

**Prerequisites:** Each delegate must create a personal profile in WINDA and provide their WINDA ID prior to completing GWO training.

- When attending refresher training, the course participants must do so before the expiry of the previous training record's validity period.

**Course Length:** 6 hours 30 minutes. Course length shall vary depending on the number of delegates.

**Class Size:** The maximum number of delegates that may be trained and tested per instructor shall be twelve (12) in the classroom session and six (6) in the practical session.

**Course Objectives:** The aim of GWO Basic Safety Training Refresher (BSTR) courses is to review and build on previously gained knowledge and skills from BST through theoretical and practical training. This training is conducted in accordance with the Sea Survival Module of the GWO Basic Safety Training (BST) Standard and successful completion will enable participants to act safely and responsibly in an offshore work environment and take responsibility for their own and fellow employees' safety in work situations as well as in emergency situations.

Successful completion of this course results in the following certificate:

- GWO Sea Survival Refresher (SSR)

**Course Design:**

- Power Point© / Lecture / Audio Video / Visual Aids
- Practical Exercises

**Successful Course Completion:**

- Active participation in theory and successful completion of practical session is mandatory.
- If a participant fails to meet the demands of the Module, they shall attend a new Module.

**Course Content Summary:**

- Classroom
- Practicals

**Breaks:** 10 minutes (approximately every hour)

**Lunch:** 1 Hour, if applicable

**Course Outline:**

- Introduction
- Safety culture and legacy
- Cold water immersion
  - Exposure
  - Cold shock & Hypothermia
  - Drowning
  - Sea sickness
  - Contaminated water
- Lifesaving appliances (LSA) and PPE

- Personal LSA and PPE
  - Collective LSA
- SAR AND GMDSS
  - SAR, GMDSS and transponders
  - Physical actions to enhance detection
- Practical Sea Survival
  - Risks related to evacuation into water
  - Summary by exercise
- Safe travel and transfer (theory)
  - Safety introduction on board transfer vessel
  - Hazards related to different types of transfers
  - Transfer vessels
  - Safe transfer from vessel – to vessel and dock to vessel (theory)
  - Safe handling of equipment and storage
- Installations, vessels and WTGS
  - Safety on board
  - Man-overboard procedures (MOB)
- Transfer practical
- Training Review

**Practical Session:**

The Practical training shall verify that the delegate is able to demonstrate the following:

- Correct donning and use of LSA and PPE
- Controlled entry into the water from TP ladder
- Individual and collective swimming techniques
- Correct usage of life raft
- Emergency descent by constant rate descender
- Participation in Sea survival scenario
- Procedure for transfer between CTV and WTG transition piece
- Safe transfer between CTV and WTG transition piece

**Training Center Provided Material:**

- Course materials & equipment
- PPE

**Delegate Requirements:**

- Must possess good physical health as the practical training is physically demanding.

**Reference Material/Documents:**

- GWO Requirements for Training V14
- Basic Safety Training Standard (BST) V18
- Basic Safety Training Refresher Standard (BSTR) V13
- National, regional, and local regulations & standards, as required.
- GWO WINDA Sign up – <https://winda.globalwindsafety.org/register/course-participant/>