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## Basic Safety and Emergency Training, Refresher Course

**COURSE CODE: OBS1065**

### **GOALS:**

After completing the course the students should have refreshed and upgraded their knowledge and proficiency in:

- The use of handheld fire extinguishers
- Lifesaving first aid
- Using an escape chute
- Correct use of rescue suit with breathing apparatus
- Helicopter evacuation (HUET)

### **TARGET GROUP:**

Offshore personnel.

### **PRIOR KNOWLEDGE:**

Basic safety and emergency training course or equivalent

### **DURATION:**

2 days

### **FREQUENCY:**

Every 4th year

### **CONTENT:**

Introduction

#### ***Fire Prevention with first aid:***

Practical exercises:

- Handheld fire extinguishers
- Evacuation

#### ***Sea rescue with first aid:***

Practical training:

- Suits
- Getting used to the sea
- Staying in the sea
- Raft
- Alert
- Rescue chute

#### ***Helicopter evacuation:***

Theoretical part

Practical exercises:

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