

TRAINING OUTLINE and TIMETABLE

□ INTRODUCTION

LECTURES

As far as possible, lectures should be presented within a familiar context and should make use of practical examples. They should be well illustrated with diagrams, photographs and charts where appropriate, and be related to matter learned during seagoing time.

An effective manner of presentation is to develop a technique of giving information and then reinforcing it. For example, first tell the trainees briefly what you are going to present to them; then cover the topic in detail; and, finally, summarize what you have told them. The use of an overhead projector and the distribution of copies of the transparencies as trainees' handouts contribute to the learning process.

TRAINING OUTLINE

The tables that follow list the competencies and areas of knowledge, understanding and proficiency, together with the estimated total hours required for lectures and practical exercises. Teaching staff should note that timings are suggestions only and should be adapted to suit individual groups of trainees depending on their experience, ability, equipment and staff available for training.

SUBJECT AREA	TIME	
	LECTURE	PRACTICUM
1. PERSONAL SURVIVAL TECHNIQUES		
1.1 Introduction, Safety and Survival	0.50	
1.2 Emergency Situations	0.25	
1.3 Evacuation	0.50	
1.4 Survival Craft and Rescue Boats	0.50	
1.5 Personal Life-saving Appliances	0.75	
1.6 Survival at Sea	0.25	
1.7 Helicopter Assistance	0.50	
1.8 Emergency Radio Equipment	0.50	
1.9 Practical Survival Drills		4.00
Review and Mastery Test	0.25	
	4.00	4.00
2. BASIC FIRE FIGHTING		
2.1 Introduction, Safety and Principles	0.25	
2.2 Theory of Fire	0.50	
2.3 Fire Prevention	0.50	
2.4 Fire Detection	0.50	
2.5 Fixed Fire-extinguishing Systems	0.50	
2.6 Miscellaneous Fire Fighting Equipment	0.50	
2.7 Ship Fire-fighting Organization	0.50	
2.8 Fire-fighting Methods	0.50	
2.9 Practical Fire-fighting Drills		4.00
Review and Mastery Test	0.25	
	4.00	4.00
SUBTOTAL	8.00	8.00
TOTAL	16.00 HOURS	

DAY	SESSION 1 (2.0HRS)	SESSION 2 (2.0HRS)	SESSION 3 (2.0HRS)	SESSION 4 (2.0HRS)
1	<p><i>Lecture</i></p> <p>0. Course overview & training policies</p> <p>1.1 Introduction, safety & survival</p> <p>1.2 Emergency situation</p> <p>1.3 Evacuation</p> <p>1.4 Survival craft & rescue boats</p>	<p><i>Lecture</i></p> <p>1.5 Personal life-saving appliances</p> <p><i>Demonstration</i></p> <p>1.6 Personal life-saving appliances</p> <p><i>Lecture</i></p> <p>1.7 Survival at sea</p> <p>1.8 Helicopter assistance</p> <p>1.9 Emergency Radio Equipment</p>	<p><i>Demonstration and Practicum</i></p> <p>Survival at Sea</p>	<p><i>Demonstration and Practicum</i></p> <p>Survival at Sea</p> <p><i>Assessment</i></p> <p>Review & Mastery Test</p>
2	<p><i>Lecture</i></p> <p>2.1 Introduction, safety & principles</p> <p>2.2 Theory of fire</p> <p>2.3 Fire prevention</p> <p>2.4 Fire detection</p>	<p><i>Lecture</i></p> <p>2.5 Fixed fire-extinguishing systems</p> <p>2.6 Misc. fire fighting equipment</p> <p>2.7 Ship fire-fighting organization</p> <p>2.8 Fire-fighting methods</p>	<p><i>Demonstration and Practicum</i></p> <p>Fire-fighting drills</p>	<p><i>Demonstration and Practicum</i></p> <p>Fire-fighting drills</p> <p><i>Assessment</i></p> <p>Review & Mastery Test</p>