R/V Amfitriti safety regulations

R/V Amfitriti is equipped with a full complement of safety systems (life jackets, fire suppression system, life saving apparatus, man over board safety system), as well as navigation and communications equipment; she is further regularly inspected by the Hellenic Coast Guard and certified as a passenger /educational vessel, and operated by a certified Greek Merchant Marine captain.

Nonetheless, these features do not surpass the need for each person oboard to be aware of some basic safety & emergency procedures. If you're planning to join a research cruise, please spend a minute or two and read the *safety onboard guidelines* that follows.

The ship's Captain

The Captain manages the organization and operation of the vessel. The Captain has full and final legal responsibility regarding operations and safety at sea and the conduct of all personnel onboard. The Captain's authority is absolute, and there is a good reason for it.

Safety rationale

When at sea, just as ashore, most accidents are preventable. However, the environment and working conditions aboard seagoing vessels pose additional hazards not found ashore. The responsibilities to avoid accidents flow from the top down; from the Captain, to each and every individual aboard. "Safety awareness" by all hands is the biggest single factor in reducing accidents.

As a researcher, you are proficient in the demands of your discipline. You have undoubtedly acquired patience and attention to detail when working in the lab to ensure the validity of your research. The demand for such attributes is no less greater when learning to work safely onboard a research vessel.

The "it's not my job" cliche does not apply at sea. Ashore, you can go home and forget about work and the safety-related aspects of your work surroundings. You can easily follow a different route if there is construction work on your normal way home. A power failure at home is an inconvenience. You are aware of any medical emergency only by the ambulance sirens. Aboard your ship, not only will you need to be aware of any construction or deck operations, you must be able to determine when and where it is safe to pass. A power failure aboard ship can be catastrophic. A medical emergency aboard affects everyone and **you may be the only person available to assist the victim**.

There is a number of factors that contribute to accidents, and few accidents have a single cause. Some of the major factors contributing to accidents on research vessels are:

- Onboard environment,
- Equipment and materials
- Training and experience
- Communications

Good safety practice and habits

Attitude

When onboard, adjust your attitude to adapt to tight working & living quarters and many different types of personalities. Sensible clothing is a part of good safety habits. Wear shoes with non-skid soles, especially on deck. Sandals of any kind are not safe. Shoes should have nonslip soles Sandals are not permitted when working on a wet deck.

Be aware that lines and wires can part under tension. Do not stand under or near a line or wire while it is under a heavy strain. STAY CLEAR. Never step inside the bight (loop) of a line or wire.

Rest

The ability to function properly and to maintain the body's edurance depends on adequate rest. When fatigue sets in, strength, coordination, judgment, and attitude are adversely affected. If you feel fatigue setting in, inform the Captain immediately.

Diet

A proper diet is necessary to maintain the body's energy level. Without proper eating habits, fatigue sets in at a quickened pace and resistance to diseases, colds, and infections is lowered.

First aid kits

First aid kits are located throughout the vessel and are equipped with basic medical supplies, including Band-Aids, eyewash solutions, ointments, etc. No matter how small your vessel is, know where these first aid kits are mounted.

Seasickness

Medications may be carried on board and dispensed as needed for seasickness. If you nonetheless feel seasick, drink plenty of fluids to prevent dehydration. Don't feel embaressed, it can happen to anyone!

Smoking

For reasons of health and safety, smoking is strickly prohibited onboard R/V Amfitriti.

R/V Amfitriti primary and secontary safety equipment

Onboard R/V Amfitriti, you'll spend all of your time in a coastal environment, some few hundred meters from shore. Do not forget however that the sea can be a magnificent, but also fierce and unforgiving force, capable of sending a ship to the bottom, and its crew "into the drink". Without the proper equipment to protect you from the weather, provide sustenance, signal rescue resources, and, above all, keep you afloat, the odds are heavily against your ability to survive.

12-person inflatable life rafts

Inflatable life rafts are the primary lifesaving equipment on most research vessels. They are mounted as far outboard as possible, free of overhead obstructions, and high enough to be protected from heavy seas.

12-person buoyant apparatus

A buoyant apparatus is a flat, box-like flotation device with grab lines installed around its edges.

Lifejackets

R/V Amfitriti is equipped with Type 1 adult lifejackets, designed to keep a person face up when in the water.

Ring Lifebuoys

Ring Lifebuoys are the first means of rescue for the person who falls overboard. Lightweight and round, the ring buoy is easy to toss, and will keep the person overboard afloat until help can arrive.

Type V, Man-overboard rescue devices

These are designed to aid recovery of a person overboard.