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Basic Safety and Emergency Course

COURSE CODE: OBS1055

GOAL:

To motivate the individual student to actively promote a better and safer working environment. Emphasis is placed on preventive measures that can forestall injuries or damage to the environment and the equipment.

After completing the course the students should have acquired basic knowledge of and proficiency in:

- HSE culture
- Prevention of work accidents
- Use of relevant fire fighting and rescue equipment
- Lifesaving first aid
- Collective evacuation aids
- Correct use of rescue suits with breathing apparatus
- Helicopter evacuation (HUET)

The course aims to create positive attitudes to the term HSE culture and an understanding of the importance of the social and physical working environment to life, health and values, both at work and during leisure time.

TARGET GROUP: Offshore personnel.

PRIOR KNOWLEDGE: E-training course BSC

DURATION: 4 days

CONTENT:

Introduction

Competence test

HSE - culture/preventative :

Showing of Sfs DVD

Theory / Practical exercises:

- Barriers
- Buddy check
- Protective equipment
- Behavioural training

First aid:

Theory / practical exercises:

- Alert
- Lifesaving first aid
- (BLOW)

Joint evacuation:

Theory / Practical training:

- Alarm and muster drills to lifeboat and escape chute

Fire prevention:

Theory / Practical exercises:

- Handheld fire extinguishers
- Evacuation

Sea rescue:

Theory / Practical exercises:

- Rescue suit with equipment and Hazards (drowning, hypothermia)
- Getting used to the sea
- Staying in the sea
- Raft

Helicopter evacuation:

Theoretical part / Practical exercises:

- Getting used to the sea
- Overturn drills
- Organised evacuation
- (EBS (air pocket))