

**Prerequisites:** This course has no formal prerequisite.

**Course Length:** 4 hours – Course length shall vary depending on the number of delegates.

**Class Size:** There is a maximum classroom capacity of 20 students. If more than the maximum allowable number of students is registered, a second instructor and classroom of adequate size will be utilized.

**Course Objectives:** On meeting the minimum standard of competence in Personal Safety and Social Responsibilities, the trainee will have insight into the various elements of a ship and working procedures on board so that they adjust to the shipboard environment and are better prepared to cope with any unforeseen circumstances. To that extent this course is planned to make their transition from a shore to a sea career smooth and give some knowledge of ship's working before they actually step on board. Upon completing this course, a trainee will be able to:

- Comply with emergency procedures.
- Take precautions to prevent pollution of the marine environment.
- Observe safe working practices.
- Understand orders and be understood in relation to shipboard duties.
- Contribute to effective human relationships on board ship.
- Understand and take necessary actions to control fatigue.

#### Course Design

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

#### Successful Course Completion

- All lab assignments, homework assignments, exercises, and tests must be completed and returned to the instructor for credit.
- Requires a minimum score of 70% or better on all examinations.
  - Grades shall be calculated by dividing the number of questions answered correctly by the total number of exam questions.
  - Delegates will have no more than thirty (30) minutes to complete the exam.

#### Course Content Summary

- Classroom
- Practicals

**Breaks:** 10-15 minutes (approximately every hour)

**Lunch:** 1 Hour (if applicable)

## Course Outline

| Subject Area                                      | Lecture |
|---------------------------------------------------|---------|
| Introduction & Safety Brief                       | .15     |
| 1. Compliance during emergency procedures         | .25     |
| 2. Emergency Response Plans                       | .25     |
| 3. Pollution Prevention                           | .15     |
| 4. Vessel Waste Management Plan                   | .10     |
| 5. Oil Disposal                                   | .10     |
| 6. Shipboard Oil Pollution Emergency Plans        | .15     |
| 7. Significance of Safety and Safe Work Practices | .25     |
| 8. Safe Working Practices                         | .25     |
| 9. Confined Space Entry                           | .25     |
| 10. Accident Prevention and Occupational Health   | .25     |
| 11. Communication and language Skills             | .25     |
| 12. Understanding Orders                          | .10     |
| 13. Employee Relations                            | .25     |
| 14. Addictive Behaviors                           | .50     |
| 15. Fatigue                                       | .25     |
| 16. Written Examination                           | .50     |
| Total 4.0 hrs.                                    |         |

## Practical Session

- None

## Training Center Provided Material

- Course Materials

## Delegate Requirements

- None

## Reference Material/Documents

- The International Convention on Standards of Training, Certification, and Watchkeeping for Seafarers, including 2010 Manila Amendments
- Model Course 1.21 Personal Safety and Social Responsibilities, 2016 Edition (International Maritime Organization)
- Shipboard Marine Pollution Emergency Plans (IB586E) (International Maritime Organization)