

# Health & Safety

Activity: Gear-go-around and Pool

INSERT Lecturer name



Image courtesy of J. LaFargue (NMFS West Coast Groundfish Observer Program)

# Objectives – Gear-Go-Around

1. Demonstrate proper donning of PFD
2. Demonstrate ability to make a Mayday call
3. Identify & describe 3 features of a life raft and SOLAS kit
4. Demonstrate the proper attachment of a hydrostatic release
5. Explain how to test & activate and EPIRB.

# Objectives – Gear-Go-Around

6. Demonstrate how to use types of flares
7. Demonstrate proper lifting technique
8. Demonstrate the PASS technique on a fake fire
9. Describe how to care for & maintain scales
10. Demonstrate hanging a scale

# Activity – Gear-Go-Around

- 8 stations – 10 minutes each
- Rotate when instructed

# Summary – Gear-Go-Around

- What was hard? What was easy?
- Any surprises?

# Objectives - Pool

1. Demonstrate proper donning of PFD and entering water
2. Demonstrate HELP & HUDDLE positions
3. Demonstrate group splash signal
4. Board life raft from "vessel"
5. Swim across pool, right a life raft from upside down position & board from water

# Activity - Pool

- Each group is assigned a lead
- Do not enter water until you are instructed to do so
- For those of you who aren't swimmers, we'll provide a few tips before anyone gets in the water

# Summary - Pool

- What was hard? What was easy?
- Any surprises?