

Updated Personal Survival Techniques

Duration	1/2 Day
Target group	The Updated Proficiency in Personal Survival Techniques course is for any person working, or planning to work, commercially in waters that are bound by the STCW Convention & Code.
Prerequisites	<p>Delegates must be in possession of a Proficiency in Personal Survival Techniques Certificate (from any STCW Country) or Watch Rating Certificate (STCW II/4 or III/4) or AB Certificate (STCW II/5 or III/5) or UK CEC or UK CoC</p> <p>and</p> <p>Seafarers must sign a self-declaration form which highlights onboard experience and training - RelyOn Nutec will provide the self declaration form, candidates must all bring Seamans Discharge Book to validate the information on Self Declaration form</p>
Objective	The objective of the Updated Proficiency in Personal Survival Techniques training course is to ensure delegates continue to maintain the required level of competence with regards to personal survival principles and techniques that can be applied to maximise their chance of survival in the event of a marine incident.
Contents	<p>The Certificate of Updated Proficiency in Personal Survival Techniques course covers a variety of topics including:</p> <ul style="list-style-type: none">• Appreciation of emergency conditions• Life-saving & personal protective equipment carried on ships and in survival craft• Emergency preparedness: Muster and abandonment actions• In-water survival techniques
Exam	<p>Delegates will be continually assessed against the course contents and requirements of the STCW code.</p> <p>Upon completion of the course, delegates will be issued with an MCA-approved Updated Proficiency in Personal Survival Techniques certificate which is valid for 5 years upon which time delegates must again refresh their knowledge.</p>

Updated Personal Survival Techniques

Duration	0.5 day
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