

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

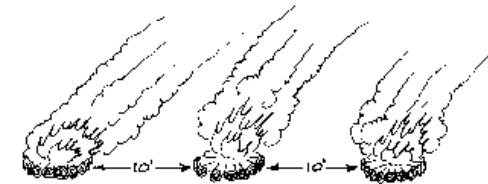
Attract attention

- **Bigger**
 - **Brighter**
 - **Different**
- Give message of HELP!



Signals

- Groups of 3
- Right angles
- Contrast

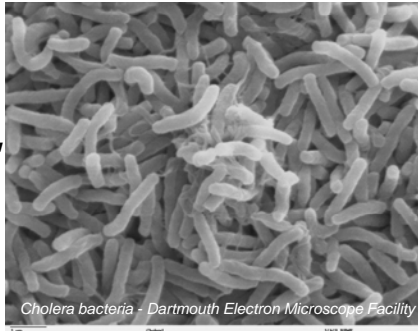


<http://www.tpwd.state.tx.us/>

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:

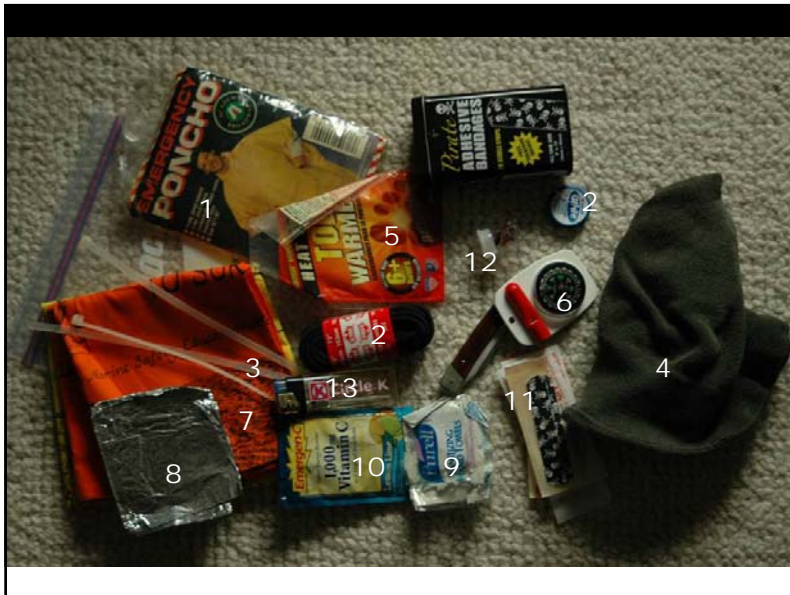
- Shelter aid
- Signal
- Personal health
- Fire starter



Personal Survival Kits

Considerations

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

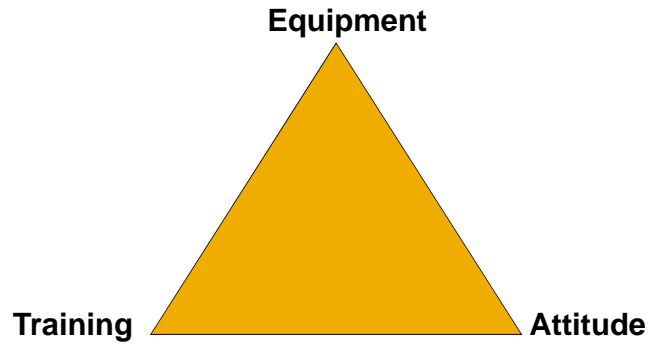


Abandon Ship Kits

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



Survival Triad



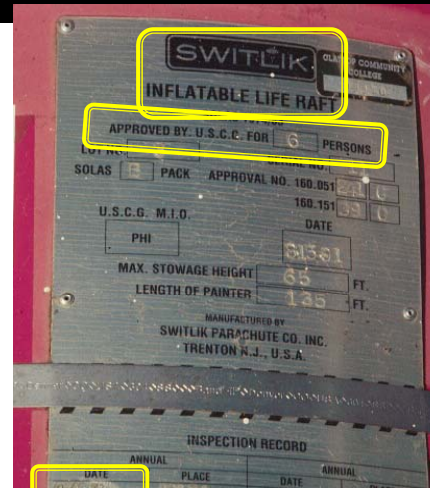
Safety checklist

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

Safety checklist

| Safety Checklist | | | | |
|---|---------------------|----------------------|-----------------|--|
| <i>Pre-Departure (Complete before you leave port)</i> | | | | |
| 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 | 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

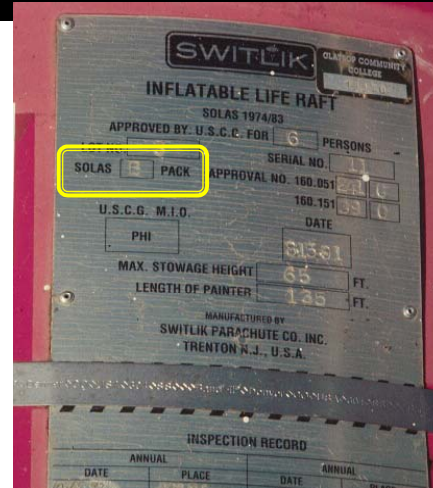


- Model = Switlik
- Capacity = 6
- Last inspection date=10-15-92

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



•SOLAS = B pack

Safety checklist

| Safety Checklist | | | | | | |
|---|--|---------------------|----------------------|-----------------|-------------|--|
| Pre-Departure (Complete before you leave port) | | | | | | |
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| Were alarm signals demonstrated for each type of emergency? | | | | | Yes / No | |
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| Where is your muster station in case of an emergency? | | | | | | |
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| 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 | | | | In main areas/corridors? Yes / No | |
| Fire extinguishers | | | | | |
| 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) | | | | | |
| Performed? | Fire | Man overboard | Abandon ship | Flooding | Other? |
| | 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 seven (at least 10 times on the ship's whistle followed by the same signal at 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 at the general alarm.

EMERGENCY STATION ASSIGNMENTS

Survival craft embarkation stations are located _____
Immersion suits are located _____

| Position | FIRE | FLOODING | ABANDON SHIP | MAN OVERBOARD |
|----------|---------------|---------------|---------------|---------------|
| | Station/Bring | Station/Bring | Station/Bring | Station/Bring |
| | | | | |
| | | | | |
| | | | | |
| | | | | |

For vessels larger than E, it will be necessary to expand this Station Bill.

First Aid

- First aid kit
 - know location
- First aid manual



Safety checklist

| | | | |
|----------------------------|---------|--------|-----------------------------------|
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| Station bill | | | In main areas/corridors? Yes / No |
| Fire extinguishers | | | |
| First aid equipment | | | Do they close properly? Yes / No |
| High water alarm | | | |
| Watertight doors | | | |

| 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) | | | | | |
|-----------------------------|-------|---------------|--------------|----------|--------|
| Performed? | Fire | Man overboard | Abandon ship | Flooding | Other? |
| Y / N | 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

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.