



TRAINING OUTLINE

COURSE TITLE: _____ **DATE:** _____ **INSTRUCTOR:** _____

LOCATION: _____ **TIME:** _____ **COMPANY:** _____

Safety training was conducted on the above date by the instructor indicated. The following line items identify the topics covered during the training session.

SUMMARY OF TRAINING

1) Introduction

- a) Standards
- b) Training & Drills
- c) Emergency Action Plan
- d) Preparation
- e) What Is Cold Water?

2) Cold Water Immersion

- a) Four Phases of Immersion
- b) Cold Shock
- c) Mental Effects
- d) Cold Incapacitation
- e) Gradual Drowning
- f) Hypothermia
- g) Circum-rescue Collapse

3) Equipment

- a) Clothing
- b) PFDs
 - i. Inspection
 - ii. Standards
 - iii. Buoyancy
 - iv. Standard PFDs
 - v. Inflatable PFDs
 - vi. Hybrid PFDs
 - vii. Type I Inherently Buoyant
 - viii. Type II Inherently Buoyant
 - ix. Type III Inherently Buoyant
 - x. Type IV
 - xi. Type V Special Use
 - xii. PFD Fitting
 - xiii. Try It



TRAINING OUTLINE

- xiv. Maintenance
 - xv. Storage
 - c) Immersion Suits
 - i. Training & Drills
 - ii. Inspection & Maintenance
 - iii. Head Support
 - iv. Seams & Zipper
 - v. Suit Attachments
 - vi. Repairs
 - vii. Storage
 - d) Location Devices
 - i. Personal Marker Light
 - ii. EPIRB
 - iii. PLB
- 4) Survival Techniques**
 - a) Survival Mindset
 - b) Orient Yourself
 - c) Swimming
 - d) HELP
 - e) Waves
 - f) Group Response
 - g) Huddle
 - h) Carpet Formation
- 5) Conclusion**