Personal Plimsoll Line

Transfer of a well established principle
1 Wiki definition

Plimsoll Line (nautical) properly: The International Load Line, a mark on the hull of a merchant ship to show the waterline under specified conditions. The line shows the maximum capacity load the ship may carry. The depth to which a boat can be safely loaded.

2 History

Samuel Plimsoll, a British MP in the mid 1800’s was outraged by the number of sailors deaths caused by overloaded and unseaworthy vessels. In 1873 he published "Our Seamen" which cataloged disaster after disaster and showed that nearly 1000 sailors a year were drowned in British waters. This document led to the eventual passing of the Unseaworthy Vessels Bill in 1875 and a year later the amendment of the 1871 Merchant Shipping Act to include provision for a marking on the sides of ships which would disappear below the water line when the ship was overloaded.

3 Modern Use

The following picture shows the modern version of the plimsoll line used nowadays.
4 Transfer to personal situation

Is there a personal level of overload or unseaworthiness?
Ken Branco talks about personal capacity - Like it or not, our capacity is limited.

- What can I predictably accomplish?
- Where are resource constraints?
- Am I myself a constraint?

5 What to do to keep from sinking?

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6 Reference

All shamelessly stolen from Wikipedia “Plimsoll”