



# 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) Ships Lost to the Sea
- b) Men Lost at Sea

### 2) Equipment

- a) Equipment Aboard Vessels
  - i. General Alarm System and Public Address System
  - ii. Marine VHF Radiotelephone System
  - iii. Fire-Fighting Equipment
  - iv. Immersion Suits
  - v. Life Jackets
  - vi. Life Buoys
  - vii. Grab Bag
  - viii. Survival Craft
- b) Equipment Aboard Survival Craft
  - i. Skates and Fenders
  - ii. Instruction Card
  - iii. Sea Anchor and Drogue
  - iv. Bailing Equipment
  - v. Signaling Equipment
  - vi. Radar Reflector
  - vii. Boathook
  - viii. Towline, Painter, and Heaving Line
  - ix. Buoy and Paddles and Oars
  - x. Fire Extinguisher
  - xi. Flashlight and Searchlight
  - xii. Repair Kit
  - xiii. Pump
  - xiv. Thermal Protective Aid
  - xv. First Aid and Seasickness Kit
  - xvi. Rainwater Collection Device



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- xvii. Water
- xviii. Provisions
- xix. Fishing Kit

## 3) Emergency Situations

- a) Emergencies that May Require Evacuation
  - i. Collision
  - ii. Stranding or Grounding
  - iii. Explosion or Fire
  - iv. Shifting of Cargo
  - v. Heavy Weather
  - vi. Foundering
- b) Emergencies After Evacuation
  - i. Surface Oil
  - ii. Overturned Life Raft
  - iii. Heat
  - iv. Cold
  - v. Heavy Weather
  - vi. Seasickness
  - vii. Dehydration
  - viii. Constipation and Trouble Urinating
  - ix. Lack of Food
  - x. Sea Life

## 4) Survival at Sea

- a) Launching Survival Craft
- b) How to Jump from a Height into Water
- c) How to keep afloat without a Lifejacket
- d) Swimming Strokes
- e) Dog Paddle
- f) Sidestroke
- g) Backstroke
- h) HELP Position
- i) Boarding Your Life Raft
- j) Initial Preparation
- k) Set Up
- l) Assign Duties
- m) Rations
- n) Administer Medical Care
- o) Sunburn



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- p) Heat Stroke
- q) Saltwater Sores
- r) Mental Health
- s) All About Water
- t) Raft Repairs
- u) Fishing Helps
- v) Fish
- w) Shark Attack

## 5) Rescue

- a) Deciding When and If You Should Travel
- b) When to Use Signaling Devices
- c) What to Do When Being Rescued
- d) Rescue Equipment
- e) Helicopter Rescue
- f) Large Ship Rescue

## 6) Conclusion