

## Joining Instructions

FOET (with CA-EBS)

**Course Aim and Target Group** - this program is designed to meet the initial safety and emergency response training requirements for personnel new to the offshore oil and gas industry.

**Accreditation:** OPITO

**Duration:** 8 hours

**Cost:** \$675/delegate

**Validation:** 4 years

## Course Lesson Plan

### Helicopter Safety and Escape Learning Outcomes:

- (1) Donning of an aviation transit suit, an aviation lifejacket, compressed air emergency breathing system (CA-EBS) equipment and conducting integrity checks of the CA-EBS equipment, including buddy checks
- (2) Deploying (left and right hand) and breathing from CA-EBS equipment at atmospheric pressure in dry conditions
- (3) Actions to take in preparing for a helicopter emergency landing
- (4) Following instruction from the crew, location of CA-EBS equipment and evacuation from a helicopter using a nominated exit, following a controlled emergency descent to a dry landing (conducted in helicopter simulator at poolside on dry land)
- (5) Actions to be taken in preparing for an in-water ditching including location of exit, deploying and breathing from CA-EBS equipment at atmospheric pressure in dry conditions (conducted in helicopter simulator at poolside on dry land)
- (6) Dry evacuation, using a nominated exit, to an aviation life raft from a helicopter ditched on water (and, on instructions from the aircrew, operation of a push out window), assisting others where possible and carrying out initial actions on boarding the aviation life raft, to include: mooring lines, deploying the sea anchor, raising the canopy and raft maintenance
- (7) Escaping through a window opening which is underwater, from a partially submerged helicopter (without operation of a push out window)
- (8) Escaping through a window opening which is underwater, from a partially submerged helicopter (with operation of a push out window)
- (9) Escaping through a window opening which is underwater, from a capsized helicopter (without operation of a push out window)
- (10) Following escape from the helicopter (HUET), inflate lifejacket, deploy spray visor and carry out in-water procedures, to include swimming, getting into Heat Escape Lessening Position (HELP), towing, chain, huddle and circle
- (11) Boarding an aviation liferaft from the water
- (12) Being rescued by one of the recognised methods available offshore and survivor actions following rescue
- (13) Deploying CA-EBS (above the water surface) and breathing from the CA-EBS in a pool, face down in shallow water (at a maximum depth of 0.7m, measured at the chest)

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- (14)** Deploying CA-EBS (below the water surface, face down in a pool in shallow water) and clearing the mouthpiece by exhaling under the water surface (at a maximum depth of 0.7m, measured at the chest)
- (15)** Deploying CA-EBS (below the water surface, face down in a pool in shallow water, using opposite hand to previous exercise) and clearing with purge button under the water surface (at a maximum depth of 0.7m, measured at the chest)
- (16)** Deploying CA-EBS (above water surface), in a pool and breathing from CA-EBS underwater in a vertical position (at a maximum depth of 0.7m, measured at the chest)
- (17)** Deploying CA-EBS (underwater), in a pool and breathing from CA-EBS underwater in a vertical position (at a maximum depth of 0.7m, measured at the chest)
- (18)** Deploying CA-EBS (underwater), in a pool, breathing from CA-EBS underwater, and moving along a horizontal rail for a period of no less than 30 seconds, including a change in direction (at a maximum depth of 0.7m, measured at the chest)

### **Emergency First Aid Learning Outcomes:**

- (1)** Raising the alarm
- (2)** Immediate first aid actions, to include industry recognised first aid practice

### **Fire Fighting and Self Rescue Learning Outcomes:**

- (1)** Correct use of appropriate hand held portable fire extinguishers and which ones to use for different classes of fires.
- (2)** Self-rescue techniques with a smoke hood or partial blindfold from areas where delegate visibility is reduced.
- (3)** Self-rescue techniques with a smoke hood or partial blindfold from areas where delegate visibility is completely obscured
- (4)** Small group escape techniques with a smoke hood or partial blindfold from areas where delegate visibility is completely obscured

### **Physical / Health Demands:**

Emergency response training contains physically demanding and potentially stressful elements. All personnel who participate in such training must be medically fit and capable of participating fully. All personnel will be required to complete a self-declaration of fitness form prior to commencement of practical.

### **Start / Finish Times:**

Training courses will begin at 7:30 am and should conclude by 4:30 pm; it is recommended that delegates arrive at 7:00 am.

### **Equipment Requirements:**

Delegates are expected to provide the following items during training:

- ) Government Issued Photo Identification – **Required**



## M&A Safety Services

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- ) Towel
- ) Swimwear
- ) Appropriate clothing for all practical sessions
  - o Open toe shoes, shorts, and sleeveless shirts are prohibited
- ) Safety-Toe footwear for practical sessions

#### **Meals / Refreshments:**

Delegates will be provided with a 1-hour lunch break with meals provided at client's expense. Coffee and water will be available free of charge. Periodic breaks will be offered to delegate's during training.

#### **Course Delivery and Special Needs:**

All course materials, assessments, and documentation will be conducted in American English language only. Delegates with any special needs should contact us in advance to ensure that these requirements are met.

#### **Assessments:**

Delegates are assessed against industry agreed competency standards. Should delegates fail to meet these standards, our staff shall provide additional coaching to provide the delegate with additional opportunities to meet the requirements.

#### **Certification:**

Successful delegates shall receive a Certificate and Identification Card with a copy of the certificate sent to the employer. The delegate's successful completion will also be recorded in a central training register maintained by OPITO.

**OPITO Introduction Video:** <https://www.opito.com/content/opito-basic-offshore-safety-induction-and-emergency-training-bosiet>