

Crew Physical Requirements to work aboard Mary Day

<u>Physical Capability</u>	<u>Examples of Essential Function</u>
Balance	Being able to work confidently on a moving vessel, in confined spaces (such as bilges) and in open spaces (such as aloft or out on the head rig)
Bend, Kneel, Squat	In order to clean, maintain and inspect equipment (below deck, on deck and aloft)
Climb	Being able to reach work areas; aloft on the masthead, on the gaffs (main and fore booms) as well as out on the head rig
Crawl	To be able to crawl down into the bilge area or under ladders
Feel	To be able to touch and feel objects where sight may be limited,
Finger	To be able to manipulate line handling (tying knots), work with mechanical equipment (engines, pumps), handle tools and cleaning gear. Having the dexterity to work with both hands.
Handle	To be able to handle lines (hauling a line with a load, holding a strain on a line), handle equipment (oars, small boats, etc) all with a sure grip.
Hear & Talk	To be able to communicate with others and especially in adverse weather conditions.
Lift & Carry	To be able to lift over 50 pounds. To work with others in carrying heavy loads.
Push & Pull	To be able to help move equipment and gear that is over 50 pounds.
Reach	Being able to reach over your head (to haul on a line) or reaching down (into the bilge)
See	To be able to see spaces, read labels, charts, gauges while working in adverse conditions
Sit & Stand	To be able to sit in a small boat and row, sit & stand on the main & fore booms to furl sails, work on booms while underway or crosstrees aloft
Walk	To be able to perform watches/rounds as well as daily duties
Write	Having legible penmanship to maintain ship's logs, duty books, menus etc.

<u>Work Conditions</u>	<u>Examples of Hazardous Area/Duty</u>
Confined Areas	To be able to work in tight spaces, such as the bilge, fore peak
Potential Allergens & Irritants	Fuels (gas, diesel, kero); solvents (paint thinner); cleaners (bleach, disinfectants); wood smoke, firewood
Adverse Weather	To be able to work in all kinds of weather; cold, rain, hot sunny days, rough weather.
Extreme Temperatures	To be able to work outside in the hot sun, or cold windy days, or work
Potential Hazards	To be able to work on uneven surfaces, slippery decks, climbing ladders, working aloft, work with moving lines and rigging, high winds,
Noise Hazards	Cannon fire – every so often the cannon is used as a signal (at sunset or greeting other vessels).
Schedule	To be able to work long days, rewarding days, but they are long. We strive to give crew breaks when possible.