



The International Convention on Standards of Training, Certification and Watchkeeping for Seafarers (STCW), requires that seafarers be provided with "familiarization training" and "basic safety training" before being allowed to work on a vessel. Acquiring an STCW is the first step, basic entry qualification, for someone looking to work in the industry.

STCW is valid for 5 years, after every 5 years regardless of experience Seafarers are required to do a refresher course or complete the course again.

The Course Components

- Basic [Fire Fighting](#) - 3 Days
- Elementary [First Aid](#) - 2 Days
- Personal [Survival Techniques](#) (PST) - 2 Days
- Personal Safety & [Social Responsibility](#) (PSSR) - 2 Days

Please see each course breakdown below

Course Duration

- 9 days in Total

Classroom Requirements

- 16 years with ID in hand throughout the course(drivers license not accepted)
- Filled out booking sheet
- Black pen and notepad
- Please bring own lunch and snacks.
- If you are more than 30 minutes late, you will not be allowed in to the class.
- Class begins at 08h00am sharp and day closes at 16h00pm. Please do not book any appointments over these hours, you need to be in full attendance in order to complete the course.

Provided

- Tea and coffee
- Handbook full of useful information and guidance to help support the achievement of the learning outcomes



For more information and booking contact info@synctraining.co.za

071 106 7047 / 083 735 6691



This training is intended to ensure that seafarers are aware of the hazards of working on a vessel and can respond appropriately in an emergency. You will leave feeling confident in how to handle fire equipment confidently and have an understanding how crucial it is to understand for safety at sea.

The Course

- Fire and smoke detection.
- Types of ignition, and the elements of explosion.
- How to use breathing apparatus & wear protective gear.
- Understand the different fire extinguishers & what types of fire they are each used for.
- Fire alarm detection and alarms.
- Organization of firefighting equipment onboard.
- Practically extinguish various types of fires under the instruction of certified firefighting instructors.

Course Duration

- 3 days - done at a separate venue, usually Monday - Wednesday

Classroom Requirements

- Please wear closed shoes & bring a thick pair of socks.
- Black pen and ID document (no drivers licenses accepted)
- Change of clothes incase you get very sweaty.
- Need own transport to the location or transport from facility can be arranged for the 3 days for an additional R350 to be paid directly to the driver. Please arrive by 07h30am, the bus leaves at 08h00am sharp. It is essential to pre-book this service as spots fill up quickly.
- Please bring your own lunch and snacks.
- If you are more than 30 minutes late, you will not be allowed in to the class.
- Class begins at 08h00am sharp and day closes at 16h00pm. Please do not book any appointments over these hours, you need to be in full attendance in order to complete the course.

Provided

- The module will be completed with a final written exam, all tools and materials will be provided.
- All safety and protective gear.
- Tea, coffee & sugar provided.



Elementary First Aid (EFA) is the course designed to give all persons intending to go to sea a basic knowledge of the immediate action to be taken upon encountering an accident or other medical emergencies at sea. This is essential for the safety of crew members and guests onboard. This module is a comprehensive module covering practical and theoretical components for basic first aid and life saving techniques.

The Course

- CPR procedures and how to perform CPR
- Breaks, splints, bandaging, wounds, bleeding, burns
- Hypothermia and drowning
- How to respond to most common medical emergencies and general emergencies
- Priorities of treatment
- Shock management
- Casualty transport and handling

Course Duration

- 2 Days

Classroom Requirements

- Black pen, notepad and ID document (drivers license not accepted)
- Please bring own lunch and snacks.
- If you are more than 30 minutes late, you will not be allowed in to the class.
- Class begins at 08h00am sharp and day closes at 16h00pm. Please do not book any appointments over these hours, you need to be in full attendance in order to complete the course.

Provided

- The module will be completed with a final written exam, all tools and materials will be provided. The modules are covered by advanced medical trainers.
- All safety and protective gear.
- Tea, coffee & sugar provided.



Personal Survival Techniques (PST) is both a practical and theoretical module. In this module students will have an understanding about basic safety procedures and accident prevention at sea. It covers basic seafarer employment and working conditions onboard. It is essential for crew members as it covers safety at sea, how to handle yourself in an emergency, survival at sea and deployment of safety equipment.

The Course

- Survival at Sea
- How to deploy safety material onboard
- Safety procedures in an emergency.
- Launching and entering a life raft.
- Self protection in an emergency.

Course Duration

- 2 Days

Classroom Requirements

- Black pen, notepad and ID document (drivers license not accepted)
- Please bring own lunch and snacks.
- If you are more than 30 minutes late, you will not be allowed in to the class.
- Class begins at 08h00am sharp and day closes at 16h00pm. Please do not book any appointments over these hours, you need to be in full attendance in order to complete the course.
- Swim gear (only full costumes for ladies - no bikinis)
- Towel
- Student must be in good health and be able to swim.

Provided

- The module will be completed with a final written exam, all tools and materials will be provided. The modules are covered by advanced medical trainers.
- All safety and protective gear.
- Tea, coffee & sugar provided.



Personal Safety and Social Responsibility (PSSR) is a theory based course covering basic safety information regarding accident prevention, why safety procedures are in place and how to follow instruction. It is essential in providing new seafarers guidelines as to why procedures are in place and working conditions onboard.

The Course

- Understand fatigue and how to take steps to prevent it.
- Safe working procedures.
- Communication skills onboard.
- Understanding how to have effective human relationships on board.
- Understanding orders/procedures and understanding in relation to shipboard duties.
- Compliance with emergency procedures.
- Precautions to prevent pollution of the marine environment and ecosystem.

Course Duration

- 2 Days

Classroom Requirements

- Black pen, notepad and ID document (drivers license not accepted)
- Please bring own lunch and snacks.
- If you are more than 30 minutes late, you will not be allowed in to the class.
- Class begins at 08h00am sharp and day closes at 16h00pm. Please do not book any appointments over these hours, you need to be in full attendance in order to complete the course.

Provided

- The module will be completed with a final written exam, all tools and materials will be provided. The modules are covered by advanced medical trainers..
- Tea, coffee & sugar provided.



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