

# **COURSE MANUAL**

## **For**

# **BST REFRESHER TRAINING**

### **RATIONALE**

Paragraph 3 of Section A-VI/1 provides that, Seafarers qualified in accordance with paragraph 2 in basic training shall be required, every five (5) years, to provide evidence of having maintained the required standard of competence, to undertake the tasks, duties and responsibilities listed in column 1 of tables A-VI/1-1 (Personal Survival Techniques) and A-VI/1-2 (Fire Prevention and Fire Fighting)”

In other words, the 2010 STCW Amendments mandates that a seafarer who have earlier undertaken BST must undergo validation of his BST training (PST and FPF modules only) every five (5) years. Regulation I/11 (Revalidation of Certificates) provides that in order to qualify for seagoing service, a seafarer is required at intervals not exceeding five (5) years, to:

- .1 Meet the standards of medical fitness prescribed by Regulation I/9 (Medical Standards); and
- .2 Establish continued professional competence with section A-I/11 of the STCW Code.

Paragraph 4 of section A-VI/1 states:

The following onboard training and experiences for maintaining the required standard of competence in the following areas shall be accepted:

- .1 Personal Survival Techniques as set out in table A-VI/1-1:
  - .1.1 don a lifejacket;
  - .1.2 board a survival craft from the ship wearing a lifejacket;
  - .1.3 take initial actions on boarding a lifeboat to enhance chance of survival;
  - .1.4 stream a lifeboat drogue or a sea-anchor;
  - .1.5 operate survival craft equipment and
  - .1.6 operate location devices, including radio equipment;

- .2 Fire Prevention and Fire Fighting as set out in table Aa-VI/1-2:
  - 2.1 use self-contained breathing apparatus; and
  - 2.2 effect a rescue in smoke-filled space using a approved smoke – generating device aboard while wearing a breathing apparatus.”

Therefore, the following areas shall form part of the refresher course:

#### Personal Survival Techniques

1. Don and use of an immersion suit
2. Safely jump from a height into the water
3. Right an inverted liferaft while wearing a lifejacket
4. Swim while wearing a lifejacket
5. Keep afloat without a lifejacket

#### Fire Prevention and Fire Fighting

1. use various types of portable fire extinguishers
2. extinguish smaller fires, e.g. electrical fires, oil fires, propane fires
3. extinguish extensive fires with water, using jet and spray nozzles
4. extinguish fires with foam, powder or any other suitable chemical agent
5. Enter and pass through, with lifeline but without breathing apparatus, a compartment into which high expansion foam has been injected
6. Fight fire in smoke-filled enclosed spaces wearing self-contained breathing apparatus
7. Extinguish fire with water pump or any other suitable fire fighting agent in an accommodation room or simulated engine-room with fire in heavy smoke
8. Extinguish oil fire with fog applicator and spray nozzles, dry chemical powder or foam applicators