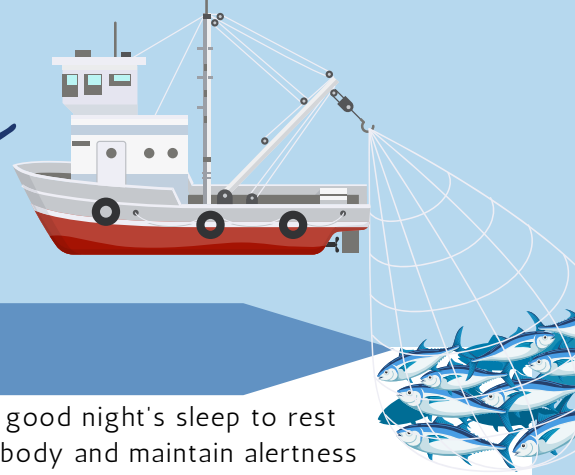


# Health & Wellness Tips

## FOR COMMERCIAL FISHERMEN



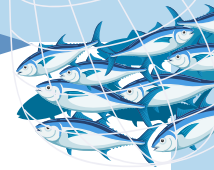
### STAY ACTIVE

- Work on health and fitness when offseason
- Start exercising before setting day to prepare your body for high intensity work
- Start season off slowly, increasing pace as you warm up
- Have regular health checks



### SLEEP

- Get a good night's sleep to rest your body and maintain alertness
- Develop a relaxing pre-sleep routine that works for you, such as reading
- Limit electronic use before bed; bright light slows the production of melatonin, the very thing that makes you sleepy
- Avoid caffeine 3-5 hours before sleep



### NUTRITION

- Prepare and plan for healthy meals/snacks for your time at sea
- Low sugar foods that are high in protein will keep energy running at even levels without crashing
- Ask a dietician or doctor for advice on your nutritional needs



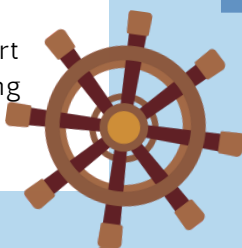
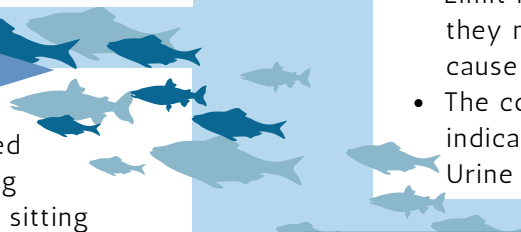
### HYDRATION

- Drink water regularly throughout the day 1.5-2 litres is usual
- Drink extra fluids if you are active and sweating
- Limit intake of coffee, tea, and soda; they may make you lose water and cause dehydration
- The colour of your urine may be an indicator that you are dehydrated. Urine should be a light straw colour



### WHEELHOUSE (CAPTAIN)

- Give yourself relief from prolonged standing by walking and stretching
- Sit up straight in your chair when sitting and make sure your shoulders aren't slumped
- Stay in touch with folks back home and let someone know your ETA
- Wear proper footwear with good support
- Keep eyes and face protected by wearing sunglasses and a wide-brimmed hat to prevent against UV rays



### PROTECT YOURSELF

- Choose a PFD that suits your needs and is comfortable
- Choose weather appropriate clothing as you are often exposed to wet conditions
- Loud noises can lead to ringing in the ears - wear the right ear protection
- UV rays can pass through clouds making skin protection just as important when its overcast as when its sunny
- Water reflects the sun which means you can get hit by UV rays from below - protect yourself accordingly



### DECK TASKS

- Alternate your work activities and postures throughout the day. Working different muscle groups by rotating duties increases energy and maintains productivity
- Work within your limits
- Arrange your workstation, supplies and tools to avoid reaching, leaning, bending and twisting your waist



### STRETCHING

- Stretches helps you warm-up before work and to relieve strain during breaks
- Perform stretches slowly and gently
- Breathe out slowly with each stretch, let go gently



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