

Health & Wellness Tips for Fishers

Stay Active

- Work on health and fitness when offseason
- It is crucial to start exercising before dumping/setting day to prepare your body for high-intensity work
- Start the shift/season off slowly, increasing the pace as you warm up
- To have a long career within the fishing industry, you need to focus on keeping your body well.
- Have regular health checks.

Nutrition

- Working at Sea gives you limited access to nutritious foods, but it doesn't have to be an excuse
- Prepare healthy meals/snacks for your time at sea
- Low sugar foods that are high in protein will keep your energy running at an even level throughout the day without crashing and burning by 10 am
- If you have concerns about meeting your nutritional needs, ask a dietitian or your family doctor for advice.

Wheelhouse (Captain)

- Give yourself relief from prolonged standing, by walking and stretching
- When sitting, sit up straight in your chair and make sure your shoulders aren't slumped forward
- Stay in touch with your folks back home, someone shall know an estimated time when you plan on being back
- Wear proper footwear with good support
- keep eyes protected by taking cautious measures like wearing sunglasses to prevent against UV rays
- Wear a wide-brimmed hat that to protect your face.

Stretching

- Stretches help you warm-up before work and relieve strain during breaks
- Perform stretches slowly and gently
- Stop stretching if you feel pain or discomfort
- Stretch at each break
- Move to start of stretch and hold for 10-15 seconds
- Breathe out slowly with each stretch, let go gently

Self Help for Pain

- Pay attention to signs of discomfort and fatigue on the job; these are warning signs from your body

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.

Hydration

- Drink water regularly throughout the day. 1.5 to 2 liters is usual, but your fluid needs will vary depending upon your activity levels, temperature, etc
- If you are active and sweating, you need to drink extra fluids
- Limit your intake of coffee, tea, and soda; they may make you lose water and cause dehydration
- The color of your urine may be an indicator that you are dehydrated. Urine should be a light straw color.

Deck tasks

- Working on deck in all weathers is physically demanding
- Alternate your work activities and postures throughout the day. Rotating duties may seem inefficient, but the rest and use of different muscle groups increases energy and maintains productivity
- Ensure secure footing, boots shall be CSA approved, and anti-slip grips shall not be worn down
- Large heavy objects shall be secured to the boat; such as an lobster tank
- Work within your limits
- Arrange your workstation, supplies, and tools as much as possible to avoid reaching, leaning, bending and twisting your waist.

Protect yourself

- Choose a PFD that suits your needs and is comfortable
- Choose appropriate clothing based on weather
- Being exposed to wet conditions and loud noises can lead to (Tinnitus) Ringing in the ears, it's essential to wear the right protective gear to save your ears
- UV rays can pass through clouds, making skin protection just as important when it's overcast as when it's sunny
- Water reflects the sun, which can mean getting hit with UV rays from below as well as above; protect yourself accordingly when fishing.

Mental Health

- Don't ignore your mental health
- If you're suffering from anxiety, depression, or experiencing



- Talk to supervisor/medic - modify or rotate tasks.

workplace bullying, speak about it.