

# Module SSR

## Sea Survival Refresh

Sea Survival Refresh  
SSR (6.5 h)



**Aim:** The aims of this BST Sea Survival course are, by theoretical and practical training, to give the participants the ability to act safely and responsibly and to take the correct preventive actions in all aspects of offshore operations from shore to installation vessel (or WTG) and vice versa. This is both during normal operations and in an offshore wind energy environment emergency.

### PROGRAM: SSR Sea Survival Refresh

1. Introduction to the training
2. Safety culture and legacy
3. Cold water immersion
  - 3.1 Exposure
  - 3.2 Cold Shock
  - 3.3 Hypothermia
  - 3.4 Drowning
  - 3.5 Sea sickness
  - 3.6 Contaminated water
4. Life Saving Appliances (LSA) and PPE
  - 4.1 Personal LSA and PPE
  - 4.2 Collective LSA
5. SAR and GMDSS
  - 5.1 SAR
  - 5.2 GMDSS and transponders
  - 5.3 Physical actions to enhance detection
6. Practical Sea Survival
  - 6.1 Correct donning and use of LSA and PPE
  - 6.2 Risks related to evacuation and release into water
  - 6.3 Warm-up
  - 6.4 Controlled entry into the water from TP ladder
  - 6.5 Individual and collective swimming techniques
  - 6.6 Correct usage of life raft
  - 6.7 Emergency descent by constant rate descender
  - 6.8 Summary by exercise
7. Safe travel and transfer (Theory)
  - 7.1 Safety introduction on board transfer vessel
  - 7.2 Hazards related to different types of transfers
  - 7.3 Transfer vessels
  - 7.4 Safe transfer from vessel
  - 7.5 Safe transfer from vessel to vessel and dock to vessel
  - 7.6 Safe handling of equipment and storage
8. Installations, vessels and WTGS
  - 8.1 Safety on board
  - 8.2 Man overboard procedures (MOB)
9. Transfer Practical
  - 9.1 Procedure for transfer between crew transfer vessel and wind turbine generator transition piece

- 9.2 Safe transfer between crew transfer vessel and wind turbine generator transition piece
10. Training review
  - 10.1 Training review
  - 10.2 Feedback session

### Module SSR (Sea Survival Refresh)

**Duration:** 6.5 hours (1 day)

**Program SSR:** Sections 1 to 10

**Certificate Validity:** 24 months

**Maximum students:** 12 people per Edition.

### Headquarter:

**Cárcar (Navarra) • Spain**

Phone: +34 948 674 881 • navarra@totalhse.com

### Other centers in Spain:

**Las Palmas (Canary Islands) • Spain**

SEPROM

Phone: +34 902 008 482 • canarias@totalhse.com

**Redondela (Galicia) • Spain**

Verticalia Formación

Phone: +34 986 401 472 • galicia@totalhse.com

### Other centers:

**Hatzor Haglilit • Israel**

IWTC

Phone: +972 4 632 2095 • israel@totalhse.com

**San José • Costa Rica**

Desarrollos Floruma

Phone: +506 2282-7468 • sanjose@totalhse.com

**Santiago de Chile • Chile**

ENACTRAR

Phone: +56 9 5819 5060 • chile@totalhse.com

[www.totalhse.com](http://www.totalhse.com)

