

OBS1063

## Basic Safety Training - Refresher Course (English)

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**Varighet** 2 days

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**Målgruppe** Offshore personnel who have to repeat the Basic Safety and Emergency preparedness training.

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**Krav til forkunnskap** Valid Offshore Norway Basic Safety and Emergency preparedness training course or equal training according to the Recommended guidelines for safety and emergency preparedness training 002.

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**Hovedmål** Update the course participants knowledge and ability to protect his/her safety in an emergency situation and promote safe behaviour.

After completing the course, the participants should have maintained and updated knowledge and skills relating to:

- Correct safety behaviour
- Use of a hand-held fire extinguisher
- Lifesaving first aid
- Use of escape chute
- Correct use of survival suit with emergency breathing system
- Helicopter evacuation (HUET)

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**Innhold** Introduction  
Fire protection  
Sea survival  
First aid  
Helicopter evacuation

The course mainly consists of practical training and drills.

HSE culture/behaviour training will be integrated in the entire course.

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**Eksamen** None