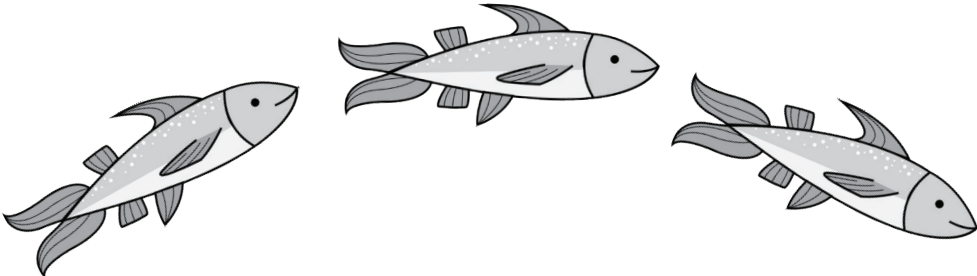


THE NEWFOUNDLAND AND LABRADOR FISH HARVESTING  
SAFETY ASSOCIATION PRESENTS

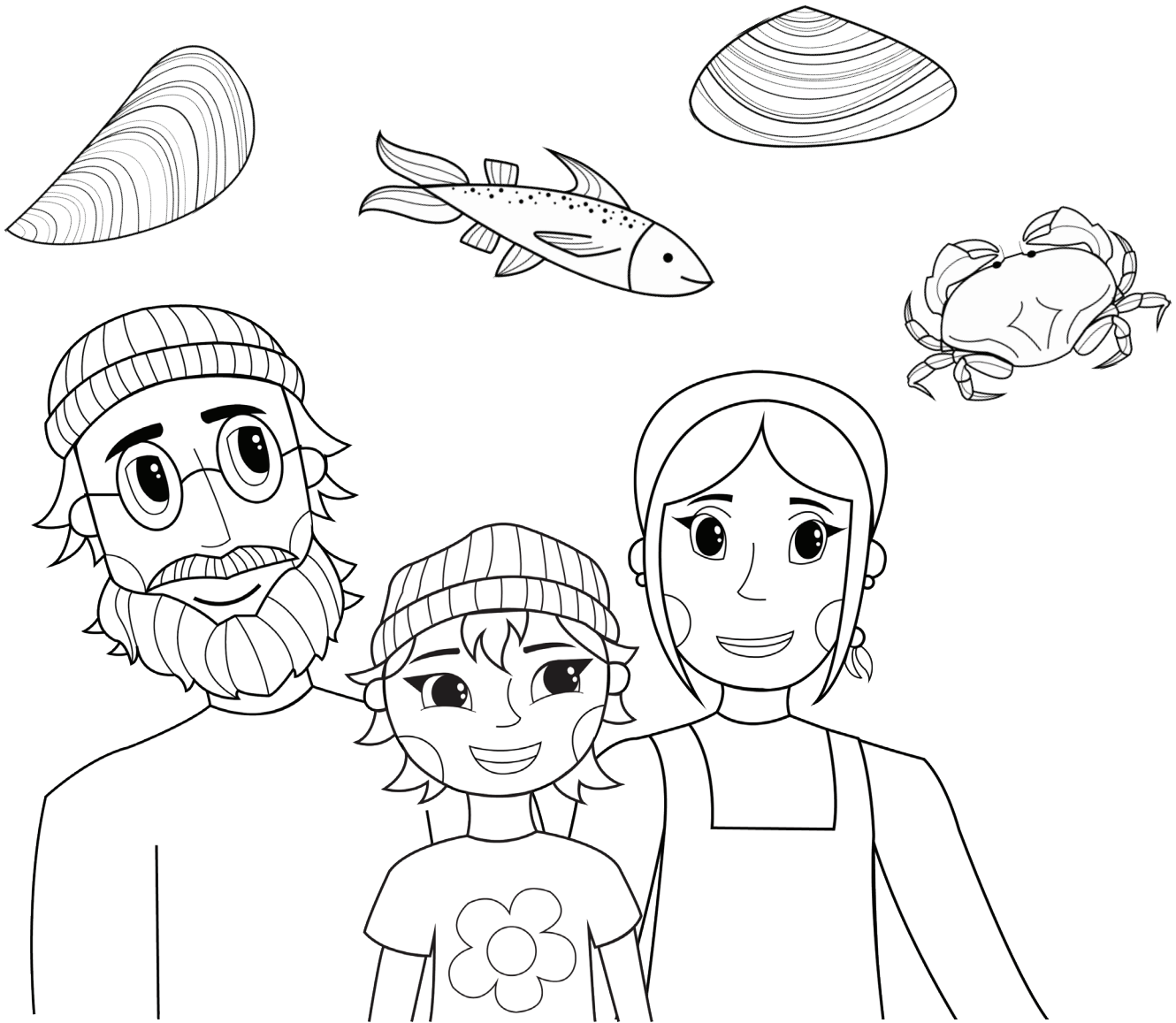
# Safety Starts With Me



A Fish Safety Activity Book!



NL-FHSA  
FISH HARVESTING  
SAFETY ASSOCIATION



**Produced by the Newfoundland and Labrador Fish Harvesting  
Safety Association (NL-FHSA)**

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**NL-FHSA**  
FISH HARVESTING  
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Hi, my name is Lea! Today I'm going to tell you all about how my parents and I fish safely.

Our boat is 30 feet long, which is about the length of a school bus!

Before I'm allowed on, I have to put on a PFD (Personal Flotation Device) or life jacket.

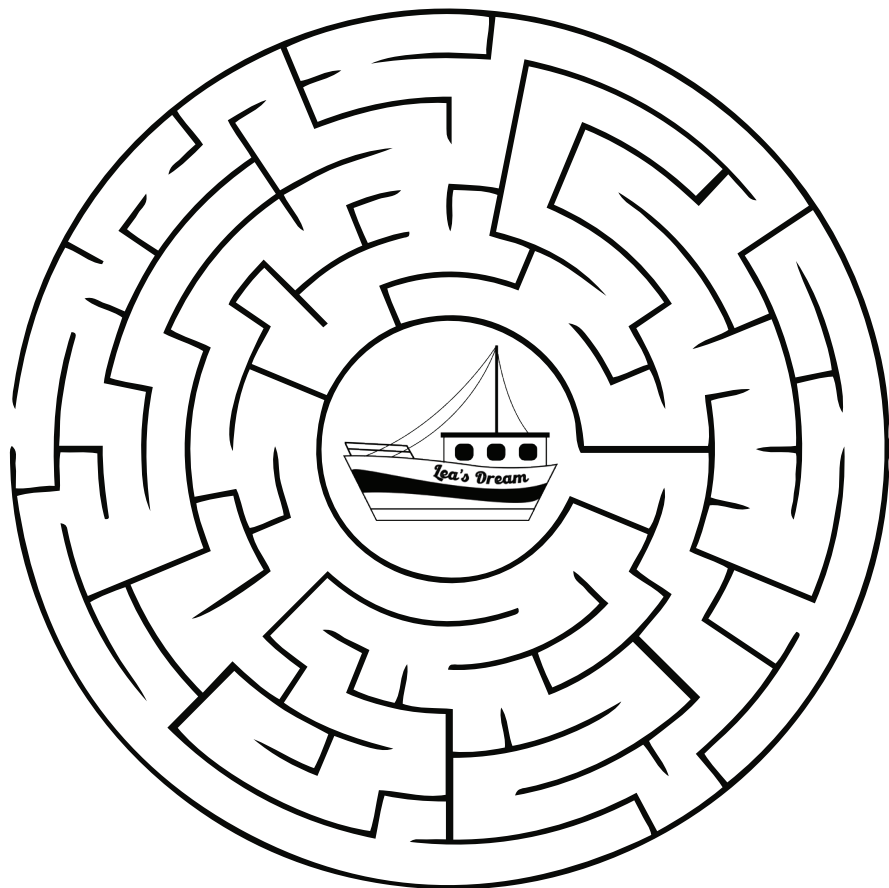
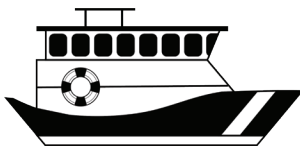


**Trace the Dotted Line to Help Lea Put on her Life Jacket!**

**When we know we're going out on our boat, we leave a sail plan at home with someone we trust.**

**A sail plan is a form with information on it, like the colour of your boat, the length of your boat, where you are going, and what time you expect to be home.**

**These details help Search & Rescue teams know what to look for if anything happens!**

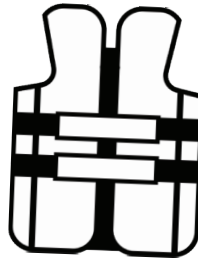
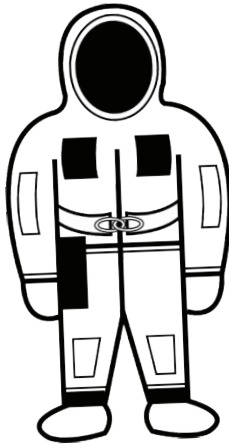
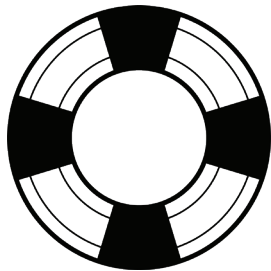


**Help Search & Rescue Find the Boat!**

Mom and dad's boat is called Lea's Dream, and it's named after me!

On board we have many pieces of safety equipment.

## Draw a Line to Match the Picture to the Correct Word



**Defibrillator**

**Life Jacket**

**PLB (Personal Locator Beacon)**

**First Aid Kit**

**Life Preserver**

**Waterproof Flashlight**

**Immersion Suit**

**Fire Extinguisher**

Dad explains all of the equipment to me, so I can do my part.

This device is called a PLB.

With a press of a button, it sends out a signal that lets Search & Rescue know where you are in an emergency.



**Colour the PLB Yellow**

We make safety part of every trip! Today's trip is for crab, but we catch lots of different fish depending on the time of year.

## Find the Types of Species

C I O M B F Z L L M P A H C Q  
H O G Z Q D O A E O M D A R Y  
L B D B S B K J L S F L Z A U  
G D T E S G P L T J S Y O B A  
T A N T W N A I C U O U J X R  
Z R E X D C Z M B E X P M N U  
M R O O S M D M V C R O W O W  
M Z T U Z N H D B S U H T M Z  
W L L Y T L E S R L K C S L S  
U U W S O S R Z B N T Y H A I  
H W A K D P R X L A N V W S V  
X S V H A L I B U T O F N Q Q  
K I S E M M N I L E P A C R A  
L T P Y K X G W F K V X X R R  
N O G G Y N K E Z T K Z K K Y

### Word Bank

<b>cod</b>	<b>halibut</b>	<b>trout</b>	<b>salmon</b>	<b>lobster</b>
<b>capelin</b>	<b>mussel</b>	<b>herring</b>	<b>crab</b>	<b>scallop</b>

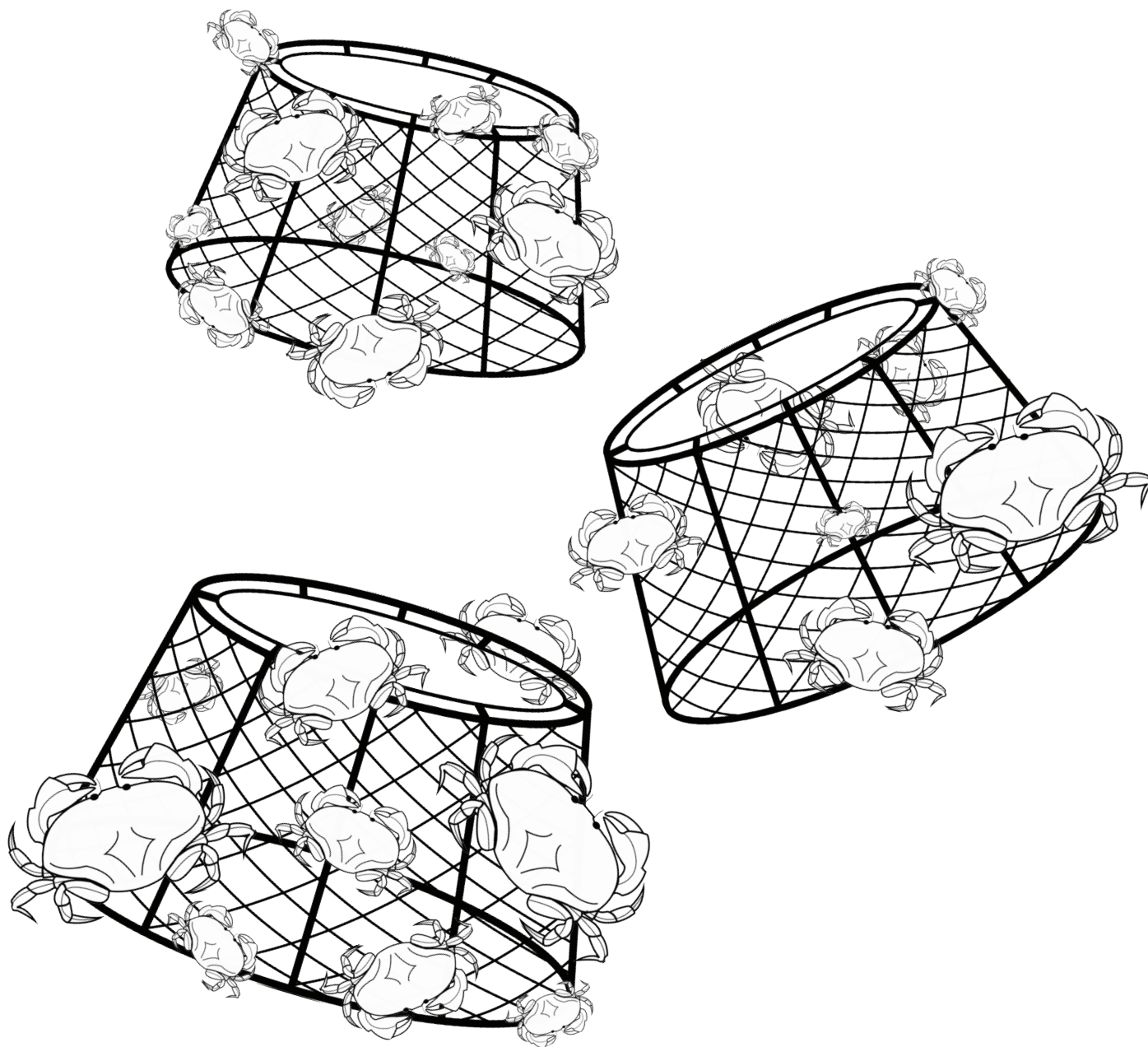
Usually we go 5 to 10 miles away from shore for crab. That far out, the water is very deep. I like to try and see the fish below, but mom warns me that leaning over the edge is dangerous.



**Draw Some Fish in the Sea!**



**Mom and dad haul the crab pots in while I watch.  
It's safer when they work together!**



**Count the Crab in the Crab Pots!**

## Fill in the Blanks

After we take the \_\_\_\_\_ out of the crab pots, we are ready to head back to \_\_\_\_\_. We always try to head back when the \_\_\_\_\_ is still out, so we can find our way home easier. In case we are still on the water while it's dark, we keep a \_\_\_\_\_ on board.

We feel safe knowing that in an emergency we have a \_\_\_\_\_ on us to keep us afloat in the water, a \_\_\_\_\_ in case there's an injury, and a \_\_\_\_\_ to send signals to Search & Rescue if we need help!

My family and I love to fish and love our boat, but to keep enjoying it, we know that \_\_\_\_\_ comes first, always!

### Word Bank

safety	sun	shore	waterproof flashlight
first aid kit	PFD	crab	PLB

Now you know how me and my family fish safely!  
There is so much more to learn, but the biggest  
thing to remember is this: Safety Starts With You!

Stay safe, and fish responsibly!



Colour and Cut Out the Badge!

