

Course Outline

Course Outline	Approximate Time (hours)
Knowledge, understanding and proficiency	Lectures, demonstrations, and practical work
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	0.75
2. Emergency situations 2.1 Types 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	1.50
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	0.75
4. Survival craft and rescue boats 4.1 Lifeboats 4.2 Liferafts 4.3 Rescue boats	2.00
5. Personal life-saving appliances 5.1 Lifebuoys 5.2 Lifejackets 5.3 Immersion suits/anti-exposure suit 5.4 Thermal protective aids	0.75
6. Personal life-saving appliances (demonstrations) 6.1 Lifebuoys 6.2 Lifejackets 6.3 Inflatable lifejackets 6.4 Immersion suits or anti-exposure suit 6.5 Thermal protective aids	

6.6 Personal survival without a lifejacket	3.75
6.7 Boarding survival craft	
7. Survival at sea	
7.1 Dangers to survivors	
7.2 Best use of survival craft facilities	0.75
8. Emergency radio equipment	
8.1 Portable radio apparatus for survival craft	
8.2 Emergency position-indicating radio beacons (EPIRBs)	1.50
8.3 Search and rescue transponders (SARTs)	
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	1.50
TOTAL	13.25
10. Review and final assessment	

Chapter I: Emergency Situations

Types of emergencies

Emergencies are unexpected and unfortunately occur when least expected to persons who least expect them. Emergencies which may lead to a fire or the sinking (foundering) of the vessel are:

- Collision
- Grounding or stranding
- An engine room fire or explosion
- A fire or explosion from other causes
- An adverse reaction of dangerous goods or hazardous materials
- Ingress of water
- Shifting of cargo
- Icing

Precautions

Taking precautions to prevent such emergencies is everyone's responsibility. However, emergencies do arise, and therefore it is essential to be prepared, know where to go, what to do and how to do it in such an event. The effectiveness of how the situation is handled depends on the expertise of all personnel. In order to cope with an emergency situation in the best way, forward planning is necessary.

Muster List

The muster list contains all of the instructions on where you must go and what you must do in case of an emergency. It gives the instructions as to your responsibilities in an emergency and during drills, and contains information on the various alarm signals and what they sound like.

It is vital that all those on board fully understand their tasks in the event of an emergency. It is the duty of every seafarer to study the information contained on the muster list as soon as they sign on the vessel.