

SAFETY II: ADVANCED OBSERVER MARINE SAFETY TRAINING

Topic for student presentation

DAY 1	Thursday, January 28, 2016
0800	Introduction & Registration
0810	Preparation before & during a trip <ul style="list-style-type: none"> • 7 Steps to Survival:
0830	Close calls, near misses, lessons learned, what to get out of Safety II
0900	Cold Water Survival (In Class) <ul style="list-style-type: none"> • Immersion suit: Care, maintenance, storage: <ul style="list-style-type: none"> • Immersion suit 60 sec • Entering water from a height, star, mat, chain • SOLAS Kits: <ul style="list-style-type: none"> ○ all students take an item and explain their item to the class • Alternate Survival crafts: <ul style="list-style-type: none"> Life raft (hydrostatic release & set up) & Manual launch: Righting life raft & initial/secondary actions inside life raft:
1015	Hypothermia <ul style="list-style-type: none"> • Definition of hypothermia, High heat loss areas, HELP position • Preparation, prevention & treatment: • Actions to take if YOU end up in the water • STAY rules • Cold water near drowning: Review Scenarios
1130	Distress Signals <ul style="list-style-type: none"> • Test PLB • Radio (SECURITE, PAN PAN) • MAYDAY procedures • MAYDAY relay game • Flares (types, features, when best used): • Other Signals (mirror, whistle, dye marker): EPIRB & PLB Review
1200	Lunch
1245	At-sea emergencies & Mitigation Review <ul style="list-style-type: none"> • POB (6 steps in recovering POB): • Minimizing the effects of flooding • Abandon ship (procedure when abandoning ship)
1345	Fire Procedures & Review
1430	Fire Fighting, Flares, & Damage Control (hands on demo)



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DAY 2	Friday, January 29, 2016
0800	Introduction to Station Bills Station Bill Development
0930	Leave for Woods Hole
1000	Drills POB Drill (students recover to side of vessel + treatment) Flooding & Fire Drills Enter Life Raft (actions inside life raft...physically perform these actions) Open Water Skills (chain, mat, star, righting) (USCG DC Trainer, Rescue Basket) Debrief
1200	Back to Tech Park & LUNCH
1330	Leave for Pool
1400	Pool Session <ul style="list-style-type: none"> • Water Competency (swim 50 yds., tread water, survival float) • Life Raft (righting, boarding) • PFD & POB (HELP, HUDDLE, foul weather gear)
	Debrief (at pool)
1600	Issue Safety Training Certificates & Evaluation (at pool)

Students need to bring:

- **Assigned presentation ready as sessions are subject to change with short notice**
- **Warm clothes & closed toed shoes for outdoor activities (vessel, flare, fire)**
- **Immersion suit**
- **PFD**
- **Foul weather gear + boots (not for pool use)**
- **Clothes for the pool: long pants, base shirt, sweatshirt/fleece, socks, old shoes or boots you don't mind getting wet (no bathing suit only)**
- **Towel**

