



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) A True Story
- b) Overview
- c) Standards
- d) Training & Drills

2) Prepare

- a) Emergency Action Plan
- b) Safety Analysis
- c) Drills
- d) Muster Station
- e) Muster List
- f) Equipment
 - i. PFDs
 - ii. Standards
 - iii. Type I PFDs
 - iv. Inflatable PFDs
 - v. Type IV PFDs (Throwables)
 - vi. Immersion Suits
- g) Location Devices
 - i. EPIRB
 - ii. PLB
 - iii. SART
 - iv. ELT
 - v. MOB Markers
 - vi. Personal Marker Light
 - vii. Flashlight & Searchlight

3) Prevent

- a) Fall Protection
 - i. Fall Prevention
 - ii. Fall Restraint



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- iii. Fall Arrest
- iv. Positioning Systems
- v. Passive & Active Systems
- vi. Personal Fall Protection Systems
- vii. Body Wear
- viii. Full Body Harness
- ix. Harness Inspections
- x. Body Belts
- xi. Body Belt Inspection
- xii. Anchorages
- xiii. Inspecting Anchorages
- xiv. Connective Devices
- xv. Lanyards
- xvi. Inspecting Lanyards
- xvii. Guardrails
- xviii. Inspection
- b) Fatigue Prevention
 - i. Sleep
 - ii. Duration
 - iii. Continuity
 - iv. Quality
 - v. Biological Clock & Circadian Rhythm
 - vi. Rest
 - vii. Napping
 - viii. Stress
 - ix. Boredom & Monotony
 - x. Diet
 - xi. Health Concerns
- c) Walking & Working Surfaces
 - i. Walking
 - ii. Deck Surfaces
 - iii. Ladders & Steps
 - iv. Gangways
 - v. Tripping Hazards
 - vi. Light & Illumination

4) Hazards

- a) Working Alone
- b) Fatigue



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- c) Slips & Trips
- d) Fall Accidents
- e) Ice
- f) Mooring Lines
- g) Swept Overboard
- h) Weather
- i) Rain & Snow
- j) Drug & Alcohol Use

5) MOB

- a) Shout & Point
- b) MOB Button
- c) Throw
- d) Stopping
- e) Distress Call
- f) Alerting Other Vessels
- g) Turning

6) Rescue

- a) Approaching the Victim
- b) Ropes
- c) Ladders
- d) Lifting Devices
- e) Basket
- f) Rescue Vessels
- g) Rescue Swimmer
- h) Helicopters
- i) First Aid & CPR
 - i. CPR & AED
 - ii. Hypothermia
 - iii. Post-Rescue Collapse
 - iv. When Rescue Isn't Possible
- j) Evacuation
- k) Basket Stretchers

7) Conclusion