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SPECIALISTS IN FIRST AID, SAFETY, SPILL & FIRE EQUIPMENT FOR OVER 56 YEARS.

Cruise Ship **Safety Tips**

The winter season is the perfect time to get away and forget about the snow and ice for a while. If you're planning to vacation on a cruise ship, here are some safety tips to keep in mind.

While on the Ship:

- Read all of the emergency instructions and procedures provided. Check the back of the cabin door and for printed material provided within the cabin.
- Know at least two routes from your cabin to your assigned emergency assembly station. You will be scheduled to have a passenger safety briefing before departure. Use the stairways and passages as directed by the Crew Members to get to your assigned emergency assembly station.
- If you are not required to actually put on your life vest as part of the passenger safety briefing, when you get to your cabin try your life vest on before ship departure and adjust the straps to your body.
- Use the handrails along the hallways and stairs - particularly when the seas are rough.
- Outside decks and stairs should be treated as if they are slippery when they are wet. Expect that winds (possibly strong at times) and the motion of the ship will make keeping your footing difficult.
- Regularly wash your hands with soap and warm water for at least 30 seconds. Particularly after using the restrooms and before eating, drinking or smoking. Use the hand sanitizers if provided.
- Contact the Medical Team if you experience any vomiting or diarrhea.
- Know where your Fire Exits are from your cabin, main eating areas, pool areas, etc. Know the difference between the Fire Alarm and the General Emergency Alarm.
- If you don't use a bath mat in your tub/shower at home, here is a good time to use one. A slight motion of the Ship may be all you need to lose your balance.

While Onshore:

- Be wary of food safety. Check out the visible sanitary conditions of the restaurant before ordering. If anything seems suspect, you're probably better off avoiding the restaurant. If there are animals and birds within the eating area, the cooking area is probably similar.
- Limit the amount of jewellery that you wear while onshore to avoid looking like a profitable target.
- Don't travel alone; the bigger the group the better.
- Use the cruise line appointed shore excursion providers. Most cruise lines will wait for you if the excursion runs past the all aboard time if you use their provider.
- Be careful when handling cash. Don't show large bills, or big wads of cash to anyone. Separate money into numerous "stashers". Have your tipping money separate from your larger bills.
- If confronted by a robber, remember that valuables can be replaced.
- When you return to the ship, wash your hands with soap and warm water for at least 30 seconds. Use hand sanitizer if available.

Most of all, have fun!



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