181
*		Your Health at Sea 5 – Stress in Seafarers	M,F	MCA/190
*		Your Health at Sea 6 – Medical Fitness Requirements	M,Y	MCA/186
*		Your Health at Sea 7 - Fit of Fat	M,Y	MCA/216
*		Your Health at Sea 8 - Fit for Purpose	M,Y	MCA/217
*		Your Health at Sea 9 – Dental Health	M,Y	MCA/219
	*	Hearing – Ear muffs – General Fitting Instructions	M,F	A3 : MCA/119a A4 : MCA/119b
	*	Hearing – Disposable Ear Plugs – General Fitting Instructions	M,F	A3 : MCA/120a A4 : MCA/120b
	*	Don't take risks in the sun – Skin Cancer can kill	M,F,Y	A3 : MCA/121a A4: MCA/121b
	*	Wake up to Fatigue – Recognise the signs ... Act now	M,F,Y	A3: MCA/157b

Leaflet	Poster	Title	Distribution	Order Ref. No.
				A4: MCA/157a
	*	Give Stress the Heave Ho! – Combat Stress...take control of your life	M,F	A3: MCA/192b A4: MCA/192a
YOUR SAFETY AY SEA				
*		Your Safety at Sea 1 – Hear Today or Gone Tomorrow	M,F	MCA/114
*		Your Safety at Sea 2 - Manual handling and you	M,F,Y	MCA/141
*		Your Safety at Sea 3 - Protecting yourself from slips, trips and falls	M,F,Y	MCA/150
*		Your Safety at Sea 4 - Be safe, work safely and know your ship	M	MCA/159
*		Your Safety at Sea 5 - LOLER AND PUWER (provision and use of lifting & work equipment for Fishermen	F	MCA/166
*		Your Safety at Sea 6 – Entry into Enclosed Spaces	M,F	MCA/198
	*	Watertight Doors – “Have you been trained to operate them. If not don’t use them”	M	A3: MCA/109a A4: MCA/109f
	*	Watertight Doors – “If it moves you don’t”	M	A3: MCA/109/b A4: MCA/109g
	*	Watertight Doors – ”If its fully opened and stopped – Go; If it’s moving – No Go”	M	A3: MCA/109c A4: MCA/109h
	*	Watch your step – Bights of Rope – Mooring Deck Safety	M,F,Y	A3: MCA/136a A4: MCA/136b
	*	Watch your step – Snap Back Zones – Mooring Deck Safety	M,F,Y	A3: MCA/137a A4: MCA/137b
	*	Manual Handling Techniques – What You, The Seafarer Should Know	M,F,Y	A3: MCA/139a A4: MCA/139b
	*	The Code of Safe Working Practices for Merchant Seamen	M	A3: MCA/ A4: MCA/164
	*	Know Your Safety Signs	M,F,Y	A3: MCA/ A4: MCA/165
	*	Entry into Enclosed Spaces – Don’t leave it to chance	M,F	A3: MCA/199b A4: MCA/199a

Leaflet	Poster	Title	Distribution	Order Ref. No.
SAFETY MANAGEMENT AT SEA				
*		Safety Management at Sea 1 – Sun Protection – For Seafarers exposed to Direct Sunlight	M,F,Y	MCA/112
*		Safety Management at Sea 2 – Maritime Health and Safety Law	M	MCA/115
*		Safety Management at Sea 3 – Catch the Risk before the Risk Catches You (Fishing Only)	F	MCA/113
*		Safety Management at Sea 4 – Legionella & Legionaires' Disease	M	MCA/138
*		Safety Management at Sea 5 - Preventing Slips, Trips and Falls on Board	M,F,Y	MCA/151
*		Safety Management at Sea 6 – Managing Fatigue in Seafarers	M,F,Y	MCA/182
*		Safety Management at Sea 7 – Managing Stress at Sea	M,F	MCA/191
*		Safety Management at Sea 8 – Drug Abuse at Sea (Fishing)	F	MCA/196
	*	Risk Assessment – Is it worth it? (Merchant Navy)	M	A3: MCA/109e A4: MCA/109j
	*	Risk Assessment – Is it worth it? (Fishing Vessels)	F	A3: MCA/109d A4: MCA/ 109i
THE LAW AND YOU				
*		The Law and You – Hours of Work	M	MCA/189
FISHING				
*		Fishermen's Safety Guide	F	MCA/034
		Fishermen's Safety Guide Folder	F	MCA/035