

# PERSONAL SAFETY & SOCIAL RESPONSIBILITIES

## COURSE AIM

To provide seafarers with knowledge and understanding to comply with emergency procedures, take precautions to prevent pollution of marine environment, observe safe working practices, contribute to effective communications on board ship, contribute to effective human relationships on board ship and understand and take necessary actions to control fatigue.

## TARGET GROUP

This course is aimed at seagoing personnel in any capacity as part of the mandatory STCW requirements. This course is delivered in accordance with section A-VI/1-4 of the STCW Code.

## COURSE CONTENT

On completion of this activity delegates will be able to demonstrate a competence in the theory and practice of the following:

- Types of emergency which may occur, such as collision, fire, foundering,
- knowledge of shipboard contingency plans for response to emergencies,
- Emergency signals and specific duties allocated to crew members in the muster list, muster station, correct use of personal safety equipment,
- Action to take on discovering potential emergency including fire, collision, foundering and ingress of water into the ship,
- Action to take on hearing emergency alarm signals,
- Value training and drills,
- Knowledge of escape routes and internal communication and alarm systems,
- Basic knowledge of the impact of shipping on the marine environment and the effects of operational or accidental pollution on it,
- Basic environmental protection procedures,
- Basic knowledge of complexity and diversity of the marine environment,
- Importance of adhering to safe working practices at all times,
- Safety and protective devices available to protect against potential hazards aboard ship,
- Precautions to be taken prior to entering enclosed spaces,
- Familiarization with international measures concerning accident prevention and occupational health,
- Understand the principles of, and barriers to, effective communication between individuals and teams within the ship,
- Ability to establish and maintain effective communications,
- Importance of maintaining good human and working relationships aboard ship,
- Basic team-working principles and practice, including conflict resolution,
- Social responsibilities employment conditions, individual rights and obligations, dangers of drug and alcohol abuse,
- Importance of obtaining the necessary rest,
- Effects of sleep, schedules and the circadian rhythm on fatigue,
- Effects of physical stressors on seafarers,
- Effects of environmental stressors in and outside the ship and their impact on seafarers,
- Effects of schedule changes on seafarer fatigue.

This course is designed in conformity with the IMO model course 1.21.

## COMPETENCY

Delegates are required to pass an assessment of practical skills and a written or verbal examination of theory.

## PRE REQUISITE

All delegates must be in possession of a valid seafarer medical certificate issued by an approved medical practitioner.

## METHOD OF TRAINING

Theory conducted in a classroom including presentations and discussions based on lived experiences, followed by practical & simulation training and assessment and will include the visual teaching aids, writing materials and provision of catering.

## COURSE DURATION

Two (2) days.

## RATIO OF THE TRAINING

80% Theory / 20% Practical

## VALIDITY OF CERTIFICATE

5 years

