



Proficiency in Personal Survival Techniques

Duration: 2 Days

Entry Standard:

This course is principally intended as basic training for seafarers employed or engaged in any capacity on board ship as part of the ship's complement with designated safety duties in operation of the ship. There are no particular educational requirements. All trainees must be certified by a approved doctor, to be in good health.

Course Aim:

This course aims to meet the mandatory minimum requirements for seafarers for familiarization, basic safety training and instruction in accordance with Section A-VI/1 of STCW Code.

Course Objective:

This syllabus covers the requirements for the 2010 STCW Convention and Code Chapter VI, Section A-VI/1. On meeting the minimum standard of competence in personal survival techniques, a trainee will be able to survive at sea in the event of ship abandonment.

The trainee will be able to:

- Don a lifejacket
- Don and use an immersion suit
- Safely jump from a height into the water
- Right an inverted life raft while wearing a lifejacket
- Swim while wearing a lifejacket
- Keep afloat without a lifejacket
- Board a survival craft from ship and water while wearing a lifejacket
- Take initial actions on boarding survival craft to enhance chance of survival
- Stream a drogue or sea-anchor
- Operate survival craft equipment
- Operate location devices, including radio equipment

Course Outline:

1. Introduction, safety and survival
 - 1.1 Safety guidance
 - 1.2 Principles of survival at sea
 - 1.3 Definitions, survival craft and appliances
 - 1.4 SOLAS training manual
 - 1.5 Safety symbols
2. Emergency situations
 - 2.1 Type of emergencies
 - 2.2 Precautions
 - 2.3 Fire provisions





- 2.4 Foundering
- 2.5 Crew expertise and initial familiarization
- 2.6 Muster list and emergency signals
- 2.7 Crew and emergency instructions
- 2.8 Extra equipment and survival
- 2.9 Abandoning ship-complications
- 3. Evacuation
 - 3.1 Abandoning ship-last resort
 - 3.2 Personal preparation for abandoning ship
 - 3.3 Need to prevent panic
 - 3.4 Crew duties to passengers
 - 3.5 Crew duties-launching survival craft
 - 3.6 Master's orders to abandon ship
 - 3.7 Means of survival
- 4. Survival craft and rescue boats
 - 4.1 Lifeboats
 - 4.2 Lifejackets
 - 4.3 Rescue boats
- 5. Personal life-saving appliances
 - 5.1 Lifebuoys
 - 5.2 Lifejackets
 - 5.3 Immersion suit/anti-exposure suit
 - 5.4 Thermal protective aids
- 6. Personal life-saving appliances (demonstrations)
 - 6.1 Lifebuoys
 - 6.2 Lifejackets,
 - 6.3 Inflatable lifejackets
 - 6.4 Immersion suit/anti-exposure suit
 - 6.5 Thermal protective aids
 - 6.6 Personal survival without a lifejacket
 - 6.7 Boarding survival craft
- 7. Survival at sea
 - 7.1 Danger to survivors
 - 7.2 Best use of survival craft facilities
- 8. Emergency radio equipment
 - 8.1 Portable radio apparatus for survival craft
 - 8.2 Emergency position indicating radio beacons (EPIRB)
 - 8.3 Search and rescue transponders (SART)
- 9. Helicopter assistance (optional)
 - 9.1 Communicating with the helicopter
 - 9.2 Evacuation from ship and survival craft
 - 9.3 Helicopter pick-up
 - 9.4 Correct use of helicopter harness
- 10. Review and final assessment