

CHECKLIST: SAFETY ITEMS

Gas

- Store cylinders upright in a locker that drains overboard
- Have system professionally inspected
- Fit an audible alarm with sensor below cooker or in bilge
- Turn off gas at cylinder when not in use

Galley

- Lock gimbals when not at sea
- Fit crash bar to prevent the cook falling onto the stove
- Cook must wear protection on legs & feet in rough weather
- Provide galley strap

Outboards

- Store on deck, on the pushpit
- Spare fuel carried on deck, or in a locker that vents overboard

The dinghy

- Don't overload with too many people & kit, & load evenly
- Wear lifejackets
- Consider carrying oars, spare fuel, torch, small anchor, portable VHF or mini-flares & pump
- Climb in & out with care, & do not use when drunk

Clothing

- Warm, waterproof clothing
- Non-slip shoes & boots
- Polarised sunglasses & hat

Deck

- Control mainsheet when gybing
- Fit non-slip treads to hatches
- Provide jackstays
- Use a preventer when running