

Health & Safety

Part 3: Survival at sea & Safety checklist

INSERT Lecturer name



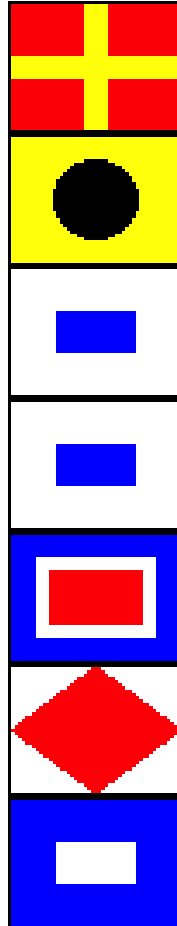
Images courtesy of AMSEA or J. LaFargue
(NMFS West Coast Groundfish
Observer Program) unless indicated otherwise

Objectives

- Recite 7 Steps to Survival from memory
- Build a personal survival kit using four basic components
- Demonstrate ability to complete the Safety Checklist

7 Steps to Survival

1. Recognition
2. Inventory
3. Shelter
4. Signals
5. Water
6. Food
7. Play



7 Steps to Survival

1. RECOGNITION

- Life is more important than your boat, gear, catch
- Abandon ship when more dangerous on boat than water.



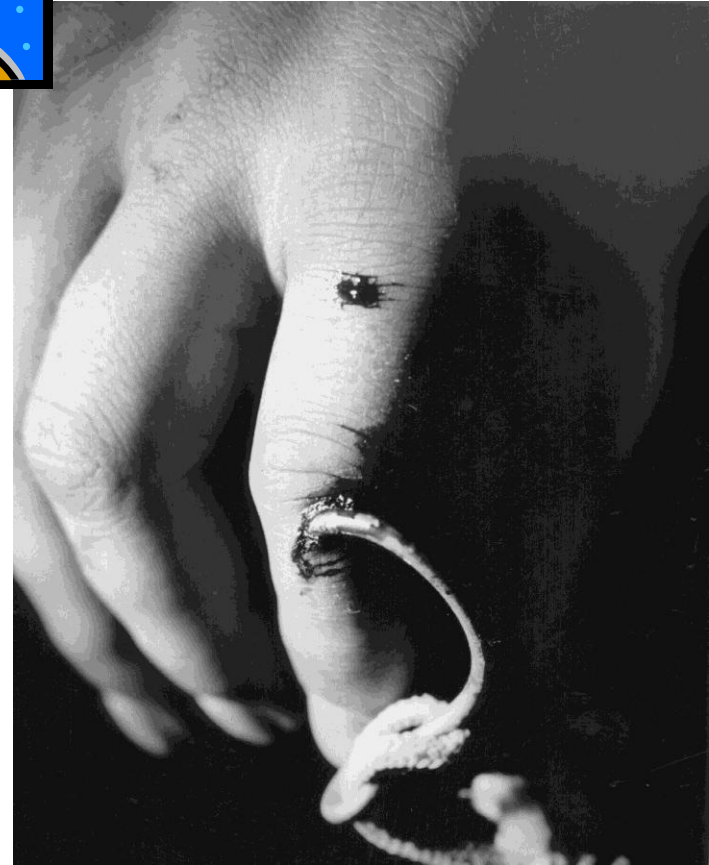
7 Steps to Survival

2. INVENTORY



Time to think....

- **People**
 - injuries
 - helpful/hazard
- **Equipment**
 - helpful/hazard
- **Environment**
 - risks
 - potential changes



7 Steps to Survival

3. SHELTER

- Insulation, shade
- Protection from elements
- ✓ Clothing most immediate



7 Steps to Survival

4. SIGNALS

Attract attention

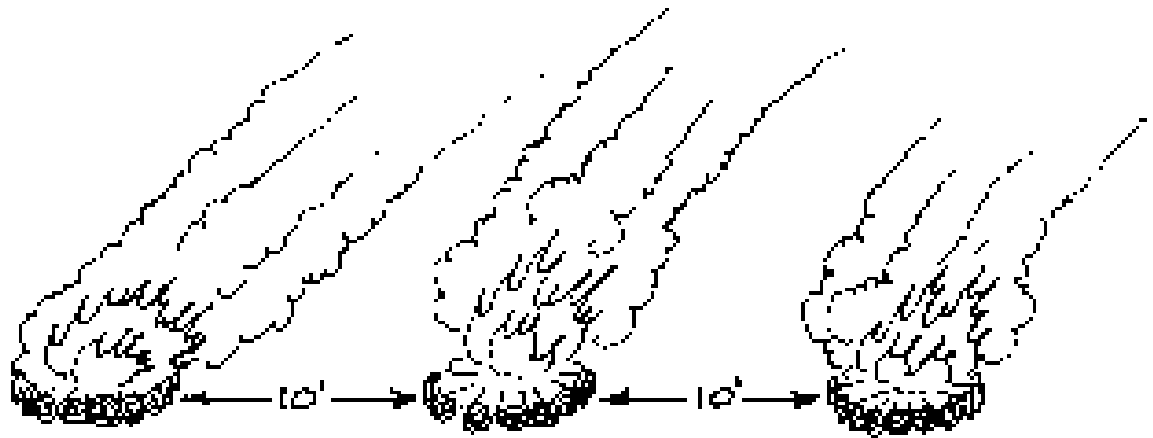
- **Bigger**
- **Brighter**
- *Different*

Give message of HELP!



Signals

- Groups of 3
- Right angles
- Contrast



7 Steps to Survival

5. WATER

- Quantity: 2-4 quarts
- Quality: boil, packaged, filtered
- No seawater, urine



7 Steps to Survival

6. FOOD

- Warmth
- Energy
- Attitude

Know before you go!



7 Steps to Survival

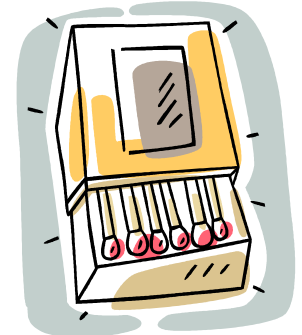
7. PLAY

- Improve will to survive, situation.
- Stories, family, prayer – focus on what to live for.
- Accomplish hard tasks in simple steps.



Survival Kits

- Personal (small) & abandon (large) ship
- Essential elements:
 1. Shelter aid
 2. Signal
 3. Personal health
 4. Fire starter



Personal Survival Kits

Considerations

- Must be with you
- Pocket-sized
- Multipurpose items
- Customized for your activities





20
cm

17.5 cm



1

2

5

12

6

2

4

3

13

11

7

10

9

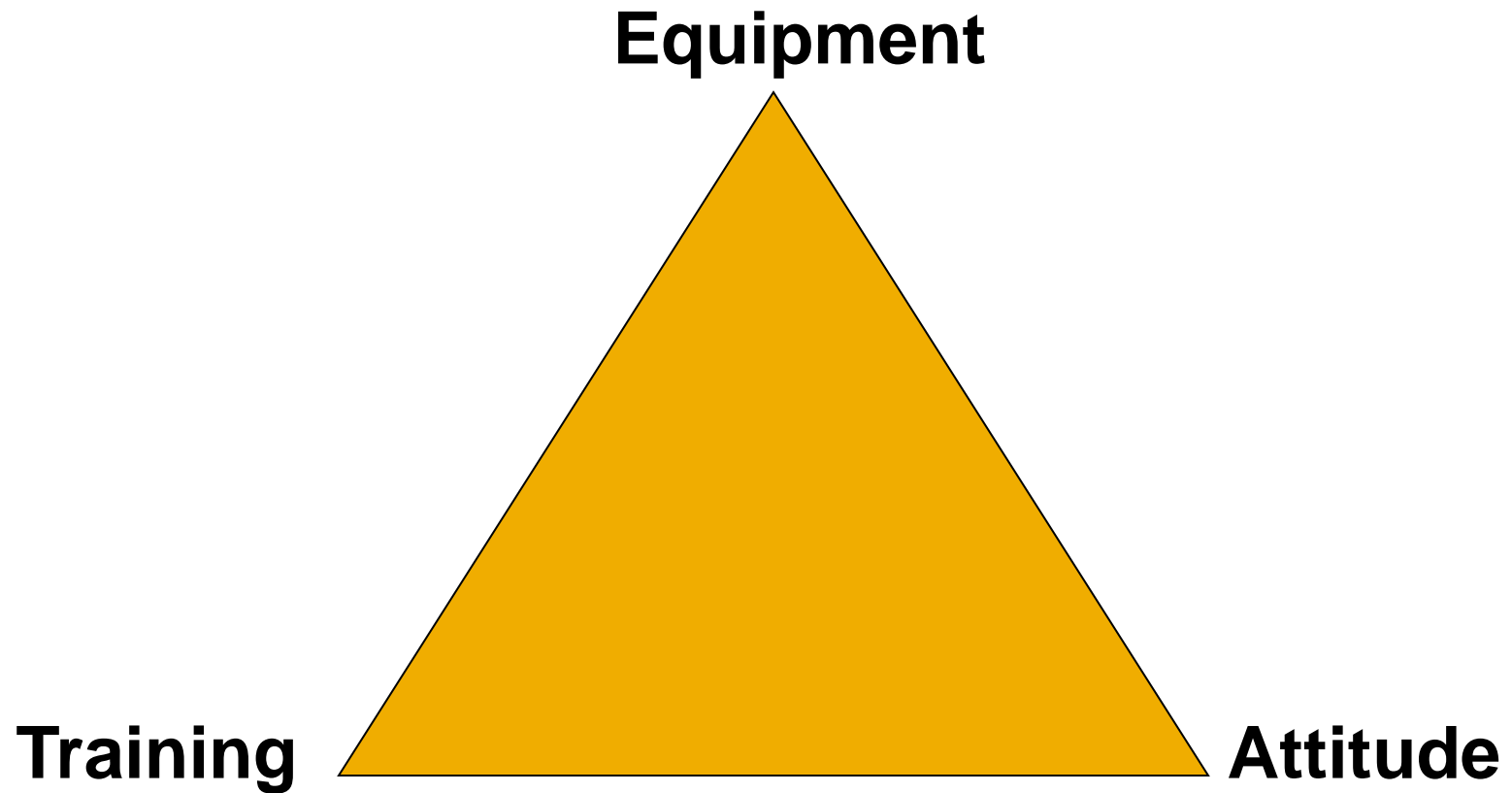
8

Abandon Ship Kits

- Same 4 categories
- One container
- ✓ Watertight
- ✓ With handle
- Accessible
- Bigger items
- ✓ Handheld VHF,
- ✓ Camp stove
- ✓ Etc



Survival Triad



Safety checklist

- 1-page form in Observer logbook
- Familiarize you with safety equipment (pre-departure)
- Mostly Yes/No

Safety checklist

Safety Checklist

Pre-Departure (Complete before you leave port)						
Were you informed of the general safety procedures for the vessel?						Yes / No
Were alarm signals demonstrated for each type of emergency?						Yes / No
Did you examine escape routes from accommodations and work areas?						Yes / No
Where is your muster station in case of an emergency?						
Who is the person in charge of medical treatment?						
Where you shown the location of radios and provided with instructions for use?						Yes / No
Where you shown the location of navigation equipment and provided with instructions on use?						Yes / No
Survival craft	Capacity (#persons)	Last inspection date	Location	Float free?	Hydrostatic release Present- Attach properly	
Model				Y / N	Y / N	Y / N
Model				Y / N	Y / N	Y / N
Was there adequate life raft capacity for all on board? Yes / No						
Was survival craft packed with a SOLAS kit? A / B / Other / No						
EPIRBs	Battery expire date	Location	Category I / II	Float free?		
Model				Y / N		
Model				Y / N		

Safety checklist – life raft

SWITLIK
INFLATABLE LIFE RAFT

APPROVED BY U.S.C.G. FOR **6** PERSONS

SOLAS ☒ PACK APPROVAL NO. 160.051
160.151

U.S.C.G. M.I.O. **PHI**

DATE **10-15-92**

MAX. STOWAGE HEIGHT **65** FT.
LENGTH OF PAINTER **135** FT.

MANUFACTURED BY
SWITLIK PARACHUTE CO. INC.
TRENTON N.J., U.S.A.

INSPECTION RECORD

ANNUAL		ANNUAL	
DATE	PLACE	DATE	PLACE
10-15-92			

- Model = Switlik
- Capacity = 6
- Last inspection date=10-15-92

Safety checklist

Safety Checklist

Pre-Departure (Complete before you leave port)					
Were you informed of the general safety procedures for the vessel?					Yes / No
Were alarm signals demonstrated for each type of emergency?					Yes / No
Did you examine escape routes from accommodations and work areas?					Yes / No
Where is your muster station in case of an emergency?					
Who is the person in charge of medical treatment?					
Where you shown the location of radios and provided with instructions for use?					Yes / No
Where you shown the location of navigation equipment and provided with instructions on use?					Yes / No
Survival craft	Capacity (#persons)	Last inspection date	Location	Float free?	Hydrostatic release Present- Attach properly
Model				Y / N	Y / N
Model				Y / N	Y / N
Was there adequate life raft capacity for all on board? Yes / No					
Was survival craft packed with a SOLAS kit? A / B / Other / No					
EPIRBs	Battery expire date	Location	Category I / II	Float free?	
Model				Y / N	
Model				Y / N	

Safety checklist – life raft

SWITLIK
GLATFISH COMMUNITY COLLEGE

INFLATABLE LIFE RAFT

SOLAS 1974/83

APPROVED BY U.S.C.C. FOR **6** PERSONS

SOLAS B PACK

SERIAL NO. **11**

APPROVAL NO. 160.051 **241 C**

160.151 **39 C**

U.S.C.G. M.I.O. **PHI**

DATE **815-01**

MAX. STOWAGE HEIGHT **65** FT.

LENGTH OF PAINTER **135** FT.

MANUFACTURED BY
SWITLIK PARACHUTE CO. INC.
TRENTON N.J., U.S.A.

INSPECTION RECORD

ANNUAL		ANNUAL	
DATE	PLACE	DATE	PLACE
10-1-77	2275		

- SOLAS = B pack

Safety checklist

Safety Checklist

Pre-Departure (Complete before you leave port)						
Were you informed of the general safety procedures for the vessel?						Yes / No
Were alarm signals demonstrated for each type of emergency?						Yes / No
Did you examine escape routes from accommodations and work areas?						Yes / No
Where is your muster station in case of an emergency?						
Who is the person in charge of medical treatment?						
Where you shown the location of radios and provided with instructions for use?						Yes / No
Where you shown the location of navigation equipment and provided with instructions on use?						Yes / No
Survival craft	Capacity (#persons)	Last inspection date	Location	Float free?	Hydrostatic release Present- Attach properly	
Model				Y / N	Y / N	Y / N
Model				Y / N	Y / N	Y / N
Was there adequate life raft capacity for all on board? Yes / No						
Was survival craft packed with a SOLAS kit? A / B / Other / No						

EPIRBs	Battery expire date	Location	Category I / II	Float free?
Model				Y / N
Model				Y / N

Safety checklist

Check if Present or Absent	Present	Absent	
Station bill			
Fire extinguishers			In main areas/corridors? Yes / No
First aid equipment			
High water alarm			
Watertight doors			Do they close properly? Yes / No

Distress flares	#	Expired?	Location		Flotation devices
Parachute		Y / N			# Life rings / slings
Smoke		Y / N			# PFDs
Hand		Y / N			# Immersion suits
		Y / N			

Were there adequate PFDs for all on board? **Yes / No**

Drills (Complete post-trip)

	Fire	Man overboard	Abandon ship	Flooding	Other?
Performed?	Y / N	Y / N	Y / N	Y / N	
Date					

Did you participate in drills? **Yes / No**

Other Comments:

Station bill

- List of all crew
- Positions
- Muster station
- Duties in case of an emergency

STATION BILL				
EMERGENCY SIGNALS				
FIRE & EMERGENCY SIGNAL ()				
The fire and emergency signal shall be a continuous blast of the whistle for a period of not less than 10 seconds followed by a continuous ringing of the general alarm for not less than 10 seconds.				
MAN OVERBOARD SIGNAL ()				
The man overboard signal shall be the letter "O" sounded several (at least 6) times on the ship's whistle followed by the same signal of the general alarm.				
ABANDON SHIP ()				
The abandon ship signal shall be more than 8 short blasts followed by one long blast on the ship's whistle followed by the same signal of the general alarm.				
EMERGENCY STATION ASSIGNMENTS				
Survival craft embarkation stations are located: _____				
Immersion suits are located: _____				
Position	FIRE Station/Bring	FLOODING Station/Bring	ABANDON SHIP Station/Bring	MAN OVERBOARD Station/Bring

If spaces larger than 8, it will be necessary to expand this station bill.

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1011-1-10000, 1011-1-10000-02-0111-1-1 1011-100-000

First Aid

- First aid kit
 - know location
- First aid manual



Safety checklist

Check if Present or Absent	Present	Absent	
Station bill			
Fire extinguishers			In main areas/corridors? Yes / No
First aid equipment			
High water alarm			
Watertight doors			Do they close properly? Yes / No

Distress flares	#	Expired?	Location		Flotation devices
Parachute		Y / N			# Life rings / slings
Smoke		Y / N			# PFDs
Hand		Y / N			# Immersion suits
		Y / N			

Were there adequate PFDs for all on board? **Yes / No**

Drills (Complete post-trip)					
	Fire	Man overboard	Abandon ship	Flooding	Other?
Performed?	Y / N	Y / N	Y / N	Y / N	
Date					

Did you participate in drills? **Yes / No**

Other Comments:

Activity

- Complete the safety checklist given the information in the handout
- 10 minutes

Activity - answers

Safety Checklist

Pre-Departure (Complete before you leave port)					
Were you informed of the general safety procedures for the vessel?					<input checked="" type="radio"/> Yes / <input type="radio"/> No
Were alarm signals demonstrated for each type of emergency?					<input type="radio"/> Yes / <input checked="" type="radio"/> No
Did you examine escape routes from accommodations and work areas?					<input checked="" type="radio"/> Yes / <input type="radio"/> No
Where is your muster station in case of an emergency?				wheelhouse	
Who is the person in charge of medical treatment?				cook	
Where you shown the location of radios and provided with instructions for use?					<input checked="" type="radio"/> Yes / <input type="radio"/> No
Where you shown the location of navigation equipment and provided with instructions on use?					<input checked="" type="radio"/> Yes / <input type="radio"/> No
Survival craft	Capacity (#persons)	Last inspection date	Location	Float free?	Hydrostatic release Present- Attach properly
Model Revere GEO25	25	5/10	above wheelhouse	<input checked="" type="radio"/> Y / <input type="radio"/> N	<input checked="" type="radio"/> Y / <input type="radio"/> N
Model				Y / N	Y / N
Was there adequate life raft capacity for all on board? Yes <input checked="" type="radio"/> No <input type="radio"/>					
Was survival craft packed with a SOLAS kit <input checked="" type="radio"/> A <input type="radio"/> B / Other / No					
EPIRBs	Battery expire date	Location	Category I / II	Float free?	
Model ACR Sat2 406	31 dec 10	outside wheelhouse	I	<input checked="" type="radio"/> Y / <input type="radio"/> N	
Model				Y / N	

Activity - answers

Check if Present or Absent		Present	Absent	
Station bill		X		
Fire extinguishers		X		In main areas/corridors? Yes No
First aid equipment		X		
High water alarm			X	
Watertight doors		X		Do they close properly? Yes No

Distress flares	#	Expired?	Location
Parachute	3	Y / N	Wheelhouse- storage bench
Smoke	2	Y / N	
Hand	6	Y / N	
		Y / N	

Flotation devices	
# Life rings / slings	2
# PFDs	30
# Immersion suits	NA

Were there adequate PFDs for all on board? **Yes** No

Drills (Complete post-trip)					
	Fire	Man overboard	Abandon ship	Flooding	Other?
Performed?	Y / N	Y / N	Y / N	Y / N	
Date					

Did you participate in drills? Yes / No

Other Comments:

Handles on door to galley are rusted & do not allow the door to close

Summary

- Recite the 7 steps to survival / examples of each
- When to the 7 steps to survival begin?
- List 4 elements that should be incorporated into a survival kit.