

OBSBLE049

## **Basic Safety Training - Refresher Course (Norwegian) - Adaptive E-learning / Grunnleggende sikkerhetskurs – Repetisjon med Adaptive E-læring**

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| <b>Duration</b>      | 1 day + 7 hours e-learning  |
| <b>Target group</b>  | Offshore personnel who have to repeat the Basic Safety and Emergency preparedness training.   |
| <b>Prerequisites</b> | Valid OffshoreNorway Basic Safety and Emergency preparedness training course or equal training according to the Recommended guidelines for safety and emergency preparedness training 002.  |
| <b>Objective</b>     | <p>Update the course participants knowledge and ability to protect his/her safety in an emergency situation and promote safe behaviour.<br/>After completing the course, the participants should have maintained and updated knowledge and skills relating to:</p> <ul style="list-style-type: none"><li>-Correct safety behaviour</li><li>-Use of a hand-held fire extinguisher</li><li>-Lifesaving first aid</li><li>-Use of escape chute</li><li>-Correct use of survival suit with emergency breathing system</li><li>-Helicopter evacuation (HUET)</li></ul> |
| <b>Contents</b>      | <p>Introduction<br/>Fire protection<br/>Sea survival<br/>First aid<br/>Helicopter evacuation</p> <p>The course mainly consists of practical training and drills.</p> <p>HSE culture/behaviour training will be integrated in the entire course.</p>   |
| <b>Exam</b>          | None. Delegates need to participate in, and complete, all modules   |

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