OFFSHORE NORGE

Offshore Norge Training curriculum

Basic safety and emergency preparedness refresher course for emergency response personnel

Version no: 4
Date: 22 March 2024

FOREWORD

This training curriculum has been compiled for course providers approved by Offshore Norge to provide the basic safety and emergency response refresher course for emergency response personnel.

The training is intended to provide competence on basis safety and emergency response offshore for emergency response personnel.

In this context, competence means *the ability to perform tasks and master complex challenges.*

The contact for this training curriculum in Offshore Norge is the manager, expertise development.

Offshore Norge training curricula are owned by Offshore Norge.

See [Offshore Norge 002 Recommended guidelines for safety and emergency preparedness training](#).

Contents

1 INTRODUCTION

1.1 Purpose

This training curriculum describes requirements for the content and execution of the basic safety and emergency response refresher course for emergency response personnel.

The training is designed to provide competence on:
- risk understanding and barriers
- helicopter evacuation
- means of evacuation
- using a survival suit in the sea

1.2 Learning outcomes

After completing the training, the participant must be able to:
- describe risk factors and identify barriers
- contribute to increased safety on offshore facilities
- evacuate from a helicopter
- evacuate from offshore facilities by escape chute and liferaft
- use a survival suit in the sea

1.3 Target group

The target group for the training is personnel performing emergency response functions in search and rescue teams and as helicopter landing officers.

1.4 Refresher frequency

The training must be repeated every 48th month by all personnel working offshore with emergency response functions in search and rescue teams and as helicopter landing officers.

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2 CONTENT

2.1 Parameters for conducting the course

Teaching at the course centres must reflect a good safety culture.

Practical exercises: one instructor per six course participants
one instructor per course participant during helicopter capsize

Duration of the course is one day.
A minimum of six hours of practical exercises.

- One course day is eight hours with a minimum of six hours of effective training
- One hour is 60 minutes

During practical exercises, the challenges and degree of difficulty must be increased in line with the rising level of mastery.

During practical exercises, the instructor will observe the participants and give immediate feedback, and time must be allotted for feedback and guidance after the exercise is over.

2.2 Teaching materials

Teaching materials used during the course must be tailored to the competence objectives specified in this training curriculum.

2.3 Prior knowledge

Basic safety and emergency preparedness course.

Active member of the following emergency response teams: helicopter landing officer (HLO) or search and rescue.

2.4 Facilities and equipment

The training can be conducted through classroom teaching, e-learning, simulator use and use of other appropriate facilities and equipment.

2.5 Training curriculum

Participants must be given an introduction before the course starts which reviews the purpose of the course, assessments, the timetable and safety measures.

See the training curriculum set out in table 1 below.

Table 1: Training curriculum

Topic	1.0 RISK UNDERSTANDING AND BARRIERS			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**

1.1
Describe which types of risk can arise offshore
	The participant must be able to:
	• describe the risk
	• provide examples of offshore risks
	• describe typical conditions/near misses/injuries/ damage and accidents which can occur offshore
	• provide examples of proactive security work
	   o observation techniques/ risk recognition
	   o experience transfer
		Theory lesson(s)
		E-learning
		Practical exercise
		Exchange of experience
		Discussion and reflection assignments
			Classroom	

1.2 Identify barriers	The participant must be able to identify barriers: • organisational • operational • technical	Theory lesson(s) E-learning Practical exercise	Classroom	
1.3 Describe the consequences of breaching barriers	The participant must be able to describe various barrier breaches and their potential consequences.	Theory lesson(s) E-learning Group discussion Experience transfer	Classroom	Maersk Interceptor accident

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Topic	1.0 RISK UNDERSTANDING AND BARRIERS				
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**	

1.4
Describe security incidents and their prevention
	The participant must be able to describe:
	• the difference between safety and security incidents
	• definitions of safety and security
	• possible security threats
	 ○ terrorism
	 ○ sabotage
	 ○ espionage
	 ○ information theft
	 ○ cybercrime
	 ○ activism
	• Notifying and reporting of security incidents
	
	The participant must be able to describe how security incidents are prevented:
	• Barriers
	 ○ heliport
	   ▪ alcohol and prohibited substances
	   ▪ mental instability
	• supply chain.
		Theory lesson(s)
		
		Group discussion with minimum of two assignments
			Classroom	Training materials developed by Offshore Norge	

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Topic	2.0 HELICOPTER EVACUATION			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**
2.1 Demonstrate behaviour in the event of prepared/controlled and unexpected emergency landing in the sea	The participant must be able to do the five-point preparation: • secure loose objects • suit (correct dress) • check seat belt • reorientation • adopt brace position	Practical exercise Demonstration	Pool/sea Classroom	
2.2 Describe behaviour after an emergency landing on the sea when the helicopter is floating the right way up	The participant must be able to describe the procedure: • release the nearest escape route • establish emergency breathing system (EBS) • establish reference point (window and valve) • remain seated with seat belt fastened and await crew orders • when evacuating, concentrate on reference points	Theory lesson(s) E-learning Practical exercise Demonstration	Pool/sea Classroom	
2.3 Describe behaviour when evacuating a helicopter under water	The participant must be able to describe the significance of: • activating the EBS • use of reference points • correct evacuation The participant must be able to describe the procedure for/recommended approach to: • activation of EBS • reference points • evacuation	Theory lesson(s) E-learning Practical exercise Demonstration	Pool/sea Classroom	

Topic	2.0 HELICOPTER EVACUATION			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**
2.4 Describe risks posed by an emergency landing on the sea	Participants must be able to describe: • risks before an emergency landing o lack of information from pilots o vibration o lack of time to prepare • risks during an emergency landing: o injuries to personnel from hard landing on the sea/land o water intrusion with emergency landing on the sea o helicopter overturns • risks after emergency landing/evacuation: o water intrusion in helicopter o cold gasp effect from failure to close suit zip o hypothermia o helicopter fuel on the sea surface o fire	Theory lesson(s) E-learning Practical exercise Demonstration	Classroom	

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Topic	2.0 HELICOPTER EVACUATION			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**
2.5 Using the EBS	The participant must be able to demonstrate and describe the main points in using the EBS: • readying • breathing technique • limitations The participant must undertake water familiarisation by doing exercises 1-4 before evacuation from the simulator. • exercise 1: hold breath for 10 seconds • exercise 2: use the EBS with face in the water, 20 secs minimum, 30 secs maximum. • exercise 3: use the EBS with face in water while pulling along on a rope • exercise 4: use the EBS in an overturned helicopter, 10 secs minimum, 20 secs maximum.	Practical exercise Demonstration	Pool/sea	Brooks, Dr C J and Cunningham, W F (1978), *Helicopter Underwater Escape Trainees*

Topic	2.0 HELICOPTER EVACUATION				
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**	
2.6 Evacuation from helicopter/simulator	The participant must evacuate from a helicopter/simulator as a practical exercise, • exercise 1: emergency landing on the "sea", helicopter stops on the surface, window removed, EBS established, helicopter sinks straight down (with stop). • exercise 2: emergency landing on the "sea", helicopter stops on the surface, window removed, ESB established, helicopter rotates 180 degrees (with stop). • exercise 3: emergency landing on the "sea", helicopter stops on the surface, ESB established, window removed under water, helicopter rotates 180 degrees (with stop). • exercise 4: emergency landing on the "sea", helicopter moves forward slowly when it hits the water, window removed, ESB not used, helicopter rotates 180 degrees (with stop).	Practical exercise Practical exercise in connection with helicopter capsize: one instructor per student inside the helicopter simulator	Pool/sea	Mills, A M and Muir, H (1999), *Development of training standard for underwater survival*. Technical report prepared for Shell Oil.	
2.7 Prepare the helicopter raft for use on the sea	The participant must be able to prepare the helicopter raft for use on the sea: • demonstration of raising the raft cover • review and demonstration of the raft's equipment.	Practical exercise Demonstration Group sessions			

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Topic	3.0 MEANS OF EVACUATION			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**
3.1 Evacuate via escape chute	The participant must be able to describe deployment of the escape chute. The participant must be able to evacuate via the escape chute: • evacuate at least twice ○ second time walk down the final cell on the outside The participant must be able to describe preparing an evacuation raft for taking people aboard from the base of an escape chute.	Demonstration Practical exercise	The escape chute must have at least five cells	
3.2 Describe evacuation with davit-launched raft	The participant must be able to describe: • principles and method for deploying the davit-launched raft • inflation • preparing • entering • weight distribution • lowering • how to behave during lowering of davit-launched raft	Theory lesson(s) E-learning Demonstration	Pool/sea Classroom	
3.3 Board a raft from the sea	The participant must be able to board from the sea with: • a boarding platform and/or ladder • the correct technique for boarding individually or with help from other participants	Practical exercise	Pool/sea	

Topic	3.0 MEANS OF EVACUATION			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**
3.4 Prepare the raft for use in the sea	The participant must be able to prepare the raft by: • stabilising it, deploying the sea anchor and positioning personnel on the side towards the sea anchor • preventing hypothermia – clarify: close hatches, drain out water, inflate air in double bottom • using the right method to recover people from the • identifying its emergency equipment: distress flares, first-aid kit	Practical exercise Group sessions	Pool/sea	
3.5 Turn a capsized raft right-side-up	The participant must be able to right a capsized raft: • describe the method for turning a capsized raft right-side-up • collectively turn a capsized raft right-side-up	Group of no more than six people	Pool/sea Use a raft accommodating at least 12 people	

Topic	4.0 USING A SURVIVAL SUIT IN THE SEA			
Competence objectives **After completing the training, the participant will be able to:**	**Specification of competence objectives**	**Method**	**Learning environment**	**References**

4.1
Use their survival suit as an item of rescue equipment
	The participant must be able to use the survival suit:
	• put on the suit
	• self-check that it is put on correctly
	• use the suit's equipment and functions
	• check the camera
	• check the suit: zipper, visor, gloves, buddy line
	The participant must be familiar with the techniques for wearing a survival suit in the sea:
	• tread water, turn from back or stomach to upright position and move nine metres, as well as change direction
	• various techniques while wearing a survival suit
	    o chain (lie in a row against the wind)
	    o buddy line in snake
		Practical exercise	Waves: the required height in a pool is about 0.5 metres.
			
			Wind: 10 m/s<
			
			Sea spray: deluge, hose with spray nozzle or similar
				Manufacturer's manual/ recommendations

4.2 Drop into the sea from a height	The participant must be able to drop into the sea from a height: • describe various opportunities available for getting to the sea surface • be able to use the correct technique for leaping from a considerable height by jumping into the sea with a minimum drop of one metre	Practical exercise	Sea/pool Maximum jump height is two metres	
4.3 Describe retrieval by helicopter from the sea/raft	The participant must be able to describe: • how to act on orders • handling a guideline • preparing for retrieval	Theory lesson(s) E-learning	Classroom	

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3 ASSESSMENT AND DOCUMENTATION OF TRAINING

3.1 Assessment

The participant must be assessed during all practical exercises.

Should the participant fail the practical exercise, they must be given a reason.

Personnel can obtain exemption for Huet when taking the safety course refresher. Chapter 3.3, [Offshore Norge 002 Recommended guidelines for safety and emergency preparedness training](#)

Should the participant be assessed as falling short of the competence objectives, the participant must be failed.

3.2 Documentation

A course certificate must be issued on passing the course.

Course participants who fail to complete competence objective 2.6 Evacuation from helicopter/simulator can have their certificate endorsed with an N notation.

Personnel who have obtained exemption for Huet when taking the safety course refresher will be issued with a certificate endorsed with GSK-N. This course certificate is only valid on the NCS.

The course certificate expires on the last day of the 48th month since the most recent course was completed.

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4 REVISIONS

The following revisions have been made to this document.

Revisions	Date
Version no 4: Chapter 2.5: Topic 1.0 Risk understanding and barriers: Competence objective 1.1 added new bullet point " provide examples of proactive security work" under specification. Added discussion and reflection assignments as method.	22 March 2024
Version no 3: Chapter 2.1 Parameters for conducting the course: Added section on requirements when using e-learning. Chapter 2.5: Topic 1.0 Risk understanding and barriers: Competence objective 1.2 changed bullet point under specification. Competence objective 1.3 changed reference. Competence objective 1.4 fifth bullet point changed and sixth bullet point added under specification. Added two bullet points on barriers, helicopter under specification. Added "minimum of 2 assignments" on methods. Added learning environment. Topic 2.0 Helicopter evacuation: Competence objective 2.1 removed classroom from learning environment. Competence objective 2.2 removed classroom from learning environment. Competence objective 2.3 removed classroom from learning environment. Competence objective 2.5 added learning environment.	9 April 2021

Topic 3.0 Means of evacuation:	
Competence objective 3.1 changed final paragraph under specification from "the participant must be able to describe Inflating and attaching the evacuation raft on the sea" to "the participant must be able to describe preparing an evacuation raft for taking people aboard from the base of an escape chute".	
Competence objective 3.2 added e-learning as method.	
Topic 4.0 Using a survival suit in the sea:	
Competence objective 4.1 removed requirement for wave heights in the sea. Removed water temperature from learning environment.	
Version no 2:	7 September 2017
Chapters 1.1 Purpose and 1.2 Learning outcomes, amended final bullet point in each chapter.	
Chapter 2.5:	
Topic 1.0 Risk understanding and barriers:	
Competence objective 1.4 on security is a new competence objective.	
Topic 2.0 Helicopter evacuation:	
Competence objective 2.3, improved language for specification.	
Competence objective 2.4, expanded on specification of the competence objective by adding further descriptions of the three existing bullet points.	
Competence objective 2.5, amended final bullet point under specification.	
Topic 3.0 Means of evacuation:	
Competence objective 3.1, amended competence objective and specification of competence objective.	
Competence objective 3.4, improved language for competence objective and specification of competence objective.	
Topic 4.0 Using a survival suit in the sea, changed from "survival techniques in rough seas", amended description.	

Competence objective 4.1, improved language for final bullet point under specification of competence objective. Chapter 3.2 Documentation: Added the sentence: "Course participants who fail to complete competence objective 2.6 Evacuation from helicopter/simulator can have their certificate endorsed with an N notation."	