# Course Outline and Timetable for the Updating of Personal Safety and Social Responsibility

<table>
<thead>
<tr>
<th>Period</th>
<th>Competence</th>
<th>Knowledge Understanding and Proficiency</th>
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| 1\textsuperscript{st} period (2 hours) | Take precautions to prevent pollution of the marine environment | 1. Introduction  
2. Basic knowledge of complexity and diversity of the marine environment |
| 2\textsuperscript{nd} period (2 hours) | Contribute to effective human relationships on board ships | 3. Basic team working principles and practice, including conflict resolution. |
| 3\textsuperscript{rd} period (2 hours) | Understand and take necessary actions to control fatigue | 4. Importance of obtaining the necessary rest  
5. Effects of sleep schedules, and the circadian rhythm on fatigue  
6. Effects of physical stressors on seafarers |
| 4<sup>th</sup> period (2 hours) | 7. Effects of environmental stressors in and outside chip and their impact on seafarers  
8. Effects of schedule changes and seafarer fatigue  
9. Assessment |

Note:
1. Actual duration for each topic may vary depending upon the trainees’ performance.
2. Short break is given in between periods as deemed necessary.