

MCA Occupational Health and Safety leaflets and posters

The leaflets and posters are listed in five categories:

1. Your Health at Sea
2. Your Safety at Sea
3. Safety Management at Sea
4. The Law and You
5. Fishermen

Your Health at Sea Leaflets

Title	Distribution (M = Merchant Navy; F = Fishing; Y = Yacht)	Order Ref No.
Your Health at Sea 1 - Seafarer Medical Examinations	M	MCA/096a
Your Health at Sea 3 - Protect your skin - Health Risks from Exposure to Direct Sunlight	M	MCA/111
Your Health at Sea 4 - Fatigue in Seafarers	M,F,Y	MCA/181
Your Health at Sea 5 - Stress in Seafarers	M,F,Y	MCA/190
Your Health at Sea 6 - Medical Fitness Requirements	M,Y	MCA/186
Your Health at Sea 7 - Fit or 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

Your Health at Sea Posters

Title	Distribution	Order Ref No.
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: MCA157b 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 at Sea Leaflets

Title	Distribution	Order Ref No.
Your Safety at Sea 1 - Hear today 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 - Know Your Ship	M	MCA/159
Your Safety at Sea 5 - LOLER and PUWER (Provision and use of work equipment for fishermen)	F	MCA/166
Your Safety at Sea 6 - Entry into Enclosed Spaces	M,F	MCA/198

Your Safety at Sea Posters

Title	Distribution	Order Ref No.
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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/109b A4:MCA/109g
Watertight doors - "If it's fully opened and stopped - Go, if it's moving No Go"	M	A3:MCA/136c A4:MCA/136h
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 - [State location of nearest copy]	M	A3:MCA/164 A4:MCA/164
Know your safety signs	M,F,Y	A3:MCA/165 A4:MCA/165
Entry into enclosed spaces - Don't leave it to chance	M,F	A3:MCA/199b A4:MCA/199a

Safety Management at Sea Leaflets

Title	Distribution	Order Ref No.
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	F	MCA/113
Safety Management at Sea 4 - Legionella and Legionnaires' 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

Safety Management at Sea Posters

Title	Distribution	Order Ref No.
Risk Assessment - Is it Worth it (Merchant Navy)	M	A3:MCA/109e A4:MCA109j
Risk Assessment - Is it Worth it (Fishing Vessels)	F	A3:MCA/109d A4MCA/109i

The Law and You Leaflets

Title	Distribution	Order Ref No.
The Law and You - Hours of Work	M	MCA/189

Fishermen Leaflets

Title	Distribution	Order Ref No.
Fishermen's Safety Guide	F	MCA/034
Fishermen's Safety Folder	F	MCA/035