



SEA SURVIVAL

1. Preparation for sea survival

- a. Survival difficulties
- b. Survival requirements
- c. Equipment available
- d. Actions prior to abandonment

2. Lifejackets and liferafts

- a. Lifejacket design and construction, correct donning procedure, purpose and use of lifejackets
- b. Safety harnesses – purpose and use
- c. Liferafts – stowage and containment on board types, design and construction launching abandoning the vessel and boarding liferaft righting a capsized liferaft equipment initial actions to be taken in a liferaft

3. Principles of survival

- a. Methods to increase chances of survival
- b. Signs, symptoms and treatment of hypothermia
- c. Symptoms, method of treatment for sunburn, heat exhaustion and heatstroke
- d. Survival routines to aid location
- e. Correct use of pyrotechnics and other location aids
- f. Water rationing – procedures
- g. Dehydration and preventative measures
- h. Food rationing
- i. Sources of food

4. Survival craft ailments

5. Raft management

6. Search and rescue

- a. Rescue by helicopter or vessel
- b. Role of HM Coastguard
- c. UK and International SAR Organisation
- d. Other services