

Health & Safety

Part 3: Survival at sea & Safety checklist



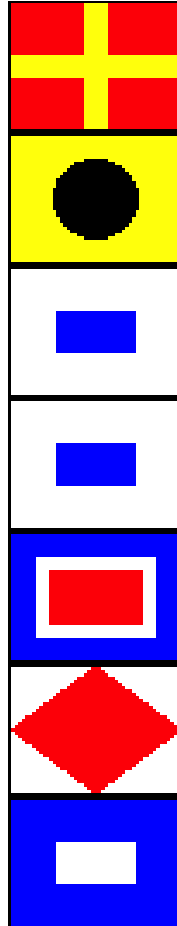
Images courtesy of AMSEA or J. LaFargue
(NMFS West Coast Groundfish
Observer Program) unless indicated otherwise

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

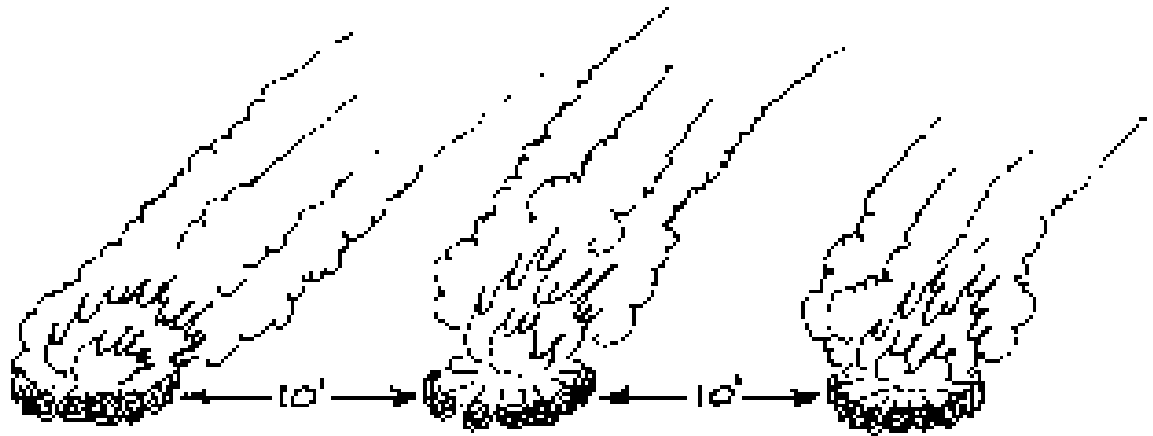
- **Bigger**
- **Brighter**
- *Different*

Give message of HELP!



Signals

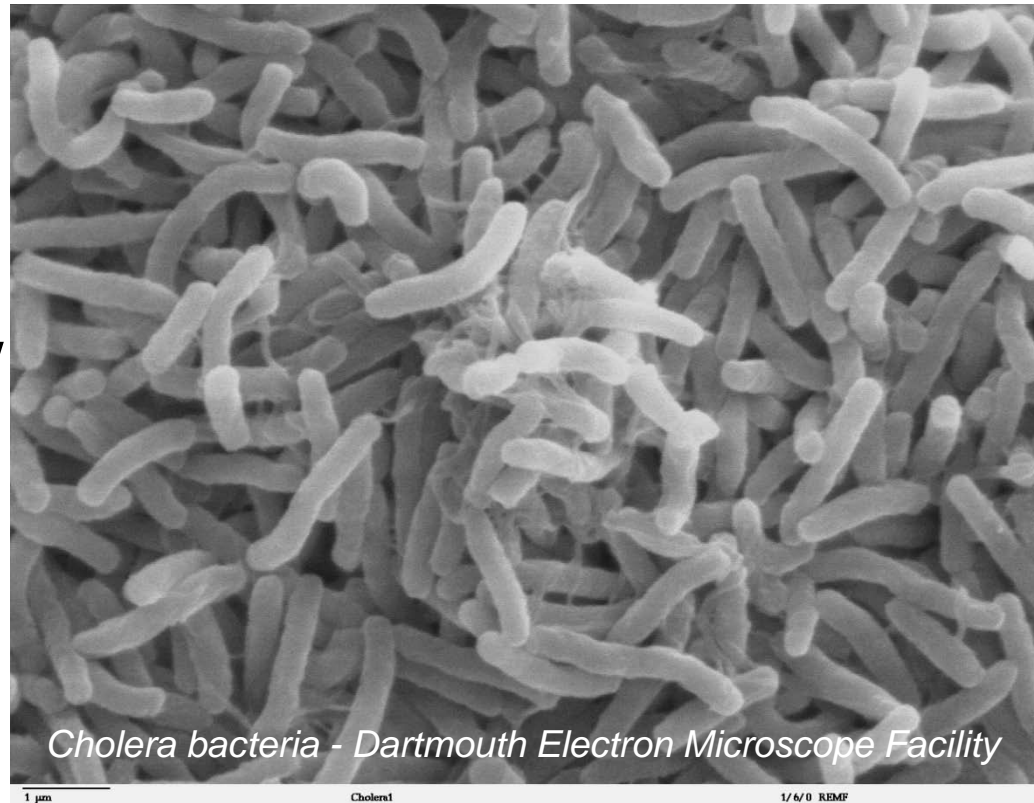
- Groups of 3
- Right angles
- Contrast



7 Steps to Survival

5. WATER

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



Cholera bacteria - Dartmouth Electron Microscope Facility

1 μ m

Cholera1

1/6/0 REMF

7 Steps to Survival

6. FOOD

- Warmth
- Energy
- Attitude

Know before you go!



7 Steps to Survival

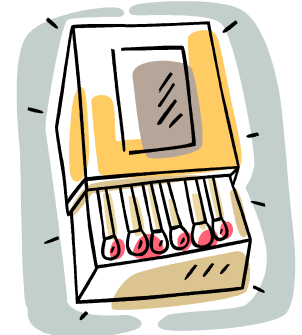
7. PLAY

- 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



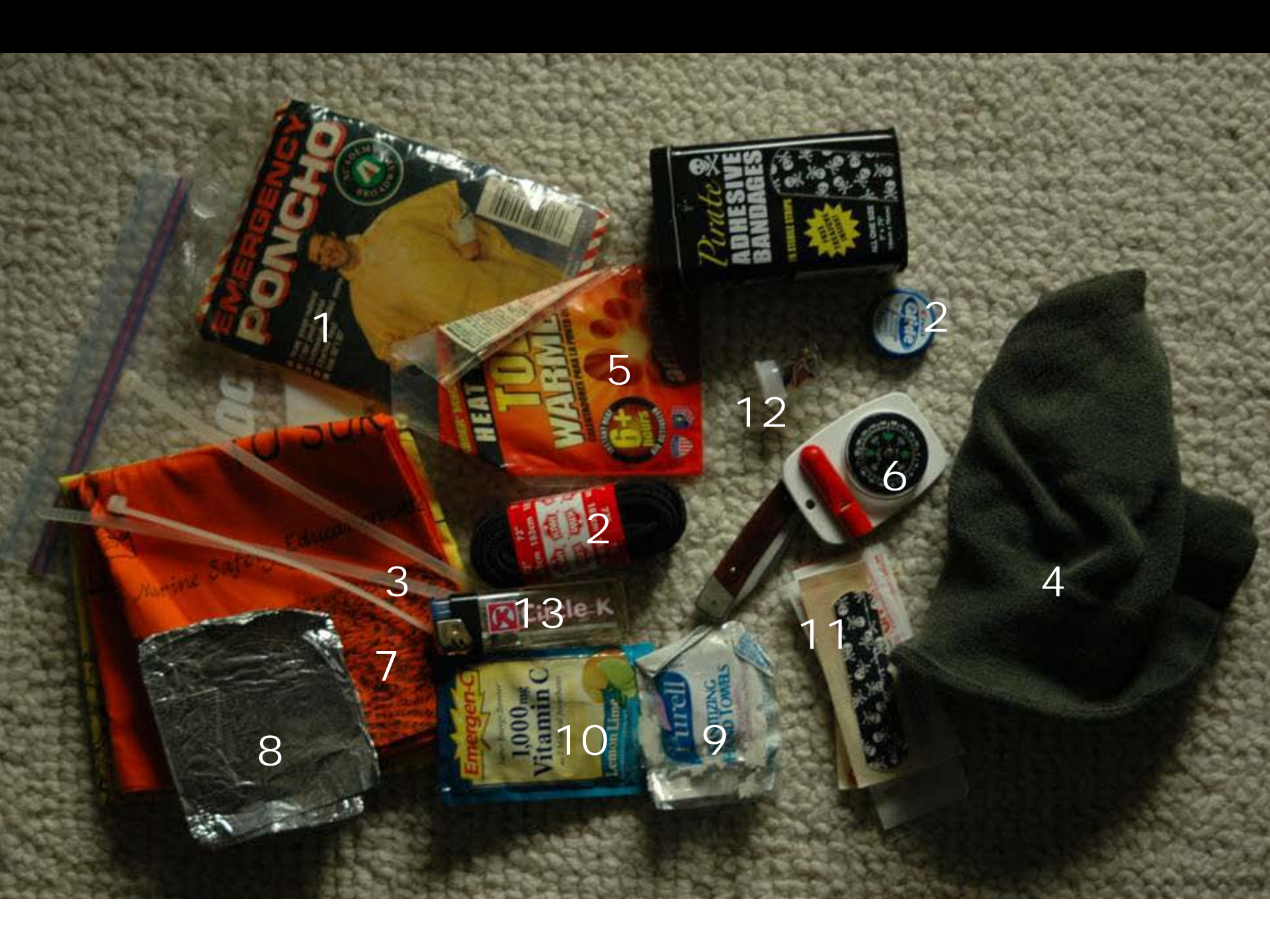
Personal Survival Kits

Considerations

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





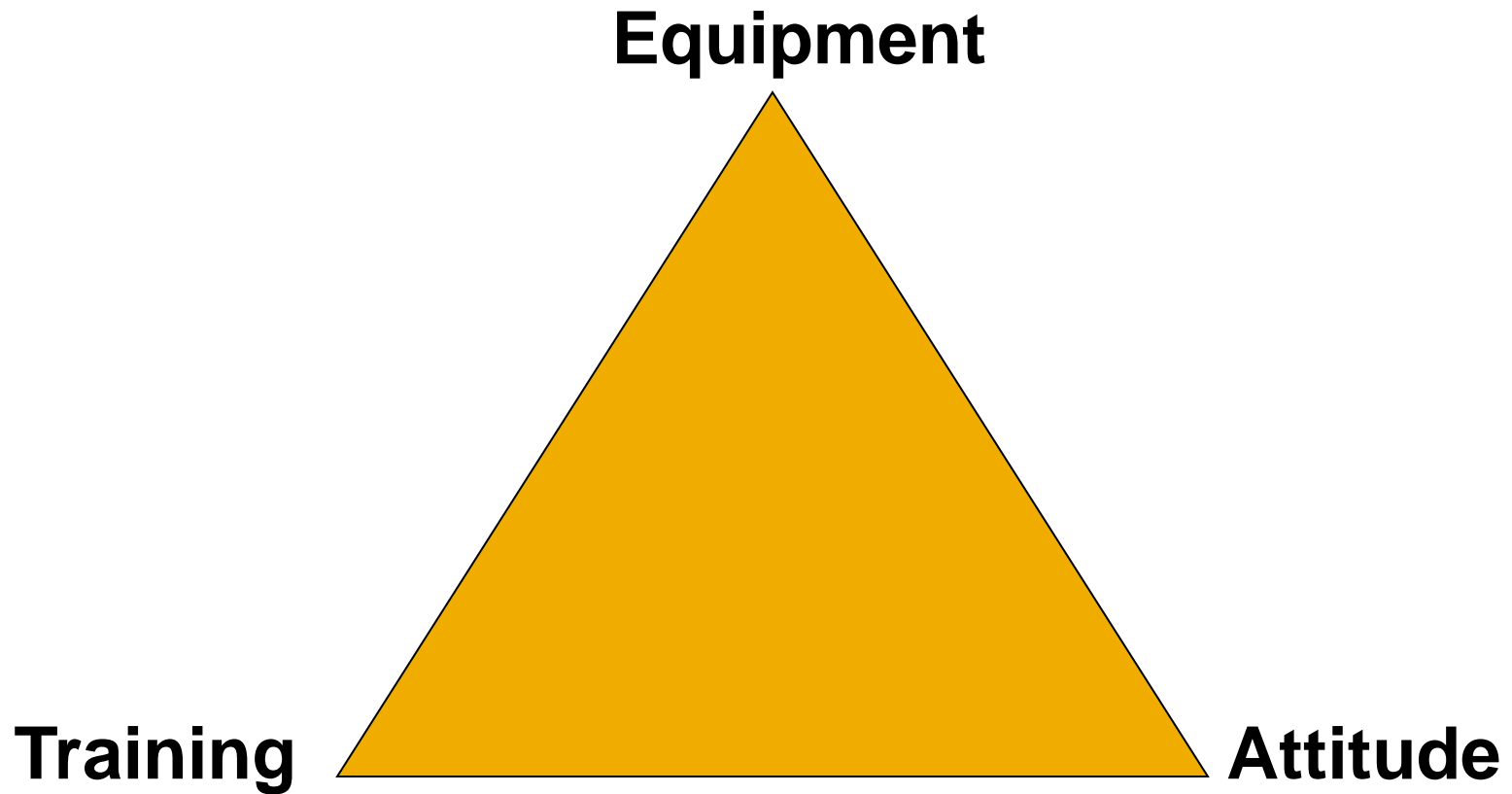


Abandon Ship Kits

- 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					Hydrostatic release	
	Capacity (#persons)	Last inspection date	Location	Float free?	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 GLASSBORO COMMUNITY COLLEGE

INFLATABLE LIFE RAFT

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

LOT NO. [] SERIAL NO. []

SOLAS **B** PACK APPROVAL NO. 160.051 [] [] [] []

160.151 [] [] [] []

U.S.C.G. M.I.O. [] DATE **10-15-92**

PHI []

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	PORTALS		

- 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 <i>Switlik</i>		6	10-15-92		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 GLATFISH COMMUNITY COLLEGE

INFLATABLE LIFE RAFT

SOLAS 1974/83

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

SOLAS B PACK SERIAL NO. **11**

APPROVAL NO. 160.051 **24** **0**

160.151 **39** **0**

U.S.C.G. M.I.O. DATE **8/13/01**

PHI

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	PORT		

- SOLAS = B pack

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

Check if Present or Absent	Present	Absent	Unknown
Station bill			
Fire extinguishers			
First aid equipment			

In main areas/corridors? **Yes / No**

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

Check if Present or Absent	Present	Absent	Unknown	
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 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/Bling	Station/Bling	Station/Bling	Station/Bling

For vessels larger than 8, it will be necessary to expand this station bill.

Copyright © 1992 by NAPA, Inc. All rights reserved. This form may not be reproduced in any form without written permission.

First Aid

- First aid kit
 - know location
- First aid manual



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

Check if Present or Absent	Present	Absent	Unknown
Station bill			
Fire extinguishers			
First aid equipment			
High water alarm			
Watertight doors			

In main areas/corridors? **Yes / No**

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
- 15 minutes

RFD BEAUFORT INC.
1420 Wolf Creek Trail
Sharon Center, OH 44274

USCG APPR.NO. 160151/B130/3

APPR.NO. _____

25 PERSON CAPACITY MODEL NO. MK4

SERIAL NO. B 02326 LOT NO. 1164

MFG. DATE 05/10

EQUIPMENT PACK A

PAINTER LENGTH 151 FT.

STOWAGE HEIGHT 118 FT.(MAX.)

GAS INFLATION TEST DATE 05/13/10

USCG CLEMS

DATE PASSED	PORT	INSPECTED

THIS LIFE RAFT MUST BE SERVICED BY THE DATE INDICATED BELOW:

MONTH SERVICING REQUIRED	12	* U.S.C.G. SERVICE STATION NUMBER
JAN	12 YEAR DUE 2012 U.S. Department of Transportation United States Coast Guard THE U.S.C.G. APPROVED SERVICE STATION * IDENTIFIED BY THIS CERTIFICATE REPRESENTS THAT THIS RAFT WAS SERVICED IN ACCORDANCE WITH APPLICABLE COAST GUARD REGULATIONS AND MANUFACTURER PROCEDURES B12- 0341	0 0
FEB		1 1 1
MAR		2 2 2
APR		3 3 3
MAY		4 4
JUN		5 5
JUL		6 6 6
AUG		7 7 7
SEP		8 8 8
OCT		9 9 9
NOV		
DEC		

Summary

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