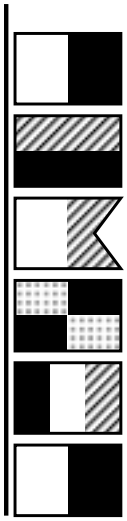
SEAFARERS HEALTH

FIT ON BOARD | NO. 01



150+

minutes of activity a week

Strong crew. Safe ship.

Chest pain or tightness is an emergency. Stop, sit down and alert the officer in charge of medical care.

Read the free guide

seafarershealth.org/fit-on-board/

Free to print and share. General information, not medical advice.