

Why Safety Training and Research are Important to the Fishing Industry

USCG/NIOSH Safety Research & Training Program

Fishing continues to be one of the most dangerous occupations in the country, with a **fatality rate 40 times higher than the average worker.**

-  **25%** have been **seriously hurt** on the job
-  **44%** have **witnessed a serious injury** on the job
-  **27%** have witnessed **someone fall overboard**
-  **30%** have had a **fire onboard**
-  **35%** have had **major flooding**
-  About **50%** **know a fellow fisherman who died** while fishing

PROGRAM IMPACTS: TRAINING

-  **177** Drill Conductor classes with **1,969** students. This class is vital as it prepares individuals to conduct emergency drills of fishing vessels
-  **113** Marine Safety Instructor classes with nearly **124** students trained as drill conductor instructors
-  **423** other complimentary trainings with **6,116** students trained, including: **Stability, Mariner's First Aid and CPR, Ergonomics Injury Prevention, Navigation and Collision Avoidance, Opioid Overdose Prevention and Response**
-  **Over 90%** of trained fishermen reported that they **changed their safety practices** as a result of the training received
-  **33.8%** of trained fishermen reported **using skills learned to manage an emergency at sea**

In addition to training fishermen, these funds have trained new instructors, strengthened course material and training aids, and continue to shift views about safety in the fishing community.



PROGRAM IMPACTS: RESEARCH

✓ DEVELOPING WORKABLE SOLUTIONS TO COMBAT HEALTH IMPACTS OF SLEEP DEPRIVATION

This project studied **sleep patterns and their health impacts on fishermen** in MA, OR and AK. The study found that fishermen generally get **less than 5 hours of sleep** per day, **pain significantly impedes sleep**, and **PTSD rates in male fishermen are 3 times higher than the national average**. A **health curriculum** was developed for fishermen about the 6 pillars of brain health, as well as helpful **strategies for eating well, staying alert and staying hydrated while on the vessel**, that has been shared via social media, at fishing events, and through the Fishing Forward podcast.

✓ DEVELOPING A FISHERMEN'S WELLNESS PROGRAM

This study team is currently working to launch a **community/hospital partnership** focusing on increasing **fishermen's healthcare access/wellbeing** through a **community-led fishermen's wellness program**.

OTHER RESEARCH PROJECTS:

- ✓ Decreased icing on fishing vessels using ice-phobic surface technology
- ✓ Tailored safety information and training to Alaska Native salmon set gillnetters
- ✓ Evaluated state of the art electronics suite to use tech to improve safety
- ✓ Reduced falls overboard hazards
- ✓ Increased life jacket wear rates and tailored design across the country—different needs for each region
- ✓ Developed a Field-Based Hazard/Near-Miss Sharing System
- ✓ Developed a Simulation-Based Stability Training Tools
- ✓ Reduced Risk for Musculoskeletal Injuries and Falls Overboard