



Food and Agriculture  
Organization of the  
United Nations



SAFETY AT SEA

# ALWAYS BE AWARE OF FATIGUE



Get plenty of rest and  
▲ sleep before going to sea



Take regular breaks,  
with adequate food  
▲ and drink



For vessels at sea more  
than one day, ensure  
▲ adequate period of rest

Fatigue can lead  
to a lack of focus  
▲ and cause accidents

