

High River Safety Precautions

The Mississippi River is experiencing a high river event and we should all be aware of the dangers associated with it. Hold-Ins and extra tug requirements have us running at full operational capacity and every crew member must be watchful and vigilant to ensure we pull it off safely.



All watertight doors are to be closed while underway and PPE worn when doing any work on deck. Most importantly, situational awareness must be a priority. If you're doing anything that makes you feel unsafe, **STOP AND QUICKLY DISCUSS THE SITUATION** and determine if there's a better alternative. Listen to your Captain and don't hesitate to ask questions if you are unsure of something. **COMMUNICATION IS KEY!**

TAKE CARE OF YOURSELF

Another thing to consider during this busy time is getting proper rest and taking care of yourself physically. Operating during high river conditions can be stressful, and the stress can lead to mental exhaustion. Often when mentally exhausted, we can forget to take care of ourselves physically. Make the effort to eat healthily and get some exercise if possible on your down time. Taking care of yourself physically will help you mentally.

Safety Moment

- Lack of sleep can cause
 - Accidents
 - Learning Deficiencies
 - Serious Health Problems
 - Depression
 - Weight Gain
 - Impairs Judgment
 - Higher Risk of Death

