**Bow/mooring stations**

***Training/instructions***

* Instruct in lifting technique
* Instruct in winch operations. Special emphasis on the risk of using winches/capstan
* Mooring must be precisely planned when arrivals/departures are expected to be non-standard
* Ensure throwing lines, chain stoppers and messenger lines are easily accessible
* Avoid starting ventilation while people are still at mooring stations
* Use ear defenders if noisy
* Ensure replacement crew available if mooring in extreme heat/cold

***Accidents and injuries***

* Injury to feet and legs from stepping on kinked ropes/wires
* Risk of injury from hawsers that break and snap back
* Cuts and tears to hands from damaged wires and hawsers. These can lead to the risk of:
  + Blood poisoning
  + Burns to hands and jammed fingers when easing off hawsers

***Illness***

* Hearing damage from the noise of thrusters, winches and ventilation
* Wear and tear from heavy lifting, pushing and hauling
* Illness due to cold and wind
* Sunstroke and collapse from sun, heat and dehydration

***Prevention***

* Stations protected from hawser backlash
* Shield mooring station from wind and sun
* Use antiskid deck surfacing
* Check gear for strength (among other things)
* Keep the decks clear and tidy
* Replace worn or damaged hawsers
* Reduce the noise of winches and thrusters
* Wear suitable clothing for the weather conditions
* Measure noise levels if they are suspect

***Personal protection***

* Gloves
* Safety shoes
* Ear defenders
* Helmet

***Aids***

* Walkie-talkies
* Hawser rollers and messenger lines to reduce heavy lifting and hauling
* Carry lots of liquid
* Sun protection clothing

***More reading***

* Ergonomics
* Physical conditions
* Sector guidance - Moving about Aboard