

## 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



<http://madmariner.com>

## 7 Steps to Survival

### 4. SIGNALS

Attract attention

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

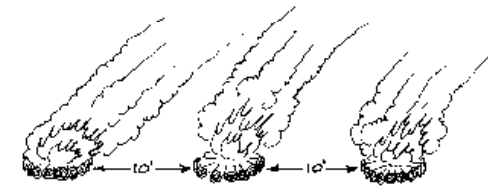


## Signals

- Groups of 3
- Right angles
- Contrast



<http://www.customs.gov.au>

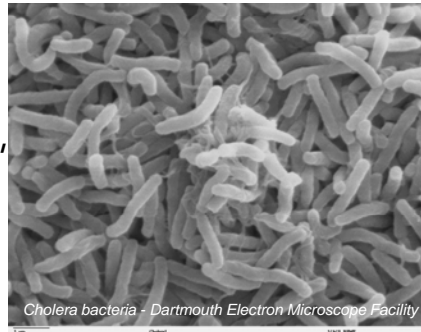


<http://www.tpwd.state.tx.us/>

## 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:

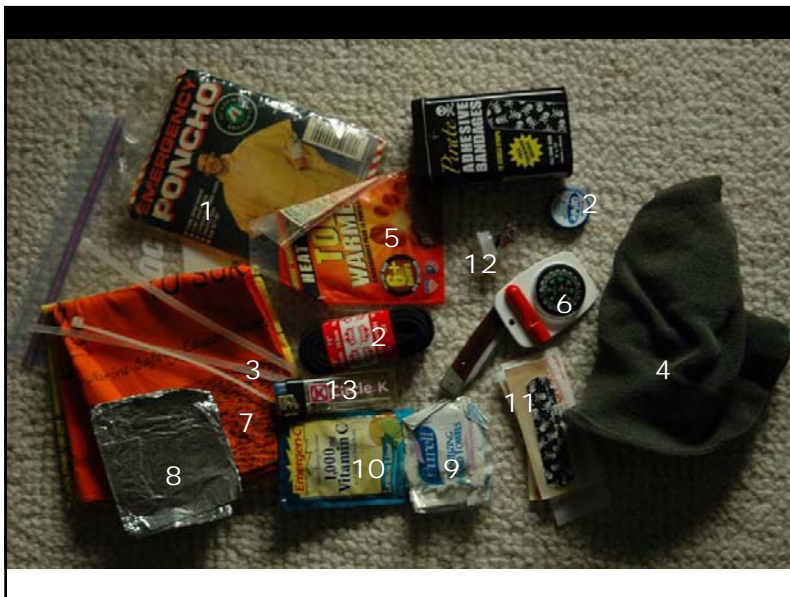
- Shelter aid
- Signal
- Personal health
- Fire starter



## Personal Survival Kits

### Considerations

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

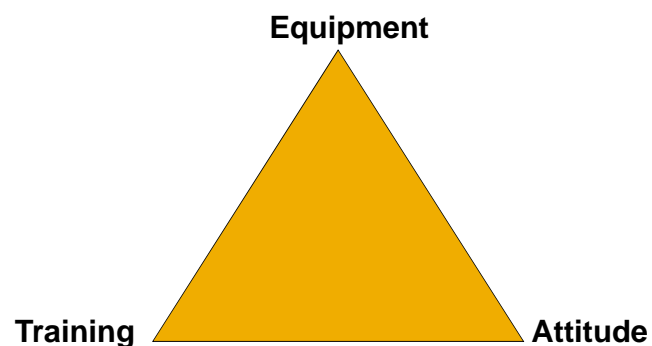


## Abandon Ship Kits

- 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						
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?	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		

## 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	Hydrostatic release
Model	Switlik	6	10-15-92		Float free? Y / N Present Y / N Attach properly 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

•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	Hydrostatic release
Model					Float free? Y / N Present Y / N Attach properly 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					
Station bill		Present	Absent	Unknown	
Fire extinguishers					In main areas/corridors? Yes / No
First aid equipment					

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					
Station bill		Present	Absent	Unknown	
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)					
Performed?		Fire	Man overboard	Abandon ship	Flooding
Date		Y / N	Y / N	Y / N	Y / N
Other?					
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 (7) 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 Station/Blng	FLOODING Station/Blng	ABANDON SHIP Station/Blng	MAN OVERBOARD Station/Blng

For boxes larger than 6" x 6" it will be necessary to expand this station bill.

## 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
Parachute		Y / N	
Smoke		Y / N	
Hand		Y / N	
		Y / N	

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

Flotation devices
# Life rings / slings
# PFDs
# Immersion suits

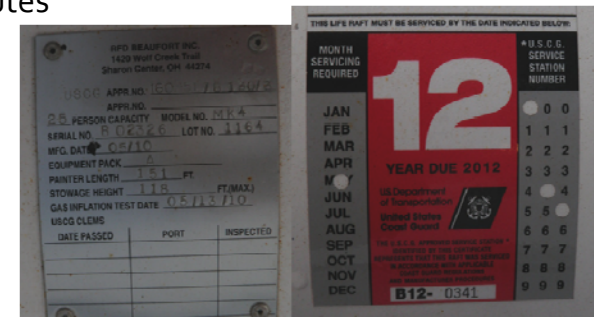
Were there adequate PFDs for all on board? **Yes / No**

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



## 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.