



University of the
Highlands and Islands
Shetland

Personal Survival Techniques (STCW) (Sea Survival)

Accreditation: MCA / STCW

Length of course: 1 day

Who is this course aimed at: This course is mandatory for most people working at sea and meets the sea-survival training requirements for commercial fishermen. It is also relevant to amateur or recreational seafarers.

Entry Requirements: Candidates must be at least 16 years old and be sufficiently fit to complete the practical elements of the course, some of which are physically demanding (see 'course information' below for more information).

Course Outcomes: Personal Survival Techniques certificate

Course Description: This 1-day course provides knowledge and skills that will help you survive at sea if you have to abandon ship. Topics covered include:

- the main types of maritime emergency.
- survival equipment.
- the principles of marine survival.
- abandoning ship.
- surviving in the water.
- using survival craft.

The course includes a practical session (carried out in a swimming pool) during which you will have to demonstrate your ability to carry out tasks such as jumping into the water and swimming while wearing a lifejacket, climbing into a liferaft, and helping others.

Assessment is continuous throughout the course, particularly during the practical exercises (which must be completed), and includes a short written test.



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