PERSONAL SURVIVAL TECHNIQUES

Purpose:

The e-learning module is designed for theoretical training of seafarers in accordance with Section A-VI/1 of the STCW Code in the part concerning personal survival techniques.

What is an e-learning module?

E-learning module is the electronic textbook on one or more sections. Theoretical materials can be accompanied by drawings, diagrams, photos, animations and videos. There is a test for assessment of knowledge gained at the end of each section.

Contents:

- Types of Emergency Situations on Board
- Types of Ship Life-Saving Appliances
- Equipment in Survival Craft
- Location of Personal Live-Saving Appliances on Board
- Principles of Surviving at Sea

Target groups

Deck - Management
Deck - Operational
Deck - Support

Engine - Management
Engine - Operational
Engine - Support

Ship types

Generic

Regulations
- *Table A-VI/1-1 STCW Code*
- *IMO Model course 1.19 "Proficiency in personal survival techniques"*

E-learning module

PERSONAL SURVIVAL TECHNIQUES

Storm Sim

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Section 5. Principles of Surviving at Sea

DONNING LIFEJACKET

Time standard for donning a lifejacket without assistance is **1 minute**.

The illustration shows how to don a lifejacket and subsequently use it when jumping into the water and when in the water.

LIFEJACKET DONNING

1. Preparation — Prepare Lifejacket for donning.
2. Donning — Pull the Lifejacket over your head through the neck hole.
3. Fasten belt — Pass belt around waist. Connect buckle by pushing the two parts together.
4. Tighten belt — Pull belt end as tight as possible (aided by holding on to the male buckle part).
5. Jumping into the water — Hold Lifejacket and arm firmly other hand when jumping into the water.
6. Being in the water — Being in the water, you can beep whistle. At night, to emit a light signal, you can use a flashlight (lamp). Pull the plug out of the battery for filling it with water.

Lifejacket donning

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Section 5. Principles of Surviving at Sea

SWIMMING WHILE WEARING A LIFEJACKET

When in the water after abandoning the ship with a lifejacket donned, in addition to the actions specified above, it is necessary:

- to pull up the knees to the abdomen, crossing the feet, fold arms on the chest pressing elbows to the sides, not to go under water with the head (such posture is often referred to as the HELP posture, since it to a maximum possible extent protects the most sensitive parts of the body from exposure to cold water and reduces the amount of energy consumed by organism);
- if there are some other survivors in the water nearby, it is necessary to wedge tightly together and locking arms, form a circle retaining a vertical position awaiting help (HUDDLE posture). A casualty who is suffering from the effects of the cold can be placed within the huddle in order to be surrounded with warmer water;
- to use a whistle in order to attract attention (a sound

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Section 2. Types of Ship Life-Saving Appliances

Automatic smoke signals when floating in calm water emit smoke of a highly visible colour at a uniform rate for a period of at least 15 minutes, do not ignite explosively or emit any flame, and continue to emit smoke when fully submerged in water for a period of at least 10 seconds.
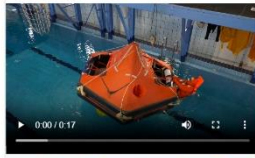
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Section 2. Types of Ship Life-Saving Appliances

An immersion suit which has no inherent buoyancy is marked with instructions that it must be worn in conjunction with a lifejacket. Such immersion suit is fitted with a light with a source of energy and a whistle with a cord, it also has a release buoyant line and a device enabling a person to be raised from water to a survival craft or a rescue boat.

Although the anti-exposure suit does not imply the mandatory use of a lifejacket, it can also be used in conjunction with it.

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Section 5. Principles of Surviving at Sea

TRAINING OF CREW MEMBERS AFTER THEY JOIN THE SHIP

After joining the ship, each crew member is required to familiarize him/herself and acquire good knowledge of:

- meaning of signals as per the muster list;
- contents of the muster list and one's duties which are stipulated by this list;
- arrangement and use of life-saving equipment;
- evacuation routes and emergency escape breathing devices;
- survival equipment and organization on the ship and survival craft.

It should be noted that of different ships all the aforementioned may have special aspects.

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Test tasks

Question text:

What does the equipment location mark shown in the illustration stand for?

Choose the correct answer

- ◯ Lifeboat.
- ◯ Rescue boat.
- ◯ Liferaft.
- ◯ Davit-launched liferaft.

Attempt: 1   Miss

COMMENT

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