



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) Maritime Health: A History
- b) Definitions
 - i. Fungal
 - ii. Virus
 - iii. STD
- c) Why Training?

2) Hygiene

- a) The Basics
- b) Care of Quarters
- c) Hygiene-Related Illnesses
 - i. Oral Health
 - 1. Gingivitis
 - ii. Bed Bugs
 - 1. Symptoms
 - 2. How to Find Them
 - 3. Avoidance
 - 4. Treatment
 - iii. Lice
 - 1. Symptoms
 - 2. Avoidance
 - 3. Treatment
 - iv. Scabies
 - v. Athlete's Foot
 - 1. Symptoms
 - 2. Avoidance
 - 3. Treatment

3) Health Concerns

- a) Motion Sickness
- b) Sopor Syndrome



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- c) Hand Arm Vibration Syndrome (HAVS)
- d) Cardiovascular Disease
- e) Cancer
- f) Hypertension
- g) Pandemic & Epidemic Diseases
- h) Musculoskeletal Disorders
 - i. Awkward Postures
 - ii. Lifting
 - iii. Power Zone
 - iv. Pushing & Pulling
 - v. Stretching
 - 1. Head & Neck
 - 2. Side Bend
 - 3. Head Drop
 - 4. Hands
 - 5. Wrists
 - 6. Forearms
 - 7. Shoulder Rolls
 - 8. Back
 - 9. Quadriceps
 - 10. Hamstrings
- i) Heat & Cold Stress
 - i. Heat Illness
 - 1. Dehydration
 - 2. Heat Cramps
 - 3. Heat Exhaustion
 - 4. Heat Stroke
 - 5. First Aid
 - a. Call Emergency Services
 - b. Find a Cool Location
 - c. Loosen or Remove Clothing
 - d. Cool Off
 - e. Increase Fluid Intake
 - f. Take Time to Rest
 - g. Take Temperature
 - 6. Prevention
 - 7. Sunburn
 - 8. Skin Cancer (Long-Term)



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ii. Cold Illness

1. Hypothermia
2. Paradoxical Undressing
3. Frostbite
4. Trench Foot

j) STDs

- i. Risk
- ii. Prevention
- iii. Barrier Prevention
- iv. Vaccines
- v. Chlamydia
- vi. Gonorrhea
- vii. Syphilis
- viii. Trichomoniasis
- ix. HPV
- x. HIV/AIDS
- xi. Crabs
- xii. Herpes
- xiii. Hepatitis
- xiv. Chancroid
- xv. MRSA
- xvi. Treatments

k) Fatigue

l) Health Concerns

4) Nutrition

a) Calories

b) Fats

- i. Functions of Fat
- ii. Types of Fats

c) Proteins

- i. Functions

d) Carbohydrates

- i. Functions
- ii. Simple Carbs
- iii. Complex Carbs

e) Vitamins

f) Minerals

g) Food Safety



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- i. Clean
- ii. Separate
- iii. Cook
- iv. Chill
- v. Food-Borne Illness
 - 1. Salmonella
 - 2. Hepatitis A
 - 3. E. Coli
 - 4. Norovirus
 - 5. Listeria
 - 6. Botulism
 - 7. Shigella
 - 8. Treatment

5) Mental Health

- a) Mental Illness
 - i. What is Mental Illness?
 - ii. What is Mental Wellness?
 - iii. Who Suffers from Mental Disorders?
 - iv. Risk Factors
 - v. Anxiety
 - 1. Anxiety Attacks
 - 2. Panic Attacks
 - vi. Depression
 - 1. SAD
 - 2. Suicide
 - a. Risk Factors
 - vii. Mental Health Services
- b) Stress Management
 - i. Exercise
 - ii. Hobbies
 - iii. Breathe
 - iv. Meditation
 - v. Social Support
 - vi. Friendship
 - vii. Medical Treatment

6) Case Studies and Conclusion