

**Combination of the four plus one  
Basic Safety Training Courses plus  
Security Awareness Training for All Seafarers Course  
PST / FPF / EFA / PSSR + SATAS  
Singapore Flag  
Refresher Courses Overview  
Personal Survival Techniques  
Training and Assessment Package Overview**

<b>TRAINING AND ASSESSMENT PACKAGE TITLE</b> Personal Survival Techniques
<b>TRAINING AND ASSESSMENT PACKAGE NO.</b> TP-STCW-PST-A-1001-1
<b>COURSE SCOPE:</b> This course has been designed, developed and is delivered to meet the requirements of IMO Model Course 1.19, meets the requirements of IMO Resolution A.1079(28) 2013, and is intended to provide the knowledge required for seafarers to meet the mandatory minimum requirements for familiarisation, basic safety training and instruction in Personal Survival Techniques, in accordance with Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-1 of the STCW Code as amended.
<b>COURSE OBJECTIVE:</b>  Those who successfully complete this course should be able to meet the minimum standards of competence in Personal Survival Techniques, a delegate should be able to survive in the sea in the event of ship abandonment.  This knowledge shall include, but is not limited to:  <ol style="list-style-type: none"><li>1. Don a lifejacket and safely jump from a height into the water;</li><li>2. Don and use an immersion suit;</li><li>3. Right an inverted life raft;</li><li>4. Swim while wearing a lifejacket and keep afloat without a lifejacket;</li><li>5. Board a survival craft from ship and water while wearing a lifejacket;</li><li>6. Take initial actions on boarding survival craft to enhance chance of survival;</li><li>7. Stream a drogue or sea anchor;</li><li>8. Operate survival craft equipment;</li><li>9. Operate location devices, including radio equipment;</li><li>10. Helicopter rescue.</li></ol>

**COURSE ENTRY STANDARDS:**

This course is principally intended as basic safety training:

1. In line with the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personal) of IMO Resolution A.1079(28) for crewmembers entering into, or employed or engaged in any capacity onboard a vessel within the offshore oil and gas industry as part of the vessel's crew with designated safety duties in operation of the vessel. Participants completing this course by theory only, via eLearning of Distance Learning must hold a current BOSIET certificate;
2. For seafarers completing this course theory only, via eLearning of Distance Learning as a Refresher Course. Participants must hold a current PST certificate and must have regularly participated in onboard safety drills and exercises.

**COURSE STANDARDS AND ACCREDITATION:**

This course meets the requirements of Statutory, Flag approved SEATAG Training Package – Category A – STCW Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-1 of the STCW Code as amended and meets the requirements of IMO Resolution A.1079(28) 2013.

This course have been approved and accredited by the Singapore MPA.

**COURSE CERTIFICATION:**

On successful completion of this eLearning course the participant may print a Certificate of Completion. Within 5 working days of successful completion of each course a soft copy of the Flag approved Certificate of Proficiency will be emailed to the participant.

Within 30 working days of successful completion of each course a hard copy of the Flag approved Certificate of Proficiency will be send to the address as stated on the course registration form, by the method of delivery as chosen on the course registration form.

The Certificate of Proficiency is valid for a period of five (5) years from the date of issue.

**COURSE DELIVERY:**

The outcome of this course may be achieved by-way-of computer based online eLearning or by Distance Learning.

**COURSE DELIVERY TIME:**

This course is based on the IMO Model Course 1.19 with delivery time recommendation for face-to-face delivery time of 13.25 hours.

Actual course delivery time via online eLearning of by Distance Learning for this theory only course will depend on the participant's input and cannot be definitely defined. However industry standards indicate eLearning or Distance Learning delivery of this course may reduce delivery time by approximately 60 to 80%.

**WHO SHOULD ATTEND:**

Seafarers or other shipboard personnel required to meet the minimum standards of competence in Basic Safety Training.

Seafarers or other shipboard personnel required to meet the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personal) of IMO Resolution A.1079(28).

Anyone wanting to take the STCW pathway within the offshore oil and gas industry.

**NOTE:**

Under the new STCW 2010 regulations, updated proficiency training for the above STCW course has to be undertaken every five years. Seafarers re-validating their Certificate of Competency after 1 January 2017 will be required to submit documentary evidence of having completed flag approved updated proficiency training with the last five years. This eLearning course can be utilised to update seafarers current certification without completing the practical component of this course if; the seafarer's current certificate has not expired (you will be required to upload a copy of your current certificate) and they have been regularly involved in shipboard emergency exercises, or they hold a current full BOSIET certificate (you will be required to upload a copy of your current certificate. If your current certificate (STCW PST or BOSIET) is not current, this course may be utilised as the theory component of that course.

## **Fire Prevention and Fire Fighting Training and Assessment Package Overview**

**TRAINING AND ASSESSMENT PACKAGE TITLE**

Fire Prevention and Fire-Fighting

**TRAINING AND ASSESSMENT PACKAGE NO.**

UoC-STCW-BST-FP&FF-A-1001-2

**COURSE SCOPE:**

This course has been designed, developed and is delivered to meet the requirements of IMO Model Course 1.20, meets the requirements of IMO Resolution A.1079(28) 2013, and is intended to provide the knowledge required for seafarers to meet the mandatory minimum requirements for familiarisation, basic safety training and instruction in Fire Prevention and Fire-fighting, in accordance with Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-2of the STCW Code as amended.

**COURSE OBJECTIVE:**

Those who successfully complete this course should be able to meet the minimum standards of competence in Fire Prevention and Fire-fighting, a delegate should be able to survive in the sea in the event of ship abandonment.

This knowledge shall include, but is not limited to:

1. Shipboard fire-fighting organisation;
2. Location of fire-fighting appliances and emergency escape routes;
3. The elements of fire and explosion (the 'fire triangle / fire tetrahedron');
4. Types and sources of ignition;
5. Flammable material, fire hazards and spread of fire;
6. The need for constant vigilance;
7. Fire and smoke detection and automatic alarm systems;
8. Classification of fire and applicable extinguishing agent.

**COURSE ENTRY STANDARDS:**

This course is principally intended as basic safety training:

1. In line with the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personal) of IMO Resolution A.1079(28) for crewmembers entering into, or employed or engaged in any capacity onboard a vessel within the offshore oil and gas industry as part of the vessel's crew with designated safety duties in operation of the vessel. Participants completing this course by theory only, via eLearning of Distance Learning must hold a current BOSIET certificate;
2. For seafarers completing this course theory only, via eLearning of Distance Learning as a Refresher Course. Participants must hold a current FP&FF certificate and must have regularly participated in onboard safety drills and exercises.

**COURSE STANDARDS AND ACCREDITATION:**

This course meets the requirements of Statutory, Flag approved SEATAG Training Package – Category A – STCW Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-2 of the STCW Code as amended and meets the requirements of IMO Resolution A.1079(28) 2013.

This course have been approved and accredited by the Singapore MPA.

**COURSE CERTIFICATION:**

On successful completion of this eLearning course the participant may print a Certificate of Completion.

Within 5 working days of successful completion of each course a soft copy of the Flag approved Certificate of Proficiency will be emailed to the participant.

Within 30 working days of successful completion of each course a hard copy of the Flag approved Certificate of Proficiency will be send to the address as stated on the course registration form, by the method of delivery as chosen on the course registration form.

The Certificate of Proficiency is valid for a period of five (5) years from the date of issue.

**COURSE DELIVERY:**

The outcome of this course may be achieved through various methods, including classroom training, in-service training, eLearning, distance learning, computer-based training or combinations of these methods.

**COURSE DELIVERY TIME:**

This course is based on the IMO Model Course 1.20 with delivery time recommendation for face-to-face delivery time of 15 hours.

Actual course delivery time via online eLearning of by Distance Learning for this theory only course will depend on the participant's input and cannot be definitely defined. However industry standards indicate eLearning or Distance Learning delivery of this course may reduce delivery time by approximately 60 to 80%.

**WHO SHOULD ATTEND:**

1. Seafarers or other shipboard personnel required to meet the minimum standards of competence in Basic Safety Training.
2. Seafarers or other shipboard personnel required to meet the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personal) of IMO Resolution A.1079(28).
3. Anyone wanting to take the STCW pathway within the offshore oil and gas industry.

**NOTE:**

Under the new STCW 2010 regulations, updated proficiency training for the above STCW course has to be undertaken every five years. Seafarers re-validating their Certificate of Competency after 1 January 2017 will be required to submit documentary evidence of having completed flag approved updated proficiency training with the last five years. This eLearning course can be utilised to update seafarers current certification without completing the practical component of this course if; the seafarer's current certificate has not expired (you will be required to upload a copy of your current certificate) and they have been regularly involved in shipboard emergency exercises, or they hold a current full BOSIET certificate (you will be required to upload a copy of your current certificate. If your current certificate (STCW PST or BOSIET) is not current, this course may be utilised as the theory component of that course.

# Elementary First Aid

## Training and Assessment Package Overview

<b>TRAINING AND ASSESSMENT PACKAGE TITLE</b>
Elementary First Aid
<b>TRAINING AND ASSESSMENT PACKAGE NO.</b>
TP-STCW-BST-EFA-S-A-1001-3
<b>COURSE SCOPE:</b>
This course is based on the IMO Model Course 1.13 and is intended to provide the knowledge required for seafarers to meet the mandatory minimum requirements for familiarisation, basic safety training and instruction in Elementary First Aid, in accordance with Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-3 of the STCW Code as amended.
<b>COURSE OBJECTIVE:</b>
Those who successfully complete this course should be able to meet the minimum standards of competence in Elementary First Aid; a delegate should be able to survive in the sea in the event of ship abandonment.
This knowledge shall include, but is not limited to:
<ol style="list-style-type: none"><li>1. Taking immediate action upon encountering an accident or other medical emergency;</li><li>2. Knowledge, understanding and proficiency of basic first aid;</li><li>3. Assess the needs of the casualty and threats to own safety;</li><li>4. Correctly position casualty;</li><li>5. Apply resuscitation techniques;</li><li>6. Control bleeding;</li><li>7. Apply appropriate measures of basic shock management;</li><li>8. Apply appropriate measures to broken bones;</li><li>9. Apply appropriate measures in the event of burns and scalds;</li><li>10. Improvise bandages and use materials in emergency kit.</li></ol>
<b>COURSE ENTRY STANDARDS:</b>
This course is principally intended as basic training for seafarers employed or engaged in any capacity onboard a vessel as part of the vessel's crew with designated safety duties in operation of the vessel. There are no particular educational requirements. All delegates must be certified by a doctor to be in good health.
<b>COURSE STANDARDS AND ACCREDITATION:</b>
This course meets the requirements of Statutory; Flag approved SEATAG Training Package – Category A – STCW Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-3 of the STCW Code as amended. This course has been approved and accredited by the Singapore MPA.

**COURSE ASSESSMENT:**

This Training and Assessment Package is delivered online and assessed online by-way-of the AAELA Learning Management System.

The assessment process is by way of multi-choice quiz after each Module and a final multi-choice after the last Module.

**COURSE CERTIFICATION:**

On successful completion of this course, a Certificate of Completion will be issued by SEATAG and within thirty (30) days, a Certificate of Training (Proficiency) will be issued by Flag Authority which has accredited this course in accordance with Table A-VI/1-3 of the STCW Code as amended.

The Certificate of Training (Proficiency) is valid for a period of five (5) years from the date of issue.

**COURSE DELIVERY:**

The outcome of this Training and Assessment Package may be achieved via eLearning by-way-of the AAELA Learning Management System.

**COURSE DELIVERY TIME:**

The outcome of this Training and Assessment Package may be achieved via eLearning by-way-of the AAELA Learning Management System.

**WHO SHOULD ATTEND:**

All seafarers or other shipboard personnel, such as armed guards, not likely to have designated security duties in connection with the Ship Security Plan.

Anyone wanting to take the STCW pathway within the offshore oil and gas or marine industry.

**NOTE:**

Under the new STCW 2010 regulations, updated proficiency training for the above STCW course has to be undertaken every five years. Seafarers re-validating their Certificate of Competency after 1 January 2017 will be required to submit documentary evidence of having completed flag approved updated proficiency training with the last five years. This eLearning course can be utilised to update seafarers current certification without completing the practical component of this course if; the seafarer's current certificate has not expired (you will be required to upload a copy of your current certificate) and they have been regularly involved in shipboard emergency exercises, or they hold a current full BOSIET certificate (you will be required to upload a copy of your current certificate. If your current certificate (STCW PST or BOSIET) is not current, this course may be utilised as the theory component of that course.

# Personal Safety and Social Responsibility

## Training and Assessment Package Overview

**TRAINING AND ASSESSMENT PACKAGE TITLE**

Personal Safety and Social Responsibility

**TRAINING AND ASSESSMENT PACKAGE NO.**

UoC-STCW-BST-PSSR-A-1001-4

**COURSE SCOPE:**

This course has been designed, developed and is delivered to meet the requirements of IMO Model Course 1.21, meets the requirements of IMO Resolution A.1079(28) 2013, and is intended to provide the knowledge required for seafarers to meet the mandatory minimum requirements for familiarisation, basic safety training and instruction in Personal Safety and Social Responsibility, in accordance with Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-4 of the STCW Code as amended.

**COURSE OBJECTIVE:**

Those who successfully complete this course should be able to meet the minimum standards of competence in Personal Safety and Social Responsibility, a delegate should be able to survive in the sea in the event of ship abandonment.

This knowledge shall include, but is not limited to:

1. Comply with emergency procedures;
2. Take precautions to prevent pollution of the maritime environment;
3. Assess the needs of the causality and threats to own safety;
4. Observe safe working practices;
5. Understand orders and be understood in relation to shipboard duties;
6. Contribute to effective human relationships onboard the vessel.

**COURSE ENTRY STANDARDS:**

This course is principally intended as basic safety training:

1. In line with the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personal) of IMO Resolution A.1079(28) for crewmembers entering into, or employed or engaged in any capacity onboard a vessel within the offshore oil and gas industry as part of the vessel's crew with designated safety duties in operation of the vessel. Participants completing this course by theory only, via eLearning of Distance Learning must hold a current BOSIET certificate;
2. For seafarers completing this course theory only, via eLearning of Distance Learning as a Refresher Course. Participants must hold a current PSSR certificate and must have regularly participated in onboard safety drills and exercises.



**COURSE STANDARDS AND ACCREDITATION:**

This course meets the requirements of Statutory, Flag approved SEATAG Training Package – Category A – STCW Regulation VI/1 and Code Section A-VI/1 Table A-VI/1-4 of the STCW Code as amended and meets the requirements of IMO Resolution A.1079(28) 2013.

This course has been approved and accredited by the Singapore MPA.

**COURSE CERTIFICATION:**

On successful completion of this eLearning course the participant may print a Certificate of Completion. Within 5 working days of successful completion of each course a soft copy of the Flag approved Certificate of Proficiency will be emailed to the participant.

Within 30 working days of successful completion of each course a hard copy of the Flag approved Certificate of Proficiency will be sent to the address as stated on the course registration form, by the method of delivery as chosen on the course registration form.

The Certificate of Proficiency is valid for a period of five (5) years from the date of issue.

**COURSE DELIVERY:**

The outcome of this course may be achieved by-way-of computer based online eLearning or by Distance Learning.

**COURSE DELIVERY TIME:**

This course is based on the IMO Model Course 1.19 with delivery time recommendation for face-to-face delivery time of 13.25 hours.

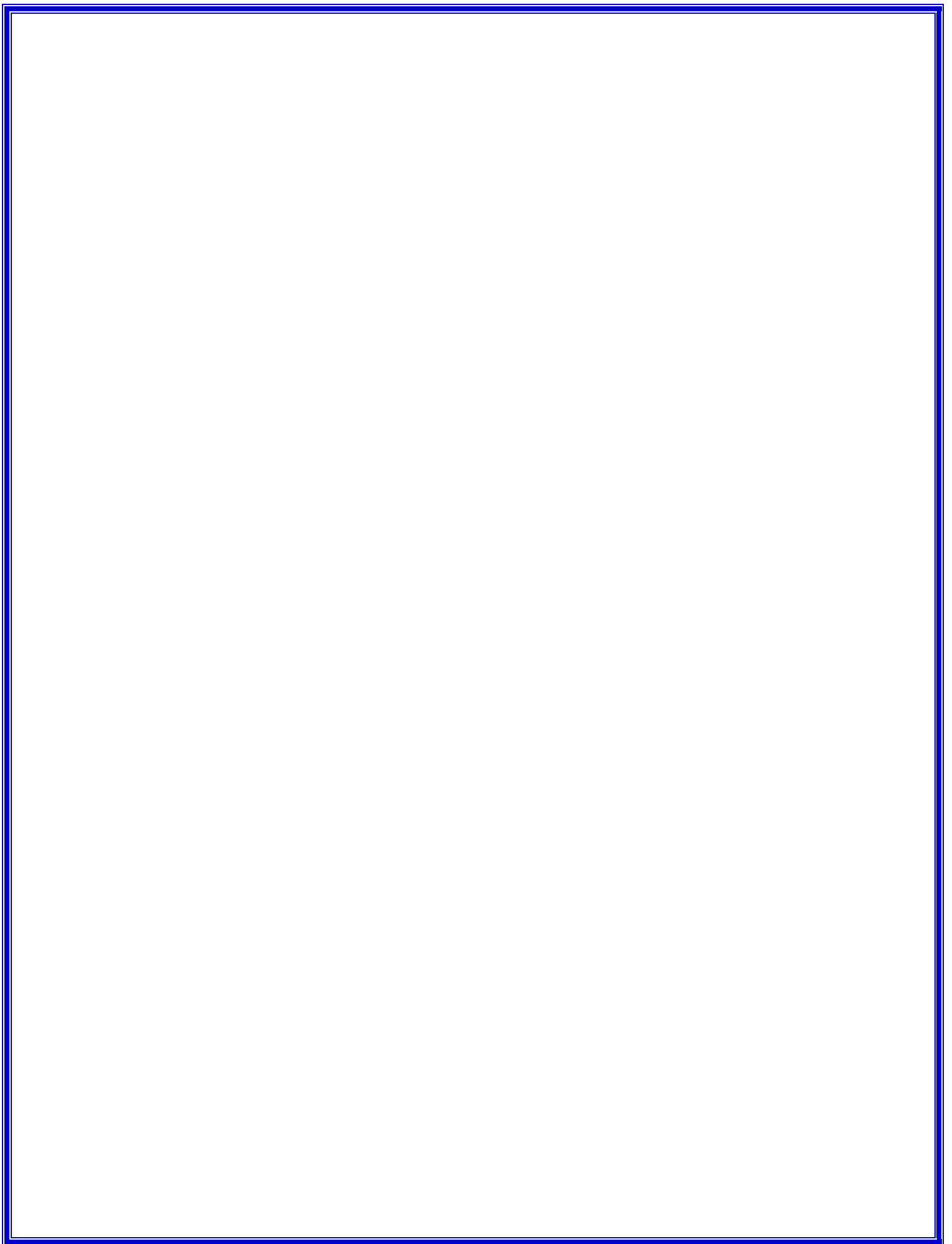
Actual course delivery time via online eLearning or by Distance Learning for this theory only course will depend on the participant's input and cannot be definitely defined. However industry standards indicate eLearning or Distance Learning delivery of this course may reduce delivery time by approximately 60 to 80%.

**WHO SHOULD ATTEND:**

1. Seafarers or other shipboard personnel required to meet the minimum standards of competence in Basic Safety Training.
2. Seafarers or other shipboard personnel required to meet the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personnel) of IMO Resolution A.1079(28).
3. Anyone wanting to take the STCW pathway within the offshore oil and gas industry.

**NOTE:**

Under the new STCW 2010 regulations, updated proficiency training for the above STCW course has to be undertaken every five years. Seafarers re-validating their Certificate of Competency after 1 January 2017 will be required to submit documentary evidence of having completed flag approved updated proficiency training with the last five years. This eLearning course can be utilised to update seafarers current certification without completing the practical component of this course if; the seafarer's current certificate has not expired (you will be required to upload a copy of your current certificate) and they have been regularly involved in shipboard emergency exercises, or they hold a current full BOSIET certificate (you will be required to upload a copy of your current certificate. If your current certificate (STCW PST or BOSIET) is not current, this course may be utilised as the theory component of that course.



# Security Awareness Training for All Seafarers

## Training and Assessment Package Overview

<b>TRAINING AND ASSESSMENT PACKAGE TITLE</b>
Security Awareness Training for All Seafarers
<b>TRAINING AND ASSESSMENT PACKAGE NO.</b>
TP-STCW-SATAS-A-2006
<b>COURSE SCOPE:</b>
This course has been designed, developed and is delivered to meet the requirements of IMO Model Course 1.27, meets the requirements of IMO Resolution A.1079(28) 2013, and is intended to provide the knowledge required to enable personnel without designated security duties in connection with a Ship Security Plan (SSP) to enhance ship security in accordance with the requirements of Chapter XI-2 of SOLAS 74 as amended, the ISPS Code, and section A-VI/6-1 of the STCW Code, as amended.
<b>COURSE OBJECTIVE:</b>
Those who successfully complete this course should achieve the required standard of competence enabling them to contribute to the enhancement of maritime security through heightened awareness and the ability to recognize security threats and to respond appropriately.
This knowledge shall include, but is not limited to:
<ol style="list-style-type: none"><li>1. The meaning and the consequential requirements of the different security levels;</li><li>2. Knowledge of emergency procedures and contingency plans;</li><li>3. Recognition and detection of weapons, dangerous substances and devices;</li><li>4. Recognition, on a non-discriminatory basis, of characteristics and behavioural patterns of persons who are likely to threaten security; and</li><li>5. Techniques used to circumvent security measures.</li></ol>
<b>COURSE ENTRY STANDARDS:</b>
It is assumed that those attending this course will be serving seafarers or other shipboard personnel and are likely to have designated security duties in connection with the Ship Security Plan.
<b>COURSE STANDARDS AND ACCREDITATION:</b>
This course meets the requirements of Statutory, Flag approved SEATAG Training Package – Category A – STCW Regulation VI/6.5 and Section A-VI/6.6 of the STCW Code as amended and meets the requirements of IMO Resolution A.1079(28) 2013. This course have been approved and accredited by the Singapore MPA.

**COURSE CERTIFICATION:**

On successful completion of this eLearning course the participant may print a Certificate of Completion. Within 5 working days of successful completion of each course a soft copy of the Flag approved Certificate of Proficiency will be emailed to the participant.

Within 30 working days of successful completion of each course a hard copy of the Flag approved Certificate of Proficiency will be send to the address as stated on the course registration form, by the method of delivery as chosen on the course registration form.

The Certificate of Proficiency is valid for a period of five (5) years from the date of issue.

**COURSE DELIVERY:**

The outcome of this course may be achieved by-way-of computer based online eLearning or by Distance Learning.

**COURSE DELIVERY TIME:**

This course is based on the IMO Model Course 3.27 with delivery time recommendation for face-to-face delivery time of 4 hours.

Actual course delivery time via online eLearning or by Distance Learning for this theory only course will depend on the participant's input and cannot be definitely defined. However industry standards indicate eLearning or Distance Learning delivery of this course may reduce delivery time by approximately 60 to 80%.

**WHO SHOULD ATTEND:**

Seafarers or other shipboard personnel required to meet the minimum standards of competence in Basic Safety Training.

Seafarers or other shipboard personnel required to meet the requirements of Clause 5.5 (Training for all regularly assigned personnel, maritime crew and other special personal) of IMO Resolution A.1079(28).

**NOTE:**

Under the new STCW 2010 regulations, updated proficiency training for the above STCW course has to be undertaken every five years. Seafarers re-validating their Certificate of Competency after 1 January 2017 will be required to submit documentary evidence of having completed flag approved updated proficiency training with the last five years. This eLearning course can be utilised to update seafarers current certification without completing the practical component of this course if; the seafarer's current certificate has not expired (you will be required to upload a copy of your current certificate) and they have been regularly involved in shipboard emergency exercises, or they hold a current full BOSIET certificate (you will be required to upload a copy of your current certificate. If your current certificate (STCW PST or BOSIET) is not current, this course may be utilised as the theory component of that course.

**To purchase this course please click link below.**

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