



## **FAMILIARISATION TRAINING ON HOW TO SAFELY USE A LIFE JACKET**

### **THE OBJECTIVE OF THE COURSE**

This course aims to provide the participants with the knowledge and skills on using life jackets.

### **COURSE OUTCOME**

After successful completion of the course the trainee will have the understanding to

- Safely don a life jacket
- Swim with a life jacket
- Safely jump into water with strapped on life jacket.

### **OUTLINE**

This course is designed to enable participants to competently use life jackets in the following areas.

- Knows the features and attachment on life jackets
- Understands the importance of familiarizing with their life jacket.
- Has general understanding of life jacket constructions.
- Understands the importance of correctly donning a life jacket.
- Knows that circumstances may require you to swim with life jackets.
- Understands that life jackets can also be worn whilst in the water.

### **TRAINING FACILITIES**

Classroom lessons and activities taught are to be closely related to the work environment.

Classroom for theory and Sea or pool for the practical.

### **CERTIFICATES**

The trainee will receive a certificate of competency after successfully completing of the theory and Practical demonstrations.

### **WHO SHOULD ATTEND**

- The candidate should at least be 18 years of age
- The candidate can be a seafarer or person's working in an environment surrounded by river or seawater.

### **MISCELLANEOUS**

All candidates will demonstrate practically the safe donning and use of a life jacket in the water.

### **TRAINING DETAILS AND COSTS**

Duration: 1 day

Time: 08.30am to 4.00pm

Tuition Fees: TBA

*For further information please contact:*

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