



## Commercial fishing

PPE can help protect you from some of the many hazards of commercial fishing. Your safety gear must meet a standard acceptable to WorkSafeBC, regardless of whether it is your own or provided by the master of the vessel. The following PPE requirements will help protect you from these hazards.

### Flotation devices

- Wear an approved personal flotation device (PFD) or life jacket when working on the deck of a fishing vessel.
- Wear a PFD or life jacket whenever you are in a seine skiff.
- Check the label in your PFD or life jacket to ensure it provides a minimum buoyancy of 69 Newtons (15.5 pounds).
- If you are working alone, wear a self-righting PFD or life jacket with a minimum of 93 Newtons (21 pounds) of buoyancy. Working alone means you are not in eyesight or earshot of another worker who can come to your aid if you fall in the water.
- If your PFD or life jacket is not inherently buoyant, it must be automatically inflatable and also have a manual inflation system. Manual only inflatable devices are not acceptable.
- To make you easy to spot if you fall overboard, these devices must have white or silver retroreflective material fitted on the surfaces that normally remain above the water surface.



*Wear your auto-inflatable PFD over your clothing. Do not attach anything to it that would prevent it from inflating.*

Flotation devices including, immersion suits, that are damaged or have not been properly maintained, do not meet a standard acceptable to WorkSafeBC.

### Immersion suits

The master of the vessel must:

- Have an immersion suit that meets a standard acceptable to WorkSafeBC readily available on board and in good condition for you and all other crew members. (This does not apply to skiffs or punts working near the main vessel.)
- Conduct emergency drills that include practicing putting on your immersion suit at least annually—at the start of the fishing season before leaving the dock, when there is a crew change, and at intervals to ensure that crew members are familiar with emergency procedures.

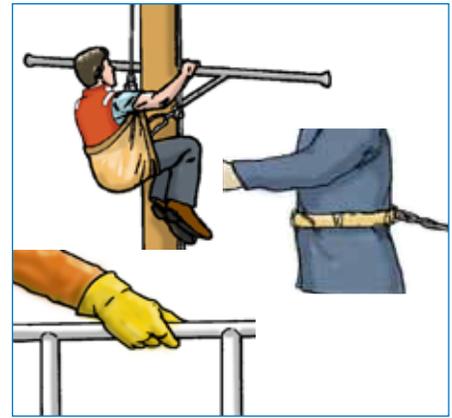
Your responsibilities are as follows:

- Know where your immersion suit is kept and how to wear it.
- Practice putting on your suit and participate in emergency drills.
- Regularly inspect it to make sure it fits properly and is in good working condition and report any damage to the vessel master.



## Fall protection

- Tie off to a lifeline when working aloft or on deck during adverse weather conditions.
- Tie off with a lifeline and safety belt or harness when trap fishing, i.e., working on the stern setting black cod traps.
- Wear personal fall protection equipment if you could fall 3 metres (10 feet) or more, for example, while working over the side of a vessel.



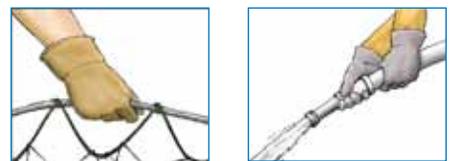
## Protective clothing

- Dress appropriately for any anticipated adverse weather conditions.
- Wear close-fitting clothing. For example, your rain gear should be comfortable enough to allow free movement but not so loose that it will get caught in winching or lifting equipment.
- Remove any dangling jewelry and rings, to avoid getting snagged by nets, lines or machinery. The exception is a medical alert bracelet (wear it with a transparent band that will hold the bracelet snugly against your skin).
- Wear protective clothing such as wet weather gear or an apron to protect against punctures and abrasions when handling a knife or fish.
- When working in a freezer, wear warm clothing, including headgear, footwear, and gloves.
- Wear high visibility apparel when salmon seining or conducting beach operations at night.



## Hand protection

- Consider gloves and/or protective sleeves whenever there is a chance that your skin could be damaged by equipment, gear, or fish; for example, when handling rope and moving lines. All types of rope can cause skin burns, and wire rope may have “jaggers” (broken wires that poke out) that can cut or lodge in your skin.
- Wear gloves when:
  - Handling (jigging for fish), handling hooks or fish, chopping bait, or hosing down the deck
  - Seining, during beach tie-ups, to prevent cuts from barnacles



## Head protection

- Wear safety headgear (hard hat) when working under moving equipment or objects that could fall.
- Secure the chin strap when working at heights over 3 metres (10 feet) and in rough weather.
- Keep your hair (both on your head and on your face) short enough or tied back so it won't get snagged. Long hair is less likely to get caught in a pulley, winch, capstan, or other equipment if you keep it tucked under a hat or pulled back in a ponytail.



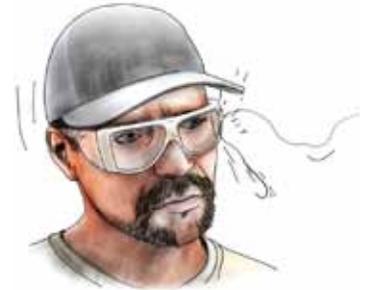
## Foot protection

- Wear waterproof, non-slip footwear such as rubber boots with suction soles if the deck surface is slippery.
- For seining, during beach tie-ups, wear boots to prevent slipping on seaweed and slippery rocks.



## Eye and face protection

- Wear eye protection appropriate for the job, for example:
  - Wear safety glasses with sideshields or goggles when grinding, working with loose or pointed objects, or when exposed to jellyfish.
- When working with a hazardous product, check the Material Safety Data Sheet (MSDS) or product label to determine whether eye and face protection are required.



## Hearing protection

- You must wear hearing protection such as earmuffs or earplugs if you will be exposed to loud noise for extended periods. Regular earmuffs or earplugs may not be the right choice. They may block out too much sound for you to communicate effectively with other crew members. There are earmuffs and earplugs that are designed to improve hearing while reducing noise.
  - Consider wearing this type of hearing protection while sleeping.
- Ear buds (for listening to music) are not approved hearing protection and may prevent you from hearing emergency warnings or communications with co-workers. In addition, listening to loud music through ear buds may damage your hearing.

### Typical Fishing Vessel Noise Levels

Noise-induced hearing loss is caused by extended periods of exposure to noise above 85 dBA.

Compressor	90-105 dBA
Deck	88-100 dBA
Engine room	90-114 dBA
Galley	75-80 dBA
Sleeping quarters	50-80 dBA
Vessel repairs	70-100 dBA
Wheelhouse	80-90 dBA
Winch	90-100 dBA

## Workplace Hazardous Materials Information System (WHMIS)

- When working with a hazardous substance such as paint, fiberglass, welding fumes, or refrigerant gases, check the material safety data sheet (MSDS) or product label to determine whether PPE such as gloves, eye protection, and respiratory equipment is required.

## Respiratory protection

- When working with a hazardous product, check the MSDS or product label to determine whether you need to wear a respirator.
- If you are required to wear a respirator, you must be trained in the proper use of your respirator, including how to wear and how to clean, maintain, and store it.
- Before you enter a confined space, you must be trained in confined space safe work procedures, including the need for specific PPE.



*You must be clean-shaven where the respirator seals with your face.*

For more information go to [WorkSafeBC.com](http://WorkSafeBC.com), OHS Regulation Parts 7, 8 and 24.