

WORKING ALOFT CHECK LIST

Personal Check;

- Health, are you fit?
- No drugs or alcohol.
- Clothing, warm with head cover.
- Use sunscreen and keep hydrated.
- Loose objects. Leave on deck or secure with a lanyard.
- Harness. In good order and free of damage.
- Correctly fitted and comfortable.
- Carry out buddy check (refer below).

On Deck;

- Listen to orders.
- Check that hoisting yards are in their lifts.
- Check that braces are taut.

Buddy Check;

- Look for twisted harness straps.
 - Harness buckles that are not secure.
 - Harness appears to fit correctly.
 - 2 lanyards have been fitted.
 - Crewmember looks OK.
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- If there are any concerns refer to watch leader or officer of the watch.

When aloft

- keep an eye on your ship mates.

Climbing;

- Use windward shrouds to climb.
- Maintain 3 points of contact while climbing.
- Do not carry anything aloft in your hands, they are for climbing.
- Be clipped onto the rig or safety lines where provided, at all times.
- Ratlines are for feet only. Use shrouds for handhold.
- Do not use running rigging for handhold.

Working on Yards;

- Clip onto safety lines.
- Call when stepping onto and off a yard footrope.e.g. “Stepping on port”.
- Call when loosing gaskets or gasket coils e.g. “Rope below”.
- Work as a team and keep watch for your crewmates.
- No standing on or astride yards.
- When stepping down or up between topsail yards use caution.

Returning to deck;

- Do not jump from the pin rail to the deck.
- Report to your Watch leader.
- Report any damage you may have noticed in the rig.
- Have a drink of water.

ABOVE ALL DO NOT BECOME COMPLACENT

CLIMBING HINTS.

1. Hook on at or above your position when climbing or working.
2. Keep hook close to your position to reduce the adverse results of “pendulum effect” in the event of a fall.
3. Avoid situations where hook could receive side loading in the event of a fall.
4. When working only use 1 lanyard. If 2 lanyards are used and a fall occurs, the shock absorbers may not function, resulting in a sudden stop.
5. When hook is attached, ensure jaw is completely closed and not fouled.
6. Do not drop your hook, when climbing, as you may hit the crew following.