

OBSBLE046

## **Basic Safety Training - Basic Course (Norwegian) with Adaptive E-learning / Grunnleggende sikkerhetskurs (Norsk) med Adaptive E-l ring**

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**Duration** 3 days + 8 hours e-learning

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**Target group** Basic Safety Training course for all personnel working offshore on the Norwegian Continental Shelf in areas where the Petroleum Act applies

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**Prerequisites** Once you are booked onto the course you will receive a link to an e-learning module. This must be completed before the course starts. On the first day, a multiple choice test based on the e-Learning will be handed out.

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**Objective** To enable the delegates to ensure their own and other's safety, both while working and in a crisis. Delegates are motivated to actively work towards a better and safer work environment. Emphasis is put on measures to prevent injuries to humans, environment and equipment.

Upon completion of the course, delegates should have basic knowledge about the following topics:

- HSE culture and preventative measures
- Prevention of accidents
- Use of relevant fire and rescue equipment
- Life saving first aid - Collective means of evacuation
- Correct use of survival suit with re-breathing system
- Helicopter Underwater Escape Training (HUET)

Throughout the course, emphasis is put on the creation of positive attitudes towards HSE, as well as understanding the social and physical work environments effect on life, Health and values, both at work and in private.

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**Contents** The course follow the training guidelines issued by Offshore Norway, and covers the following topics:

- Introduction HSE
- Culture and behavior
- Life saving first aid
- Collective means of evacuation
- Fire safety
- Sea survival
- Helicopter Underwater Evacuation Training (HUET)

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**Exam** Written exam. The delegates have to participate in all theoretical and practical exercises.