

Course Profile

STCW Basic Training

F2S Course Code — FS-90

WHO IS THE TRAINING FOR?

This course is suitable for seafarers employed or engaged in any capacity on-board ship, in accordance with STCW Manila Code reference Section A/VI-1-2

WHAT DOES THIS TRAINING COVER?

This training covers the requirements of international convention STCW 1978 as amended and Code (Manila amendments 2010) Chapter VI, Section A/VI-1-2 and Malaysian requirements set out by the Director of Marine Malaysia Merchant Shipping (Training and Certification) on meeting the minimum standard of competence in:

- Table A-VI/1-1 Personal Survival Techniques
- Table A-VI/1-2 Fire Prevention and Fire Fighting
- Table A-VI/1-3 Elementary First Aids
- Table A-VI/1-4 Personal Safety and Social Responsibilities

HOW TO SUCCESSFULLY COMPLETE THIS TRAINING?

To complete this training, delegates must achieve all the learning outcomes

TRAINING SUMMARY

During the training programme, delegates will learn about these topics:

- Survival at sea in the event of ship abandonment
- Minimize the risk of fire and maintain a state of readiness to respond to emergencies involving fire
- Fight and extinguish fires
- Take immediate action upon encountering an accident or other medical emergencies
- Comply with emergency procedures
- Take precautions to prevent pollution of the marine environment
- Observe safe working practices
- Contribute to effective communications on board ship
- Contribute effective human relationships on board ship
- Understand and take necessary actions to control fatigue

LEARNING OUTCOMES

To successfully complete this training delegates must competence included knowledge, understanding, proficiency and demonstrating as the following:

- Survive at sea in the event of ship abandonment.
- Minimize the risk of fire and maintain a state of readiness to respond to emergency situations involving fire.
- Fight and extinguish fires.
- Take immediate action upon encountering an accident or other medical emergency.
- Comply with emergency procedures.
- Take precautions to prevent pollution of the marine environment.
- Observe safe working practices.
- Contribute to effective communications on board ship.
- Contribute to effective relationships on board ship.
- Understand and take necessary actions to control fatigue

PRE-REQUISITE

All delegates must be in possession of a valid document/certificate issued and approved by Marine Department of Malaysia as listed:

- Valid seafarer medical certificate issued by an approved medical practitioner.
- Valid seaman card/identity document; AND
- Be not less than 18 years of age.

Training and/or assessment activities contained within this training may include physically demanding and potentially stressful elements.

All learners who participate in such activities must be capable of participating fully.

Learners are required to undergo medical screening by completing an appropriate medical screening form provided by the OPITO-approved centre.

The responsibility for declaring any current or pre-existing medical conditions that could have adverse effects to the individual's state of health while undertaking the training and/or assessment activities lies with the learner and/or company sponsoring the learner.

LOCATION



Falcon Safety Services Sdn Bhd

Lot 334, Batu 8, Jalan Ulu Kelang,
68000, Ampang, Selangor, Malaysia
Tel No: +6 012 9642703 / +603 41627256

COURSE TIMING	DURATION	VALIDITY
0800 – 1800 hours	6 days	5 years

DRESS CODE

Smart casual. Strictly no flip flops / vests / singlets or shorts allowed. PPE will be provided, however for any wet training, learners should bring their own swimwear. Learners requiring extremely large sizes should bring their own or make prior arrangements with the centre administration.

HEALTH & SAFETY

Briefing to be given at the start of the course. All medical conditions are to be informed to F2S Customer Service prior to training arrangement if it may affect the learners' participation. All learners will be required to complete F2S medical screening form prior to course start.

PROOF OF LEARNER IDENTITY

All learners are required to bring photographic identification to the course, such as Government Identification Card, Passport or Driving License. Should you have any queries on this, please contact our centre administration prior to your course.

COURSE REQUIREMENT

Learners must ensure that they are in possession of the correct pre-requisite required for the course.
Training activities may include physically demanding and potentially stressful elements. All learners who participate in such activities must be capable of participating fully.

PERSONAL PROTECTIVE EQUIPMENT (PPE)

Personal Protective Equipment (P.P.E.) required for the course will be provided at the training centre however learners are required to bring their own safety boots. Learners requiring extremely large sizes should bring their own or make prior arrangements with us.

REFRESHMENTS

Lunch, morning, and afternoon tea breaks will be provided. Learner with special requirements such as vegetarian should notify the centre administration in advance.

SUBSTANCE ABUSE POLICY

Drugs, alcohol, or any illegal substances are prohibited at our training centre. Any learner found to be under influence of drugs, alcohol or illegal substances will be immediately removed from our premises and reported to the sponsoring company.

YOUR LEARNING EXPERIENCE

All learners should expect a high standard of training and support services. Upon completion of your training course, digitalized evaluation forms will be made available for you to provide your feedback. If you have any queries or concerns about your training, you may contact F2S Customer Service at +6 012 964 2703 or +603 41627256.

TIMETABLE			
Time	Duration	Lesson Description	Th / Pr
Day 1			
0800	120 Mins	Safety Briefing, Course Registration & Introduction Elementary First Aid 1.1 (2.0 Hrs)	Th
1000	15 Mins	Break	
1015	165 Mins	Elementary First Aid 1.2 (1.5 Hrs) 1.3 (1.0 Hrs) 1.4 (0.25 Hrs)	Th
1300	60 Mins	Lunch	
1400	120 Mins	Elementary First Aid 1.4 (1.25 Hrs) 1.5 (0.75 Hrs)	Th
1600	15 Mins	Break	
1615	105 Mins	Elementary First Aid 1.5 (0.75 Hrs) 1.6 (1.0 Hrs)	Th/Pr
1800		Debrief & Feedback End of Day 1	

Time	Duration	Lesson Description	Th / Pr
Day 2			
0800	120 Mins	Elementary First Aid 1.7 (1.0 Hrs) / 1.8 (1.0 Hrs)	Th/Pr
1000	15 Mins	Break	
1015	165 Mins	Personal Safety & Social Responsibilities 3.1 (1.0 Hrs) / 3.2 (1.75 Hrs)	Th
1300	60 Mins	Lunch	
1400	120 Mins	Personal Safety & Social Responsibilities 3.2 (0.25 Hrs) / 3.3 (1.75 Hrs)	Th
1600	15 Mins	Break	

1615	105 Mins	Personal Safety & Social Responsibilities 3.3 (1.75 Hrs)	Th
1800		Debrief, Feedback & End of Day 2	

Time	Duration	Lesson Description	Th / Pr
Day 3			
0800	120 Mins	Personal Safety & Social Responsibilities 3.3 (0.5 Hrs) / 3.4 (1.5 Hrs)	Th
1000	15 Mins	Break	
1015	165 Mins	Personal Safety & Social Responsibilities 3.4 (2.5 Hrs) / 3.5 (0.25 Hrs)	Th
1300	60 Mins	Lunch	
1400	120 Mins	Personal Safety & Social Responsibilities 3.5 (2.0 Hrs)	Th
1600	15 Mins	Break	
1615	105 Mins	Personal Safety & Social Responsibilities 3.5 (0.75 Hrs) / 3.6 (1.0 Hrs)	Th
1800		Debrief, Feedback & End of Day 3	

Time	Duration	Lesson Description	Th / Pr
Day 4			
0800	120 Mins	Personal Safety & Social Responsibilities 3.6 (1.5 Hrs) / 3.7 (0.5 Hrs)	Th
1000	15 Mins	Break	
1015	165 Mins	Personal Safety & Social Responsibilities 3.7 (1.0 Hrs) Review & Assessment (1.75hrs) *	Th
1300	60 Mins	Lunch	
1400	120 Mins	Personal Survival Techniques 4.1 (1.5 Hrs) / 4.2 (0.5 Hrs)	Th
1600	15 Mins	Break	
1615	105 Mins	Personal Survival Techniques 4.3 (1.0 Hrs) / 4.4 (0.75 Hrs)	Th
1800		Debrief, Feedback & End of Day 4	

Time	Duration	Lesson Description	Th / Pr
Day 5			
0800	120 Mins	Personal Survival Techniques 4.5 (2.0 Hrs)	Th
1000	15 Mins	Break	
1015	135 Mins	Personal Survival Techniques 4.5 (1.75 Hrs) / 4.6 (0.5 Hrs) ***	Pr
1230	60 Mins	Lunch	
1430	90 Mins	Personal Survival Techniques 4.7 (1.5 Hrs)	Pr
1600	15 Mins	Break	
1615	105 Mins	Fire Prevention & Fire Fighting 2.1.1(0.5hrs) / 2.1.2 (0.25 Hrs) / 2.1.3 (0.5 Hrs) / 2.1.4 (0.25 Hrs) / 2.1.5 (0.25 Hrs)	Th
1800		Debrief, Feedback & End of Day 5	

Time	Duration	Lesson Description	Th / Pr
Day 6			
0800	120 Mins	Fire Prevention & Fire Fighting 2.2.1 (0.25 Hrs), 2.2.2(0.75 Hrs), 2.2.3(0.25 Hrs), 2.2.4(0.75 Hrs)	Th
1000	15 Mins	Break	
1015	165 Mins	Fire Prevention & Fire Fighting 2.3.1 (2.75 Hrs)	Pr
1300	60 Mins	Lunch	
1400	120 Mins	Fire Prevention & Fire Fighting 2.3.1 (1.0 Hrs) 2.2.1(0.25 Hrs) 2.3.2 (0.75 Hrs)	Pr
1600	15 Mins	Break	
1615	105 Mins	Fire Prevention & Fire Fighting 2.3.2 (1.75 Hrs)	Pr

1800		Debrief, Feedback, Evaluation & Certification End Of Training	
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Mefa : 10.50 Hours (Original 10.5 Hrs)

Mpsr : 19.75 Hours (Original 20.0 Hrs)

Mpst : 9.50 Hours (Original 10.0 Hrs)

Mfpf : 10.25 Hours (Original 12.0 Hrs)

Total : 50.00 Hours (Original 52.5 Hrs)

Total No Of Days = 6 Days

Reduced Hours = 2.0 Hrs, Friday Class Extended By 0.5 Hrs To Cover The Reduction Of 2.5 Hrs.