

MBSMY001

## Basic Training

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**Duration** 6 Days

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**Target group** This course is designed for all seafarers working on ships, vessels or mobile offshore installations. The course covers requirements specified by the IMO STCW95.

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**Prerequisites** All delegates must be in possession of a valid medical certificate.

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**Objective** During the course delegates will demonstrate to a minimum standard of competence set out in STCW 95: Table A-VI/1-1 Personal Survival Techniques

- A-VI/1-2 Fire Prevention & Fire Fighting
- A-VI/1-3 Elementary First Aid
- A-VI/1-4 Personal Safety & Social Responsibilities

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**Contents**

- Personal Survival Techniques and Lifesaving Equipment
- Inflatable Marine Liferafts
- Enclosed Lifeboats
- Fire Prevention and Fire Fighting
- Portable and Fixed Extinguishing Systems
- Self Contained Breathing Apparatus
- Principles of First Aid
- Resuscitation Techniques
- Bleeding, Burns and Fractures
- Basic Shock Management
- Personal Safety and Social Responsibilities
- Safe Working Practices
- Marine Pollution

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**Exam** Not Applicable