

ASE301

## Crewmen Helicopter Evacuation and Escape Training

<b>Duration</b>	8 hours
<b>Target group</b>	Offshore workers and professionals.
<b>Prerequisites</b>	<ul style="list-style-type: none"><li>- RG and CPF;</li><li>- Passport (Expatriate);</li><li>- Occupational Health (ASO) or certificate of good physical and mental Health conditions.</li></ul>
<b>Objective</b>	Instruct and train crew and passengers on safety procedures, escape from a submerged helicopter and sea survival.
<b>Contents</b>	<p>Theory: 3h</p> <ul style="list-style-type: none"><li>• Objectives;</li><li>• Safety and protection equipment;</li><li>• Physical and psychological problems in survival;</li><li>• Available resources onboard of helicopter liferaft;</li><li>• Personal survival techniques; Individual swimming/Group swimming;</li><li>• Hypothermia/thermal shock;</li><li>• Prevention of hypothermia/Help position/Group huddle/Survival circle;</li><li>• Procedures to board the liferaft/Initial actions/Vital actions;</li><li>• Righthing the capsized liferaft;</li><li>• Signalizing, Search &amp; Rescue;</li><li>• Aircraft abandon and evacuation/Emergency landing/Brace positions;</li><li>• Controlled evacuation after emergency landing in water, land and on helideck;</li><li>• Helicopter underwater escape procedure.</li></ul> <p>Practical: 5h</p> <ul style="list-style-type: none"><li>• In water survival practical exercises;</li><li>• Helicopter underwater practical exercises.</li></ul> <p>Technical Reference: In accordance with IS 135-003D / RBAC 135 of the National Civil Aviation Authority recommendations.</p>
<b>Exam</b>	<p>To be considered approved, the delegate must obtain the minimum of 100% of attendance in the classes taught in the course and demonstrate minimal competence in practical exercises.</p> <p>Validity: 2 years</p>