

## **Health and Safety - October 2015**

**The Health and Safety focus for October will be the good working order of our sailing gear. If we can avoid failure in our gear then there is less risk of any breakages causing injury.**

A quick read of the documents that have been passed to me and thinking about the mishaps in my own sailing experience I have my own short list of things to check which might cause injury:

- Stays and halyards that are frayed to the point of being about to break.
- That shaved down cork that replaced the screw-in bung that was lost last year.
- Not forgetting the launch trolley where sharp angles and protruding bolts can catch fingers.
- You can now get a buoyancy vest that has useful pockets built in which I use to carry the rigging tool and a pocket knife, as well as meeting the requirements of a lifejacket.
- Last year I discovered the “Bump Hat” which will reduce the impact of the boom on my head should I not duck quickly enough.
- Being fair skinned a must do for me before launching is to put on the sunscreen.

As a member of a yacht club that is affiliated to Yachting New Zealand we are also bound to comply with their Safety Regulations Part 1 when racing. These can be found on their website;

(<http://www.yachtingnz.org.nz/racing/safety-regulations>) and I will summarise these regulations in a future Fleet Sheet article.

There will be more things to check to keep our gear in good working order so we should continue this conversation on race days.

**Kerry O'Brien**

**Vice Commodore**