OPITO APPROVED STANDARD

Basic Offshore Safety Induction & Emergency Training,

Helicopter Underwater Escape Training

and

Further Offshore Emergency Training

<table>
<thead>
<tr>
<th>Standard Title</th>
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<tbody>
<tr>
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<td>5700</td>
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<tr>
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<td>5095</td>
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<td>Further Offshore Emergency Training (FOET)</td>
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OPITO STANDARDS

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This standard has been verified and accepted through the governance and integrity management model for OPITO standards.

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### AMENDMENTS

<table>
<thead>
<tr>
<th>Amendment and Date</th>
<th>Section/Pages</th>
<th>Changes made by</th>
<th>Checked by</th>
<th>Approved by</th>
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<tr>
<td>Standards completely reviewed 07/12/2006</td>
<td>All</td>
<td>I. Emslie</td>
<td>G. Clark</td>
<td>I. Emslie</td>
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<td>1-27 Contact the OPITO Standards Manager for details</td>
<td>All</td>
<td>M. Carr</td>
<td>J. Cameron</td>
<td>J. Cameron</td>
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<tr>
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<td>All</td>
<td>M. Carr</td>
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<td>J. Cameron</td>
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<td>M. Carr</td>
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<td>All</td>
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<td>P. Lammiman</td>
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<td>Appendix 1, page 47</td>
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<td>M. Carr</td>
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<tr>
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<td>All</td>
<td>M. Foo</td>
<td>M. Carr</td>
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Introduction and Course Description

Basic Offshore Safety Induction Emergency Training (BOSIET)

Oil and Gas operating companies worldwide seek to ensure that everyone travelling to one of their offshore assets (production platform, drill rig, FPSO etc.) must have completed an appropriate offshore safety and emergency training course before being allowed to travel to their offshore asset.

The OPITO-approved BOSIET (Basic Offshore Safety Induction and Emergency Training) course provides the delegate with a range of knowledge and skills relevant to travelling offshore by helicopter and working offshore, including safety induction, fire safety and basic firefighting; first aid; helicopter safety and escape; and survival at sea.

Upon completion of the course the delegate will have an awareness of the generic hazards and associated risks encountered when working on offshore installations and the generic safety regimes and safety management systems in place to control and mitigate risks associated with hazards.

The BOSIET will also equip participants with the knowledge, skills and confidence to respond appropriately in the event of an offshore emergency and to enhance their survivability through proper use of emergency equipment and procedures.

Helicopter Underwater Escape Training (HUET)

The OPITO-approved HUET training programme is designed for personnel travelling to offshore installations/vessels via helicopter.

This course provides delegates with the necessary skills and knowledge in emergency response related to helicopter safety and escape using the emergency breathing system (EBS).

NOTE: This course is essentially the HUET module of the BOSIET standard, therefore training Providers wishing to deliver this Standard as a standalone course must hold BOSIET/FOET OPITO approval.

Further Offshore Emergency Training (FOET)

The OPITO-approved Further Offshore Emergency Training programme is a 1-day course which must be undertaken by individuals who have a valid BOSIET or TBOSIET, or FOET or TFOET certificate. The FOET certificate re-validates a delegate's offshore emergency training for a further 4 years.
SECTION A  Basic Offshore Safety Induction Emergency Training (BOSIET)

A.1  Target Group for the BOSIET

This training programme is designed to meet the initial offshore safety and emergency response training requirements for personnel new to the offshore oil and gas industry.

A.2  Delegate pre-requisites for the BOSIET

No prerequisites are required.
A.3 Physical and stressful demands of the BOSIET

Training and/or assessment activities contained within this Standard may include physically demanding and potentially stressful elements. All personnel who participate in such activities must be physically and mentally capable of participating fully.

Therefore OPITO-approved training centres are required, as a minimum, to ensure that prior to participating in practical exercises, the delegate must either:

a) Possess a valid, current offshore medical certificate or
b) Possess an operator approved medical certificate, or
c) Undergo medical screening by completing an appropriate medical screening form provided by the OPITO-approved centre (a list of medical conditions which could be included in a medical screening form is available from OPITO).

The OPITO-approved Centre shall keep a record of the delegate’s/candidate’s declaration of fitness in accordance with their document control policy(s) or procedures.

This information, along with summary details of the type of physical activities the delegate/candidate will be asked to perform, will be given to delegates/candidates by the OPITO-approved Centre and, if applicable, to their sponsoring company as part of the joining instructions. 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 delegate/candidate and/or company sponsoring the delegate.

Where doubt exists regarding the fitness of any delegate/candidate, the OPITO-approved Centre should direct the individual to consult a medical officer familiar with the nature and extent of the training.

Note: Practical exercises should be designed and delivered solely to meet this standard, and must not place on the delegates any physical or mental demands other than those required to meet the Standard.
A.4 Aim and objectives of the BOSIET

The aim of the BOSIET is to introduce delegates to the specific safety issues and regimes relevant to offshore installations, and to equip them with the basic emergency response knowledge and skills for travelling to and from offshore installations by helicopter.

The objectives of the BOSIET Training are that delegates will be able to:

(a) Identify the generic hazards which are specific to offshore oil and gas installations, potential risks associated with those hazards, and how controls are put in place to eliminate or reduce risks.
(b) Identify key offshore related safety regulations and explain the basic safety management concepts.
(c) Demonstrate, in a simulated environment, that they can use the safety equipment, and follow procedures in preparing for, and during helicopter emergencies – with particular focus on escaping from a helicopter following ditching.
(d) Demonstrate sea survival and first aid techniques.
(e) Demonstrate that they can effectively use basic firefighting equipment, and practise self-rescue techniques in low visibility situations, to include smoke filled areas.
A.5 Learning outcomes of the BOSIET

The learning outcomes are specified for each of the following modules; they are:

**MODULE 1 Learning Outcomes Safety Induction**

To successfully complete this module, delegates must be able to:

1. Identify the main offshore hazards and hazard effects/consequences; explain their associated risks, and how they are controlled.
2. Explain the potential environmental impact of offshore installation operations.
3. Identify key offshore installation safety regulations and explain the basic concept of these regulations.
4. Explain the principles of managing safety on offshore installations.
5. State the procedure for prescribed medicines offshore.
6. Explain the concept of alcohol and substance abuse policy.
7. Explain PPE requirements of working on an offshore installation.
8. Explain how to report incidents, accidents and near misses on an offshore installation.
9. Explain the role of the Offshore Medic.
MODULE 2 Learning Outcomes

Helicopter Safety and Escape

To successfully complete this module, delegates must be able to demonstrate:

(1) Donning an aviation transit suit, aviation lifejacket and emergency breathing system equipment (EBS)\(^1\) and conducting EBS integrity checks.
(2) Actions to take in preparation for a helicopter ditching and an emergency landing.
(3) Actions following a controlled emergency descent to a dry landing with evacuation via a nominated exit.
(4) Deployment, operation and breathing from EBS in a pool utilising personal air prior to HUET exercises (delegate to experience positive and negative pressure created by the body orientation in water).
(5) Actions following a controlled ditching on water (including deploying EBS and, on instruction from aircrew, operation of a push out window) and evacuate through a nominated exit to an aviation liferaft.
(6) Assist others where possible in carrying out initial actions on boarding the aviation liferaft, 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 deploying EBS or operation of a push out window).
(8) Escaping through a window opening which is underwater, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment but without operation of a push out window).
(9) Escaping through a window opening which is underwater, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment and operation of a push out window).
(10) Escaping through a window opening which is underwater, from a capsized helicopter (without deployment of EBS or operation of a push out window).
(11) Escaping through a window opening which is underwater, from a capsized helicopter (*deploying and operating EBS on the surface prior to capsize but without operation of a push out window).
(12) Escaping through a window opening which is underwater, from a capsized helicopter (*deploying and operating EBS on the surface prior to capsize and the operation of a push out window).
(13) Inflating an aviation lifejacket and deploying a spray visor in water
(14) Boarding an aviation liferaft from water.

*All delegates must deploy and operate the EBS and should be encouraged to breathe from the EBS throughout the capsize exercises.

Note\(^1\): Some manufacturers have integrated the EBS equipment into the life jacket or transit suit.
MODULE 3 Learning outcomes  Sea Survival

To successfully complete this module, delegates must be able to **demonstrate:**

1. Donning of a permanent buoyancy lifejacket prior to use in an emergency.
2. The correct actions when mustering and boarding a survival craft (TEMPSC) as a passenger during launching operations.
3. Fitting of a helicopter strop and correct body posture during winching.
4. Individual and group sea survival techniques, to include: swimming, getting into Heat Escape Lessening Position (HELP), wave-slap protection, towing, chain, huddle and circle.
5. Boarding a marine liferaft from the water.
6. *Immediate first aid actions, to include: ABC*

*Immediate first aid actions - putting casualty in the recovery position: delegates must get instruction and demonstration **only** from instructors on putting a casualty into the recovery position but do not need to demonstrate this.

MODULE 4 Learning Outcomes  Firefighting and Self Rescue

To successfully complete this module, delegates must be able to **demonstrate:**

1. Correct use of hand held portable fire extinguishers and which ones to use for different classes of fires.
2. Self-rescue techniques with a smoke hood from areas where visibility is reduced due to smoke.
3. Self-rescue techniques with a smoke hood from areas where visibility is completely obscured.
4. Small group escape techniques with a smoke hood from areas where visibility is completely obscured.
A.6 Delegate Performance Assessment

Delegates will be assessed against the learning outcomes specified in section A.5 using direct observation and oral and/or written questions as appropriate.

**Formal evaluation of knowledge:**
Delegates will be required to undertake a written test at the end of Module 1 (duration: 30 minutes) as a method of checking that they have met all the Module 1 learning outcomes. The test will be ‘open-book’ and questions must be clearly referenced against specific Module 1 learning outcomes. There must be a minimum of two questions per learning outcome. The test pass mark is 80%.
Training instructors must identify any gaps in delegate’s learning and make reasonable effort to address the gaps to help delegates meet the learning outcomes.
A.7 Duration and timing of the BOSIET

The optimum ‘contact time’ for this training is seen as **21 hours and 5 mins.** Module 1 Safety Induction part is 100% theory. An approximate ratio of 40% theory to 60% practical is appropriate for the remaining modules. Where this training is part of a programme of longer duration the total contact time per day must not exceed 8 hours and the total training day must not exceed 10 hours. The total training day includes contact time, refreshment and meal breaks and travel between training sites where applicable.

The training staff will introduce each module by explaining aims, learning outcomes, timetable, assessment methods and training staff roles. The time taken for this is expected to be approximately 10 minutes for each module, and this is in addition to the timings stated in the table below.

### Table of BOSIET Module/Element Timings

<table>
<thead>
<tr>
<th>Module</th>
<th>Element</th>
<th>Expected (approximate) Duration (minutes)</th>
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<tr>
<td>1 Safety Induction</td>
<td>1.1 Industry and Installation Overview</td>
<td>30</td>
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<td></td>
<td>1.2 Offshore hazards</td>
<td>30</td>
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<tr>
<td></td>
<td>1.3 Managing offshore safety</td>
<td>10</td>
</tr>
<tr>
<td></td>
<td>1.4 Controlling offshore hazards</td>
<td>10</td>
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<tr>
<td></td>
<td>1.5 Regulating offshore safety</td>
<td>20</td>
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<tr>
<td></td>
<td>1.6 Living and working offshore</td>
<td>70</td>
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<td></td>
<td>Knowledge test (Question paper)</td>
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<td><strong>TOTAL</strong></td>
<td><strong>(3 hrs 20 mins)</strong></td>
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<td>2 Helicopter Safety and Escape</td>
<td>2.1 Helicopter travel</td>
<td>25</td>
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<td></td>
<td>2.2 Helicopter emergencies (2.2.1 – 2.2.10)</td>
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<td>2.2 Helicopter emergencies (2.2.11 – 2.2.30)</td>
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<td><strong>TOTAL</strong></td>
<td><strong>(6 hrs 40 mins)</strong></td>
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<td>3 Sea Survival and First Aid</td>
<td>3.1 Evacuation (3.1.1 – 3.1.9)</td>
<td>35</td>
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<td>3.1 Evacuation (3.1.10 -3.1.18)</td>
<td>225</td>
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<td>3.2 Emergency first aid</td>
<td>120</td>
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<td><strong>TOTAL</strong></td>
<td><strong>(6 hrs 20 mins)</strong></td>
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<tr>
<td>4 Fire Fighting and Self Rescue</td>
<td>4.1 Fire fighting offshore</td>
<td>110</td>
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<td>4.2 Self-Rescue</td>
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<td></td>
<td><strong>TOTAL</strong></td>
<td><strong>(4 hrs 5 mins)</strong></td>
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<td><strong>GRAND TOTAL</strong> (excluding introductions of 40 mins)</td>
<td><strong>(20 hrs 25 mins)</strong></td>
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A.8 The BOSIET Training Programme

The training programme provided below is designed to help delegates achieve the stated learning outcomes specified in section A.5. The order in which elements of the training programme are delivered may vary. However, contents in Appendix 1 must be covered prior to course commencement.

To make efficient use of time and ensure effective learning there should, wherever practicable, be an integration of the three phases of explanation, demonstration and practise. Full use should be made of audio/visual aids and course handout material. Training staff must give practical demonstrations for all training activities which delegates are required to practise and demonstrate.

Each module must be introduced by the training staff, and include:

(a)  **Aim** – The main purpose of the module
(b)  **Learning Outcomes** – What the delegates are expected to learn
(c)  **Timetable** – Training module duration and timing
(d)  **Assessment** – how delegates will be assessed and what they will be assessed against
(e)  **Staff** - who will be delivering the training and roles of training support staff.

The training course consists of the following modules and elements:

**Module 1**  Safety Induction  
Element 1.1  Industry and Installation Overview  
Element 1.2  Offshore Hazards  
Element 1.3  Managing Offshore Safety  
Element 1.4  Controlling Offshore Hazards  
Element 1.5  Regulating Offshore Safety  
Element 1.6  Living and Working Offshore

**Module 2**  Helicopter Safety and Escape  
Element 2.1  Helicopter Travel  
Element 2.2  Helicopter Emergencies

**Module 3**  Sea Survival and First Aid  
Element 3.1  Evacuation  
Element 3.2  Emergency First Aid

**Module 4**  Firefighting and Self Rescue  
Element 4.1  Firefighting Offshore  
Element 4.2  Self-Rescue
MODULE 1       Safety Induction

ELEMENT 1.1   Industry and Installation Overview

Training staff to explain:

1.1.1 Typical offshore oil and gas activities.
1.1.2 Formation, finding and exploitation of oil and gas; how hydrocarbons are formed, found and produced.
1.1.3 Types of offshore installations, specialist vessels and their main functions and features; to include:

(a) Drilling – jack-up, semi-sub, drill ship
(b) Production - oil and gas, gas, fixed, floating
(c) Construction – heavy lift, pipe laying
(d) Accommodation - flotel
(e) Specialist vessels – standby, support, diving support.

1.1.4 The offshore environment, to include remote nature, harsh conditions, proximity of process/working/living environments

ELEMENT 1.2   Offshore Hazards

Training staff to explain:

1.2.1 Definitions of hazard, risk and control measures
1.2.2 Accident statistics; comparison with other industries
1.2.3 Environmental impact and statistics
1.2.4 Offshore hazards and comparative risk levels including:

(a) Pressure hazards, to include: oil/gas reservoir, process/drilling pipework, water/gas injection, gas and compression.
(b) Motion hazards, to include: drilling tubulars, exposed machinery parts, moving heavy equipment and manual handling.
(c) Chemical hazards, to include: drilling chemicals, reservoir fluids/gases (including H2S), process chemicals and solvents
(d) Electrical hazards, to include: maintenance of electrical equipment, faulty electrical equipment.
(e) Gravity hazards, to include: working under suspended loads, working at heights and slips and trips.
(f) Noise hazards, to include: working in process areas, drilling areas, helicopter areas and noise exposure levels.
(g) Hazardous atmospheres, to include an explanation of how areas are designated hazardous zones.
(h) Confined space hazards, to include the following characteristics: limited openings for entry or exits, confined spaces when working inside containers or vessels and unfavourable natural ventilation.
ELEMENT 1.3  Managing Offshore Safety

Training staff to explain:

1.3.1 The multiple barriers model and systems in place to prevent hazards from contacting targets including:

(a) Safe Systems of Work (SSOW)
(b) Personal Responsibility for Safety (PRfS)
(c) Safety observation programmes.

ELEMENT 1.4  Controlling Offshore Hazards

Training staff to explain:

1.4.1 The hierarchy of control and how control measures are implemented offshore
1.4.2 Determining risks and implementing control measures to include:

(a) Reservoir/pipe work isolation
(b) Blowout preventers (BOP)
(c) Training on handling tubulars
(d) Guarding of machinery
(e) MSDS/ chemical and dust protection
(f) Electrical isolation
(g) Fall protection

1.4.3 The consequences of failure to control the risks.
ELEMENT 1.5  Regulating Offshore Safety

Training staff to explain:

1.5.1  How offshore safety is regulated; to include:

(a) Applicable legislation
(b) Legislative requirements
(c) Legal responsibilities
(d) Role of industry organisations
(e) Documenting the safety management systems.

1.5.2  Hierarchy of legislation.
1.5.3  Directives.
1.5.4  Safety Case regulations – identification of major hazards, risks and control measures, how safety is audited, acceptance by the health & safety regulator, verification of safety critical systems and performance standards.
1.5.5  Duties of employer and employees and concept of ALARP.
1.5.6  How goals are set for prevention/protection and emergency response, emergency response planning and performance standards.
1.5.7  Role of the Health & Safety Authorities – scope, activities and powers of the Health & Safety Inspector.
1.5.8  Use of relevant ISO standards, to include ISO 14001.
1.5.9  Industry’s expectations of personal safety behaviour, to include: the industry’s expected standards for safety and typical behavioral safety tools.

ELEMENT 1.6  Living and Working Offshore

Training staff to explain:

1.6.1  Fitness requirements and medical standards.
1.6.2  The procedure for taking prescribed medicines offshore.
1.6.3  Alcohol and substance abuse policies.
1.6.4  Offshore routine requirements and welfare, to include:

(a) Administration arrangements and requirements on arrival on an offshore installation.
(b) Items permitted/not permitted offshore.
(c) Installation induction
(d) Safety constituencies
(e) Role of safety representatives and safety committees
(f) Responsibilities of employers
(g) Employee line of reporting
(h) Cabin/laundry/bond
(i) Recreation /smoking
(j) Getting on with others.
Element 1.6 Living and Working Offshore: Continued.

1.6.5 Working routines to include:

(a) Procedures
(b) Work authorisation
(c) Personal Protective Equipment (PPE)
(d) Maintaining a safe workplace
(e) Waste disposal
(f) The right to stop unsafe work.

1.6.6 Involvement in safety, to include:

(a) Observation systems
(b) PTW
(c) Toolbox talks
(d) Safety meetings
(e) Drills & exercises
(f) Additional emergency response duties
(g) Getting involved.

1.6.7 Communicating safety, including lines of communication
1.6.8 What to do when not satisfied with response to safety communication, to include contacting immediate supervisor, OIM, Safety Representative, health & safety regulator.

1.6.9 Injuries and illness, to include:

(a) Reporting incidents, accidents, near misses and illnesses
(b) The role of the offshore medic
(c) First aid arrangements offshore
(d) Investigation of incidents and accidents
(e) Preventing a recurrence
(f) Support available to relatives in the event of illness/injury/major incident/evacuation.

**Formal evaluation of knowledge (see A.6)**
MODULE 2    Helicopter Safety and Escape

ELEMENT 2.1   Helicopter Travel

Training staff to explain:

2.1.1    Pre-flight briefings
2.1.2    The *procedures and requirements for pre-boarding, safe boarding, in-flight and safe disembarkation including:
   a)    Arrival time
   b)    Correct dress
   c)    Documentation
   d)    Prohibited articles
   e)    Check-in procedures
   f)    Safe boarding
   g)    Pre-flight video

*This is in addition to the information detailed during pre-flight briefings.

2.1.3    *Delegates must be made aware that they should ensure they familiarise themselves with the aviation transit suit they are expected to use before boarding a helicopter.

*Note: there are various types of aviation transit suits being used in the industry. And, although one type of aviation transit suit will be used in the training centre where the delegate is trained, it is important that the delegate is made aware that other types will be used in other regions/areas.

ELEMENT 2.2   Helicopter Emergencies

Training staff to explain:

2.2.1    Informing the crew of suspected or observed helicopter emergencies, to include:
   (a)    Discovering a fire
   (b)    Smoke
   (c)    Fuel leaks
   (d)    Abnormal conditions which the crew may not be aware of.
Element 2.2 Helicopter Emergencies: Continued

2.2.2 In-flight procedures to include:

(a) Don hood – ensure survival suit is zipped up
(b) Check seat belt is tight and lifejacket is secure
(c) Following crew instructions.

2.2.3 Aircraft basic flotation characteristics.
2.2.4 Aircraft escape routes for ditching and emergency landing.
2.2.5 Independent action.
2.2.6 Survival techniques following ditching and emergency landing.

Training staff to explain:

2.2.7 The principles of emergency breathing systems (EBS)
2.2.8 The duration of EBS
2.2.9 Flotation dynamics associated with EBS.
2.2.10 Use of the Personal Locator Beacon (PLB) - In areas where personal locator beacons are used offshore, a DVD covering their use is to be shown (no practical demonstration required).

Training staff to explain and demonstrate:

2.2.11 Donning a *aviation transit suit* (of a type typically used in the region/area of operations) EBS equipment and an aviation lifejacket.
2.2.12 Actions in preparation for a helicopter ditching and emergency landing, including brace positions for the range of seating locations and harness types.
2.2.13 Helicopter evacuation, to include:
   (a) Locate
   (b) Release (on-command)
   (c) Evacuating through nominated exits and push-out windows: on-water, underwater and capsize.
   (d) Impact attenuating seats, to include purpose and operation of seat, evacuation technique (demonstration not required, this will be achieved by the use of video or slides)

2.2.14 Emergency equipment onboard the helicopter, including stowage location of aviation liferaft, operation and entry.
2.2.15 Initial actions on boarding the aviation liferaft i.e. how to use mooring lines, deploying the sea anchor, raising the canopy and raft maintenance.
2.2.16 Use of aviation liferaft equipment and secondary actions on boarding the aviation liferaft, to include e.g. posting lookouts, activating the radio beacons and first aid (Note: Instructors do not need to demonstrate secondary actions)
Following explanations and demonstrations by training staff: delegates to **practise** and **demonstrate**:

2.2.17 Donning of an aviation transit suit, emergency breathing system (EBS) equipment and an aviation lifejacket.
2.2.18 Conducting integrity checks of the EBS equipment
2.2.19 Deploying, operating and breathing from EBS equipment at atmospheric pressure in dry conditions.
2.2.20 Deploying, operating and breathing from the EBS in a pool utilising personal air (must experience positive and negative pressure created by body orientation in the water).
2.2.21 Actions to take in preparing for a helicopter ditching/emergency landing.
2.2.22 Following instruction from the crew, evacuation from a helicopter using a nominated exit, following a controlled emergency descent to a dry landing.
2.2.23 Dry evacuation, using a nominated exit, to an aviation liferaft from a helicopter ditched on water (including deployment of EBS equipment and, on instructions from aircrew, operation of a push out window), assisting others where possible and carrying out **initial** actions on boarding the aviation liferaft, to include: mooring lines, deploying the sea anchor, raising the canopy and raft maintenance.
2.2.24 Escaping through a window opening which is under water, from a partially submerged helicopter (without deploying EBS equipment or operation of a push out window).
2.2.25 Escaping through a window opening which is under water, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment but without operating a push out window).
2.2.26 Escaping through a window opening which is under water, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment and operating a push out window).
2.2.27 Escaping through a window opening which is under water, from a capsized helicopter (without deploying EBS equipment or operating a push out window).
2.2.28 Escaping through a window opening which is under water, from a capsized helicopter (*deploying and operating EBS equipment on surface prior to capsize but without operating a push out window).
2.2.29 Escaping through a window opening which is under water, from a capsized helicopter (*deploying and operating EBS equipment on surface prior to capsize and operating a push out window).
2.2.30 Inflation of an aviation lifejacket, deployment of a spray visor and boarding of an aviation liferaft from the water.

*All delegates must deploy and operate the EBS and should be encouraged to breathe from the EBS throughout the capsize exercises.

Note: Although push-out windows are to be fitted for the final capsize exercise, the ability of the delegate to push out the windows will be assessed during the partial submersion exercise.
MODULE 3  Sea Survival and First Aid

ELEMENT 3.1  Evacuation

Training staff to explain:

3.1.1 Typical types of offshore *installation emergencies
3.1.2 Station bills
3.1.3 Various means of escape
3.1.4 Actions to be taken prior to, during and after selective evacuation or escape from an offshore installation.
3.1.5 Installation emergency knowledge required of all personnel onboard, to include:

(a) Typical layout of installations (escape routes, temporary refuge, muster locations, abandonment locations, access routes including helideck, bridge landing points and tertiary escape points)
(b) Installation alarms and communications (locations, use and appropriate response)
(c) The possibility of devolved command within the installation's organisational structure and appropriate procedures and actions should this occur
(d) The need for and use of personal protective equipment (PPE) e.g. gloves, torch, smoke hoods, survival/abandonment suits and donning a life jacket etc.

3.1.6 The SAR organisation, means of rescue from the sea and survival craft and actions to take during rescue
3.1.7 Rescue by helicopter – winchman duties, the hi-line, double lift and single lift (as a minimum: the single lift to be demonstrated practically),
3.1.8 The importance of appropriate personal clothing
3.1.9 Methods of rescue i.e. standby vessel, FRC, MRRD, net, basket and ladder (this may be achieved by the use of video or slides)

*Installations: to include floating installations such as FPSOs and drilling rigs.

(The information in 3.1.5 (a) to (d) is in addition to the information detailed during installation briefings.)
Element 3.1 Evacuation: Continued

Training staff to explain:

3.1.10 The various types of survival craft (TEMPSC) - freefall/single/twin
3.1.11 The function and capabilities of TEMPSC (e.g. air supply, fire protection, buoyancy)
3.1.12 The procedure for mustering, boarding and strapping in, including the safety precautions during lowering and release, emergency equipment and supplies
3.1.13 The various methods of tertiary escape (this may be achieved by the use of video or slides) to include:

(a) Knotted rope
(b) Scramble net
(c) Davit-launched liferaft
(d) Ladders
(e) Person descending escape devices

Note: Minimum of one of the above methods is to be demonstrated practically.

Following explanations and demonstrations by training staff: delegates to practise and demonstrate:

3.1.14 Muster, donning a life jacket, boarding and strapping in as a TEMPSC passenger (the craft then to be lowered into water and released).
3.1.15 Water entry (stepping off poolside, maximum 1m height) and the precautions when entering from a height.
3.1.16 The fitting of a helicopter lifting strop, subsequent lifting and (simulated) entry into a rescue helicopter including:

(a) Single lift
(b) Body posture
(c) Aircraft entry

3.1.17 In-water survival techniques, to include: individual (swimming, HELP, wave slap protection) and group survival techniques (towing, chain, huddle and circle), followed by rescue by one of the recognised methods available offshore.

3.1.18 Boarding a marine liferaft from the water and carrying out initial actions, to include mooring lines, deploying the sea anchor, raft maintenance and secondary actions, to include posting lookouts, activating the radio beacons and first aid equipment. (Note: Instructors need only explain secondary actions i.e. no need for instructors or delegates to demonstrate).
ELEMENT 3.2  Emergency First Aid

Note:  Emergency first aid training will normally be delivered along with sea survival and must include first aid actions suitable for use in a liferaft and TEMPSC.

Training staff to explain:

3.2.1  First aid arrangements
3.2.2  Types of injuries, to include:
   (a)  Bleeding/burns (immediate action)
   (b)  Chemical contact
   (c)  Exposure to the elements (heat and cold)

3.2.3  Prioritising actions.
3.2.4  Immediate first aid actions suitable for use prior to the arrival of the medic/first-aider, to include:
   (a)  Assessing the situation – do not put yourself (or others) in danger.
   (b)  Making the area safe.
   (c)  Assess all casualties and attend to any unconscious casualties.
   (d)  Send for help as soon as possible.

Training staff to explain and demonstrate:

3.2.5  Raising the alarm
3.2.6  Checking airways, breathing and CPR (ABC)
3.2.7  Putting the casualty in the recovery position

Delegates to practise and demonstrate:

3.2.8  Raising the alarm
3.2.9  Assessing the situation
3.2.10  Checking area is safe
3.2.11  ABC.
MODULE 4    Firefighting and Self Rescue

ELEMENT 4.1    Firefighting Offshore

Training staff to explain:

4.1.1    The common causes and nature of fires onboard offshore oil and gas installations with an emphasis on electrical, domestic and welding related fires.
4.1.2    The “triangle of combustion” and how fire can spread, to include: conduction, convection and radiation.
4.1.3    Extinguishing media; to include: water, dry powder, foam and CO₂.
4.1.4    The purpose of fixed fire and gas detection and firefighting systems.
4.1.5    Actions and precautions to take in areas where these systems are deployed in respect of those having an effect on a person’s health and safety i.e. deluge, halon (and halon replacement extinguishant) CO₂, and the urgent need to evacuate the area if the extinguishant has been released.

More detailed information on fire equipment and procedures specific to an installation will be included in installation safety briefings.

Training staff to explain:

4.1.6    Action on discovering a fire (installation emergency procedures) with emphasis on:

(a)    Raising the alarm (give examples of methods for raising the alarm)
(b)    Typical locations of portable hand held firefighting equipment (types to be used during practical session)
(c)    Evacuation to designated area.

Training staff to explain and demonstrate:

4.1.7    The operation of hand held portable fire extinguishers, small bore fire hose reels, fire blankets and their use against actual Class A and Class B fires as appropriate.

Each delegate to practise and demonstrate:

4.1.8    Raising the alarm on discovery of a fire
4.1.9    The correct operation of hand held portable fire extinguishers in extinguishing Class A or Class B fires. (See note 3 below).
Notes for Element 4.1:

(1) All practical sessions involving the use of the above equipment should include the appropriate procedure on discovering a fire with emphasis on raising the alarm.

(2) The learning outcomes of this standard will be satisfied when each delegate practises the operation and use of each of the following types of fire extinguisher:

(a) Water or foam
(b) CO₂
(c) Dry chemical

(3) Although class A and B fuels must be used for demonstration fires by staff, simulation using LPG may be used for delegate practical exercises.

ELEMENT 4.2 Self-Rescue

Training staff to explain and demonstrate:

4.2.1 Selection of smoke hood types.
4.2.2 Donning and use of smoke hoods.
4.2.3 Self-rescue techniques with and without respiratory protection from areas which are being subjected to smoke and heat.
4.2.4 Small group escape techniques with respiratory protection from an area which is being subjected to smoke and heat.

Delegates to practise and demonstrate:

4.2.5 Donning and use of smoke hood.
4.2.6 Self-rescue techniques with a smoke hood from areas where visibility is reduced due to smoke.
4.2.7 **Self-rescue techniques with a smoke hood from areas where visibility is completely obscured.
4.2.8 **Small group escape techniques with a smoke hood from areas where visibility is completely obscured.

**This exercise may be achieved by conducting exercises in darkness or by using “blacked out” smoke hoods.

Note: smoke hoods to be used in cosmetic smoke only.
SECTION B  Helicopter Underwater Escape Training (HUET)

B.1  Target Group for the HUET

The target group is personnel travelling to oil and gas installations/facilities via helicopter.

B.2  Delegate pre-requisites for the HUET

No pre-requisites are required.

B.3  Physical and stressful demands of HUET

Training and/or assessment activities contained within this Standard may include physically demanding and potentially stressful elements. All personnel who participate in such activities must be physically and mentally capable of participating fully.

Therefore OPITO-approved training centres are required, as a minimum, to ensure that prior to participating in practical exercises the delegate either:

  a) Possess a valid, current offshore medical certificate or
  b) Possess an operator approved medical certificate, or
  c) Undergoes medical screening by completing an appropriate medical screening form provided by the OPITO-approved centre (a list of medical conditions which could be included in a medical screening form is available from OPITO).

The OPITO-approved Centre shall keep a record of the delegate's/candidate's declaration of fitness in accordance with their document control policy(s) or procedures.

This information, along with summary details of the type of physical activities the delegate/candidate will be asked to perform, will be given to delegates/candidates by the OPITO-approved Centre and, if applicable, to their sponsoring company as part of the joining instructions. 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 delegate/candidate and/or company sponsoring the delegate.

Where doubt exists regarding the fitness of any delegate/candidate, the OPITO-approved Centre should direct the individual to consult a medical officer familiar with the nature and extent of the training.

Note: Practical exercises should be designed and delivered solely to meet this standard, and must not place on the delegates any physical or mental demands other than those required to meet the Standard.
B.4 Aim and objectives of HUET

The aim of the HUET programme is to prepare delegates that intend to travel to and from offshore oil and gas installations and vessels by helicopter by providing specific training in pre-flight and in-flight requirements and to equip delegates with the basic emergency response knowledge and skills required in the event of a helicopter emergency – with specific focus on escaping from a helicopter following ditching.

The objectives of the HUET Training are that delegates will be able to:

(a) Demonstrate, in a simulated environment, that they can use the safety equipment, and follow procedures in preparing for, and during helicopter emergencies – with particular focus on escaping from a helicopter following ditching
B.5 Learning outcomes of the HUET

The learning outcomes are specified for each of the following modules; they are:

**MODULE 1 Learning Outcomes**  **Helicopter Safety and Escape**

To successfully complete this module delegates must be able to demonstrate:

1. Donning an aviation transit suit, aviation lifejacket and emergency breathing system equipment (EBS)¹ and conducting EBS integrity checks.
2. Actions to take in preparation for a helicopter ditching and an emergency landing.
3. Actions following a controlled emergency descent to a dry landing with evacuation via a nominated exit.
4. Deployment, operation and breathing from EBS in a pool utilising personal air prior to HUET exercises (delegate to experience positive and negative pressure created by the body orientation in water).
5. Actions following a controlled ditching on water (including deploying EBS and, on instruction from aircrew, operation of a push out window) and evacuate through a nominated exit to an aviation liferaft.
6. Assist others where possible in carrying out initial actions on boarding the aviation liferaft, 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 deploying EBS or operation of a push out window).
8. Escaping through a window opening which is underwater, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment but without operation of a push out window).
9. Escaping through a window opening which is underwater, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment and operation of a push out window).
10. Escaping through a window opening which is underwater, from a capsized helicopter (without deployment of EBS or operation of a push out window).
11. Escaping through a window opening which is underwater, from a capsized helicopter (*deploying and operating EBS on the surface prior to capsize but without operation of a push out window).
12. Escaping through a window opening which is underwater, from a capsized helicopter (*deploying and operating EBS on the surface prior to capsize and the operation of a push out window).
13. Inflating an aviation lifejacket and deploying a spray visor in water
14. Boarding an aviation liferaft from water.

*All delegates must deploy and operate the EBS and should be encouraged to breathe from the EBS throughout the capsize exercises.

Note¹: Some manufacturers have integrated the EBS equipment into the life jacket or transit suit.
B.6 Delegate Performance Assessment

Delegates attending this training programme will be given a series of explanations and demonstrations by training staff which will identify what they are expected to know and do whilst preparing for and during normal helicopter travel and how to respond to helicopter emergencies. This will be followed by practical exercises which will allow delegates to practice and demonstrate their emergency response skills, knowledge and understanding in the case of a helicopter emergency.

Delegates will be assessed against the learning outcomes specified in section B.5 using direct observation.

Training instructors must identify any gaps in delegate’s learning and make reasonable effort to address the gaps to help delegates meet the learning outcomes.

B.7 Duration and timing of the HUET

The optimum ‘contact time’ for this training is seen as 6 hours 40 minutes as indicated in the table below. Where this training is part of a programme of longer duration the total contact time per day must not exceed 8 hours and the total training day must not exceed 10 hours. The total training day includes contact time, refreshment and meal breaks and travel between training sites where applicable.

The course will require the trainer to explain aims, learning outcomes, timetable, assessment methods and training staff roles. The time taken for this is expected to be approximately 10 minutes, and this is in addition to the timings stated in the table below.

**Table of HUET Module/Element Timings**

<table>
<thead>
<tr>
<th>Module</th>
<th>Element</th>
<th>Expected (approximate) Duration (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>1.1 Helicopter travel</td>
<td>25</td>
</tr>
<tr>
<td></td>
<td>1.2 Helicopter emergencies (1.2.1 – 1.2.10)</td>
<td>40</td>
</tr>
<tr>
<td></td>
<td>1.2 Helicopter emergencies (1.2.11 – 1.2.30)</td>
<td>335</td>
</tr>
<tr>
<td></td>
<td>TOTAL</td>
<td>( 6 hrs 40 mins )</td>
</tr>
</tbody>
</table>
B.8 The HUET Training Programme

The training programme provided below is designed to help delegates achieve the stated learning outcomes specified in section B.5. The order in which elements of the training programme are delivered may vary. However, contents in Appendix 1 must be covered prior to course commencement.

To make efficient use of time and ensure effective learning there should, wherever practicable, be an integration of the three phases of explanation, demonstration and practise. Full use should be made of audio / visual aids and course handout material. Training staff should give practical demonstrations for all training activities which delegates are required to practice and demonstrate.

Prior to the start of the module, the following must be included as part of the introduction by training staff:

(a) **Aim** – The main purpose of the module
(b) **Learning Outcomes** – What the delegates are expected to learn
(c) **Timetable** – Training module duration and timing
(d) **Assessment** – how delegates will be assessed and what they will be assessed against
(e) **Staff** - who will be delivering the training and roles of training support staff.

The training course consists of the following **module** and **elements**:

**Module 1** Helicopter Safety and Escape
Element 1.1 Helicopter Travel
Element 1.2 Helicopter Emergencies
MODULE 1  Helicopter Safety and Escape

ELEMENT 1.1  Helicopter Travel

Training staff to explain:

1.1.1  Pre-flight briefings
1.1.2  The *procedures and requirements for pre-boarding, safe boarding, in-flight and safe disembarkation including:
   a)  Arrival time
   b)  Correct dress
   c)  Documentation
   d)  Prohibited articles
   e)  Check-in procedures
   f)  Safe boarding
   g)  Pre-flight video

*This is in addition to the information detailed during pre-flight briefings.

1.1.3  *Delegates must be made aware that they should ensure they familiarise themselves with the aviation transit suit they are expected to use before boarding a helicopter.

*Note: there are various types of aviation transit suits being used in the industry. And, although one type of aviation transit suit will be used in the training centre where the delegate is trained, it is important that the delegate is made aware that other types will be used in other regions/areas.

ELEMENT 1.2  Helicopter Emergencies

Training staff to explain:

1.2.1  Informing the crew of suspected or observed helicopter emergencies, to include:

(a)  Discovering a fire
(b)  Smoke
(c)  Fuel leaks
(d)  Abnormal conditions which the crew may not be aware of.
Element 1.2 Helicopter Emergencies: Continued

1.2.2   In-flight procedures to include:

(a) Don hood – ensure survival suit is zipped up
(b) Check seat belt is tight and lifejacket is secure
(c) Following crew instructions.

1.2.3   Aircraft basic flotation characteristics.
1.2.4   Aircraft escape routes for ditching and emergency landing.
1.2.5   Independent action.
1.2.6   Survival techniques following ditching and emergency landing.

Training staff to explain:

1.2.7   The principles of emergency breathing systems (EBS)
1.2.8   The duration of EBS
1.2.9   Flotation dynamics associated with EBS.
1.2.10  Use of the Personal Locator Beacon (PLB) - In areas where personal locator
        beacons are used offshore, a DVD covering their use is to be shown (no
        practical demonstration required).

Training staff to explain and demonstrate:

1.2.11  Donning a *aviation transit suit* (of a type typically used in the region/area of
        training) EBS equipment and an aviation lifejacket.
1.2.12  Actions in preparation for a helicopter ditching and emergency landing
        including brace positions for the range of seating locations and harness
        types.
1.2.13  Helicopter evacuation including:

(a) Locate
(b) Release (on-command)
(c) Evacuating through nominated exits and push-out windows: on-water,
    underwater and capsize.
(d) Impact attenuating seats, to include purpose and operation of seat, evacuation
    technique (demonstration not required, this will be achieved by the use of video
    or slides)

1.2.14  Emergency equipment onboard the helicopter, including stowage location of
        aviation liferaft, operation and entry.
1.2.15  Initial actions on boarding the aviation liferaft i.e. how to use mooring lines,
        deploying the sea anchor, raising the canopy and raft maintenance.
1.2.16  Use of aviation liferaft equipment and secondary actions on boarding the
        aviation liferaft, to include e.g. posting lookouts, activating the radio beacons
        and first aid (Note: Instructors do not need to demonstrate secondary
        actions)
Following explanations and demonstrations by training staff: delegates to **practise** and **demonstrate**:

1.2.17 Donning of an aviation transit suit, emergency breathing system (EBS) equipment and an aviation lifejacket.
1.2.18 Conducting integrity checks of the EBS equipment.
1.2.19 Deploying, operating and breathing from EBS equipment at atmospheric pressure in dry conditions.
1.2.20 Deploying, operating and breathing from the EBS in a pool utilising personal air (must experience positive and negative pressure created by body orientation in the water).
1.2.21 Actions to take in preparing for a helicopter ditching/emergency landing.
1.2.22 Following instruction from the crew, evacuation from a helicopter using a nominated exit, following a controlled emergency descent to a dry landing.
1.2.23 Dry evacuation, using a nominated exit, to an aviation liferaft from a helicopter ditched on water (including deployment of EBS equipment and, on instructions from aircrew, operation of a push out window), assisting others where possible and carrying out **initial** actions on boarding the aviation liferaft, to include: mooring lines, deploying the sea anchor, raising the canopy and raft maintenance.
1.2.24 Escaping through a window opening which is under water, from a partially submerged helicopter (without deploying EBS equipment or operation of a push out window).
1.2.25 Escaping through a window opening which is under water, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment but without operating a push out window).
1.2.26 Escaping through a window opening which is under water, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment and operating a push out window).
1.2.27 Escaping through a window opening which is under water, from a capsized helicopter (without deploying EBS equipment or operating a push out window).
1.2.28 Escaping through a window opening which is under water, from a capsized helicopter (*deploying and operating EBS equipment on surface prior to capsize but without operating a push out window).
1.2.29 Escape, through a window opening which is under water, from a capsized helicopter (*deploying and operating the EBS equipment on surface prior to capsize and operating a push out window).
1.2.30 Inflation of an aviation lifejacket, deployment of a spray visor and boarding of an aviation liferaft from the water.

*All delegates must deploy and operate the EBS and should be encouraged to breathe from the EBS throughout the capsize exercises.*

**Note:** Although push-out windows are to be fitted for the final capsize exercise, the ability of the delegate to push out the windows will be assessed during the partial submersion exercise.
SECTION C  Further Offshore Emergency Training

C.1  Target group for the FOET

This programme is designed to meet the further offshore safety and emergency response training requirements for personnel working in the offshore oil and gas industry.

C.2  Delegate pre-requisites for the FOET

The FOET is open to persons who have a valid (in-date) OPITO-approved BOSIET or TBOSIET, or FOET or TFOET certificate.

Training providers must provide evidence that the pre-requisite requirements were met by the delegates, if requested by OPITO.
C.3 Physical and stressful demands of the FOET

Training and/or assessment activities contained within this Standard may include physically demanding and potentially stressful elements. All personnel who participate in such activities must be physically and mentally capable of participating fully.

Therefore OPITO-approved training centres are required, as a minimum, to ensure that prior to participating in practical exercises the delegate either:

   a) Possess a valid, current offshore medical certificate or
   b) Possess an operator approved medical certificate, or
   c) Undergoes medical screening by completing an appropriate medical screening form provided by the OPITO-approved centre (a list of medical conditions which could be included in a medical screening form is available from OPITO).

The OPITO-approved Centre shall keep a record of the delegate’s/candidate’s declaration of fitness in accordance with their document control policy(s) or procedures.

This information, along with summary details of the type of physical activities the delegate/candidate will be asked to perform, will be given to delegates/candidates by the OPITO-approved Centre and, if applicable, to their sponsoring company as part of the joining instructions. 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 delegate/candidate and/or company sponsoring the delegate.

Where doubt exists regarding the fitness of any delegate/candidate, the OPITO-approved Centre should direct the individual to consult a medical officer familiar with the nature and extent of the training.

Note: Practical exercises should be designed and delivered solely to meet this standard, and must not place on the delegates any physical or mental demands other than those required to meet the Standard.
C.4 Aims and objectives of the FOET

The aim of the FOET is to provide the delegates with the opportunity to practise and demonstrate emergency response skills which are not possible to practise during drills, exercises and emergency training offshore.

The objectives of the FOET are that delegates will be able to:

(a) Demonstrate, in a simulated environment, that they can use the safety equipment and follow procedures in preparing for and during helicopter emergencies – with particular focus on escaping from a helicopter following ditching.

(b) Demonstrate that they can use basic firefighting equipment effectively, and use self-rescue techniques in low visibility and completely obscured visibility situations e.g. smoke filled areas.

(c) Demonstrate that they can perform basic first aid.
C.5 Learning outcomes of the FOET

The Delegate's learning outcomes for each module are set out below:

MODULE 5 Helicopter Safety and Escape

To successfully complete this module, delegates must be able to demonstrate:

1. Donning an aviation transit suit, aviation lifejacket and emergency breathing system equipment (EBS) and conducting EBS integrity checks.
2. Deploying, operating and breathing from EBS at atmospheric conditions.
3. Deploying, operating and breathing from EBS in a pool utilising personal air prior to HUET exercises (delegate to experience positive and negative pressure created by the body orientation in water).
4. Actions to take in preparing for a helicopter ditching/emergency landing.
5. Actions following a controlled ditching on water (including deploying EBS and, on instructions from aircrew, operation of a push out window) and evacuate through a nominated exit to an aviation liferaft.
6. Assist others where possible in carrying out initial actions on boarding the aviation liferaft, to include mooring lines, deploying the sea anchor, raising the canopy and raft maintenance.
7. Escape through a window opening which is underwater from a partially submerged helicopter (deploying, operating and breathing from the EBS but without operation of a push out window).
8. Escape through a window opening which is underwater from a partially submerged helicopter (deploying, operating and breathing from the EBS and operation of a push out window).
9. Escape through a window opening which is underwater from a capsized helicopter (deploying and operating the EBS on the surface prior to capsize and operating 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.

*All delegates must deploy and operate the EBS and should be encouraged to breathe from the EBS throughout the capsize exercise.

Note: Some manufacturers have integrated the EBS equipment into the life jacket or transit suit.
C.5 Learning Outcomes: Continued

**MODULE 6 Firefighting and Self Rescue**

To successfully complete this module, delegates must be able to **demonstrate**:

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 from areas where visibility is reduced due to smoke.
3. Self-rescue techniques with a smoke hood from areas where visibility is completely obscured.
4. Small group escape techniques with a smoke hood from areas where visibility is completely obscured.

**MODULE 7 Emergency First Aid**

To successfully complete this module, delegates must be able to **demonstrate**:

1. Raising the alarm
2. Immediate first aid actions, to include: **ABC**
C.6 Delegate Performance Assessment of the FOET

Delegates will be assessed against the learning outcomes specified in C.5 using direct observation.

C.7 Duration and timing of the FOET

The optimum ‘contact time’ for this training is seen as 8 hours.

Where this training is part of a programme of longer duration the total contact time per day must not exceed 8 hours and the total training day must not exceed 10 hours. The total training day includes contact time, refreshment and meal breaks and travel between training sites where applicable.

Table of FOET Module/Element Timings

<table>
<thead>
<tr>
<th>Module</th>
<th>Element</th>
<th>Expected (approximate) Duration (minutes)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Introduction C.8</td>
<td>Aim, learning outcomes, timetable, assessment methods and training staff roles</td>
<td>10</td>
</tr>
<tr>
<td>5 Helicopter Safety and Escape</td>
<td>5.1 Helicopter safety and escape techniques</td>
<td>255</td>
</tr>
<tr>
<td>6 Firefighting and self-rescue</td>
<td>6.1 Firefighting and self-rescue techniques</td>
<td>155</td>
</tr>
<tr>
<td>7 Emergency First Aid 7.1</td>
<td>Emergency first aid techniques</td>
<td>60</td>
</tr>
<tr>
<td>Total</td>
<td></td>
<td>480 mins (8hrs 0mins)</td>
</tr>
</tbody>
</table>
C.8 The FOET Training Programme

The training programme outlined below will assist the delegates to meet the stated learning outcomes. The order in which elements of the training programme are delivered may vary. However, contents in Appendix 1 must be covered prior to course commencement.

To make efficient use of time and ensure effective learning there should, wherever practicable, be an integration of the three phases of explanation, demonstration and practise. Full use should be made of visual / audio visual aids and course handout material.

Each module must be introduced by the training staff, and include:

(a) **Aim** – The main purpose of the module
(b) **Learning Outcomes** – What the delegates are expected to learn
(c) **Timetable** – Training modules duration and timing
(d) **Assessment** – how delegates will be assessed and what they will be assessed against
(e) **Staff** - who will be delivering the training and roles of training support staff

The FOET Training course consists of the following modules and elements:

**Module 5** Helicopter Safety and Escape  
Element 5.1 Helicopter safety and escape techniques

**Module 6** Firefighting and Self Rescue  
Element 6.1 Basic firefighting and self-rescue techniques

**Module 7** Emergency First Aid  
Element 7.1 Emergency first aid techniques
MODULE 5    Helicopter Safety and Escape

ELEMENT 5.1    Helicopter Safety and Escape techniques

Training staff to explain:

5.1.1    The principles of emergency breathing system equipment.
5.1.2    The duration of emergency breathing systems.
5.1.3    Flotation dynamics associated with emergency breathing system equipment.
5.1.4    Use of the Personal Locator Beacon (PLB) – In areas where personal locator beacons are used offshore, a DVD covering their use is to be shown (no practical demonstration required).

Training staff to explain and demonstrate:

5.1.5    Donning and operation of Emergency Breathing System (EBS).
5.1.6    Actions in preparation for a helicopter ditching and emergency landing including brace positions for the range of seating locations and harness types.

Following explanations and demonstrations by training staff: delegates to practise and demonstrate:

5.1.7    Donning an aviation transit suit, aviation lifejacket and emergency breathing system (EBS) equipment.
5.1.8    Conducting integrity checks of the EBS equipment.
5.1.9    Deploying operating and breathing from the EBS equipment at atmospheric pressure in dry conditions.
5.1.10   Deploying operating and breathing from the EBS in a pool utilising personal air (delegate must experience positive and negative pressure created by body orientation in the water).
5.1.11   Actions to take in preparation for a helicopter ditching.
5.1.12   Deploying EBS equipment, operating a push out window (on instruction from aircrew) and carrying out a dry evacuation via a nominated emergency exit to an aviation liferaft from a helicopter ditched on water.
5.1.13   Assisting others where possible and carrying out initial actions, to include mooring lines, deploying the sea anchor, raising the canopy and raft maintenance) and secondary actions, to include posting lookouts, activating the radio beacons and first aid equipment, on boarding the aviation liferaft (Note: Secondary actions require only an explanation by instructors i.e. there is no requirement to practice and demonstrate)
5.1.14   Escape, through a window opening which is under water, from a partially submerged helicopter (deploying, operating and breathing from the EBS equipment but without operating a push out window).
5.1.15   Escape, through a window opening which is under water from a partially submerged helicopter (deploying, operating and breathing from the EBS equipment and operating a push out window).
Element 5.1 Helicopter Safety and Escape Techniques: Continued.

5.1.16 Escape, through a window opening which is under water, from a capsized helicopter (*deploying and operating the EBS equipment on surface prior to capsize and operating a push out window), inflating a lifejacket, deploying the spray visor and carrying out in-water procedures (including individual and group survival techniques) – swimming, HELP, towing, chain, huddle and circle.

5.1.17 Boarding of an aviation liferaft from the water.
5.1.18 Being rescued by one of the recognised methods available offshore.

NOTES Module 5:

*All delegates must deploy and operate the EBS and should be encouraged to breath from the EBS throughout the capsize exercise.

Note: Although push-out windows are to be fitted for the final capsize exercise, the ability of the delegate to push out the windows will be assessed during the partial submersion exercise.
MODULE 6  
Firefighting and Self Rescue

ELEMENT 6.1  
Basic Firefighting and Self-Rescue Techniques

Following explanations and demonstration by training staff: delegates to practise and demonstrate:

6.1.1  Raising the alarm on discovery of a fire
6.1.2  The operation of hand held portable fire extinguishers in extinguishing Class A or Class B fires. (see Note 2 below)
6.1.3  Self-rescue techniques with a smoke hood from areas where visibility is reduced due to smoke
6.1.4  Self-rescue techniques with a smoke hood from areas where visibility is completely obscured*
6.1.5  Small group escape techniques with a smoke hood from areas where visibility is completely obscured*

*This may be achieved by conducting exercises in darkness or by using “blacked out” smoke hoods.
Note: Smoke hoods to be used in cosmetic smoke only.

NOTES Module 6:

(1)  The OPITO standard will be satisfied when each delegate practises the operation and use of each of the following types of fire extinguisher:
    (a)  Water or foam
    (b)  CO₂
    (c)  Dry chemical

(2)  Although class A and B fuels must be used for demonstration fires by staff, LPG simulation may be used for delegate practise exercises.

(3)  Although not a requirement of the standard, delegates should be given the opportunity to operate a small bore hose reel and/or fire blanket if sufficient time is available.
MODULE 7 Emergency First Aid

ELEMENT 7.1 Emergency First Aid Techniques

Note: The delivery of this module should concentrate on enhancing the learning gained during the previous BOSIET/FOET.

Training staff to explain:

7.1.1 First aid arrangements
7.1.2 Types of injuries, to include:
   
   (a) Bleeding
   (b) Burns
   (c) Chemical contact

7.1.3 Prioritising Actions
7.1.4 Immediate first aid actions prior to the arrival of the medic/first-aider, to include:

   a) Assessing the situation – do not put yourself (or others) in danger.
   b) Making the area safe.
   c) Assess all casualties and attend to any unconscious casualties.
   d) Send for help as soon as possible.

Training staff to explain and demonstrate:

7.1.5 Raising the alarm.
7.1.6 Checking Airways, Breathing and CPR (ABC).
7.1.7 Putting casualty in the recovery position.

Delegates to practise and demonstrate:

7.1.8 Raising the alarm.
7.1.9 Assessing the situation.
7.1.10 Checking area is safe.
7.1.11 ABC.
SECTION D  Resources for the BOSIET, HUET and FOET

In order that a training programme may be delivered successfully it is essential that appropriately qualified and experienced people are there to deliver and support the programme and that the appropriate facilities and equipment are in place.

D.1  Staff

Training staff must be:

(a) Trained in instructional/lecture techniques and/or have proven instructing /teaching experience.
(b) OPITO Centres must have an auditible training programme in place to ensure instructors keep up-to-date with relevant current offshore practices and changes. The programme must include at least two of the following: visits to offshore fixed or mobile installations, visits to heliports, visits to dry-docked rigs and meetings with relevant personnel in offshore oil and gas companies.

Assessors will be discipline experts trained and qualified in assessment techniques.

A qualified first aid person must be in attendance during all practical emergency breathing systems (EBS) training.

Training staff involved in HUET diving support operations will be trained using the OPITO-training programme entitled: ‘HUET Diver’.

All staff will have the appropriate competencies to conduct/assist with the element of training being undertaken.
## D.2 Trainer/Delegate Ratio

1. The ratio shown for theory sessions indicates the maximum number of delegates attending the course.

2. Other ratios indicate the maximum number of delegates to be supervised by an instructor at any one time during each activity.

<table>
<thead>
<tr>
<th>Unit</th>
<th>Session</th>
<th>Ratio</th>
</tr>
</thead>
<tbody>
<tr>
<td>Safety Induction</td>
<td>Theory</td>
<td>1: 16</td>
</tr>
<tr>
<td>Helicopter Escape</td>
<td>Theory</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>Theory &amp; Demonstration</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>Dry Helicopter Escape Trainer</td>
<td>1: 8</td>
</tr>
<tr>
<td></td>
<td>Emergency breathing system equipment</td>
<td>1: 4</td>
</tr>
<tr>
<td></td>
<td>familiarisation training (in pool)</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Helicopter Underwater Escape Trainer (HUET)</td>
<td>1: 4 As a minimum requirement: one instructor to be nominated pool supervisor, one instructor in the HUET plus two HUET (safety) divers. Max. 4 delegates in trainer.</td>
</tr>
<tr>
<td>Sea Survival</td>
<td>Theory</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>TEMPSC (per craft)</td>
<td>1: 8</td>
</tr>
<tr>
<td></td>
<td>Theory &amp; Demonstration</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Lowering and Release</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>In-Water</td>
<td>1: 8 One instructor to be nominated pool supervisor plus a minimum of 2 staff appropriately dressed for response to any in-water emergency.</td>
</tr>
<tr>
<td></td>
<td>Emergency first aid theory</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>Supervision of ABC practical</td>
<td>1: 4</td>
</tr>
<tr>
<td>Firefighting &amp; Self-Rescue</td>
<td>Theory</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>Extinguishers</td>
<td>1: 16</td>
</tr>
<tr>
<td></td>
<td>Theory &amp; Demonstration</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Practical Extinguishers</td>
<td>1: 4</td>
</tr>
<tr>
<td>Practical Self-Rescue</td>
<td>Group escape exercise</td>
<td>1: 4</td>
</tr>
<tr>
<td></td>
<td>Self-rescue in cosmetic smoke</td>
<td>1: 4</td>
</tr>
</tbody>
</table>
D.3 Facilities

It is important that the full range of facilities are made available at the training centre to ensure delegates get the most out of their training. The following facilities criteria must be adhered to:

**Administration arrangements** appropriate for enrolment and certification of delegates and all aspects of the delivery of training in accordance with this standard.

**Theory training area(s)** so designed to enable each delegate to view, hear and participate fully in the subject matter being taught.

**Practical training areas** so designed to enable each delegate to individually, or as part of a team, to view, hear and practise the following:

1. Dry evacuation into an aviation liferaft on water from a helicopter trainer.
2. Escape from a partially submerged helicopter trainer through an exit which is under water and use of emergency breathing system equipment.
3. Escape from a capsized helicopter trainer and use of a lifejacket.
4. Evacuate from a helicopter trainer following an emergency dry landing.
5. Operation of emergency exits and push-out windows of a type currently found on helicopters operating offshore.
6. Donning of an aviation transit suit, aviation lifejacket and emergency breathing system equipment.
7. Operation of an aviation liferaft.
8. Operation and use of emergency breathing system during pool exercises.
9. Deployment of emergency breathing system equipment during helicopter evacuation and escape training.
10. The donning of a permanent buoyancy life jacket.
11. The use of a helicopter lifting strop and winching to a simulated rescue aircraft.
12. The boarding of a marine life raft from the water
13. In-water procedures, including individual and group survival technique, followed by rescue by one of the recognised methods available offshore.
14. Mustering, boarding and strapping in as a TEMPSC passenger (the craft then to be lowered into water to float and be released).
15. The use of portable fire extinguishers on a range of fires of surface area 0.1 m² to 1.1 m² against the following:
   a) Class A fire
   b) Class B contained spill.
16. The donning and wearing of a smoke hood in an area which can be smoke logged using cosmetic smoke.
17. Dedicated concreted area with adequate drainage to allow the delivery of all firefighting exercises for 16 delegates, instructors and support staff.
First Aid Facilities
Appropriate first aid facilities and equipment as specified in the training centre’s risk assessments, and sufficient staff, trained in the use of the facilities and equipment.

Facilities Notes:

A fresh water pool with appropriate water treatment facilities is required for conducting all HUET and in-water exercises.

All facilities must be maintained and where appropriate, inspected and tested in accordance with current standards/legislation and manufacturers recommendations. Risk assessments must be conducted and documented for all training facilities and equipment.
D.4 Equipment

The following equipment, of a type in use regionally on offshore oil and gas installations and helicopters involved in offshore operations, is required to meet the needs of the training programme.

1. Aviation and marine lifejackets
2. Cosmetic smoke generator
3. Emergency Breathing System (EBS) Equipment or life jackets/ transit suits with integrated EBS.
4. Fire blanket
5. First Aid Equipment
6. Fuels and props (Class A & B fires)
7. Helicopter rescue strops
8. Helicopter Underwater Escape Trainer(s) c/w removable exits
9. Hose reel
10. Health & safety figures on accident statistics
11. Installation emergency organisation chart (examples)
12. Location aids suitable for training purposes (e.g. dummy radio beacons and pyrotechnics)
13. Mannequins and cleaning equipment
14. Marine liferaft and ancillary equipment
15. Permit to Work (examples)
16. Personal Protective Equipment (PPE)
17. Portable Extinguishers – water/foam, CO2 and dry chemical
18. Rescue equipment
19. Aviation liferaft and ancillary equipment
20. Smoke hoods
21. Products on task-based risk assessment, lifting and mechanical handling, PRiS, and Permit to Work
22. STOP/START/TOFFS information
23. Marine survival suit (also known as immersion suit or abandonment suit). This suit is insulated.
24. An aviation transit suit: to include actual transit suits used in region/area for helicopter transfers
25. Pool training suits
26. TEMPS and ancillary equipment
27. One actual Tertiary Escape System and video/slide presentation of others
28. Torches
29. Video – Pyrotechnics
30. Video - Hypothermia
31. Winch for use during simulated helicopter rescue
32. Sufficient diving equipment for HUET safety divers
33. PLB Video – where applicable
D.4 Equipment: Continued.

**Note:** Particular attention must be paid to the hygienic maintenance of EBS equipment including random sampling third party microbiology testing. EBS units must be individually numbered to facilitate traceability.

**Aviation Transit Suits**

1. Aviation transit suits for demonstration purposes must be of a type typically used in the region/area of operations.
2. Suits used throughout pool exercises (pool training suits) do not have to be of a type specified in the item above; they must however, as a minimum, conform to the following:
   a) Be water-tight
   b) Have a zip configuration for entry into the suit
   c) Have latex or neoprene wrist and neck seals.

**Emergency Breathing System**

Note: Compressed air cylinders are not to be used during the EBS training.

**TEMPSC Requirements**

(a) Davit arrangement, complete with rubber buffers to enable delegates to enter the TEMPSC without it moving.
(b) Centrifugal brake arrangement to enable the TEMPSC to be lowered without power; activation of this system is undertaken from within the TEMPSC by the coxswain/instructor.
(c) Electric winch for hoisting, complete with limit switches to prevent Davit/TEMPSC damage.

**TEMPSC Lowering Range**

**Bund wall and pool training areas:**
Minimum Keel-to-water height is two meters
Maximum Keel-to-water height is three meters

**Tidal areas**
The TEMPSC lowering height to be a maximum of three metres above the highest recorded tidal mark.

**Note:** In both cases the water into which the TEMPSC is lowered must be a sufficient depth to enable the TEMPSC to float and to allow the hook(s) to open and allow release of the TEMPSC.
HUET Requirements

Helicopter Underwater Escape Trainers (HUETs) used for OPITO training must meet the following criteria.

The HUET Trainer:

(a) Must have at least four seats for delegates and sufficient space for minimum of one instructor
(b) Must have a push-out window exit available for each delegate.
(c) Must have push-out window exits of a similar size to those found on the common offshore helicopters.
(d) Must be able to be lowered on to the surface of the water and then subsequently lowered below the water in an upright position.
(e) Structure (with the seats) must be able to rotate a minimum of 180° in a controlled fashion.
(f) Must have a means of stopping the rotation in an emergency i.e. a brake.
(g) Must have the capability of being rapidly retrieved to the surface in an emergency and if necessary to the side of the pool with the delegates inside.
(h) Must have realistic seating arrangement as found in offshore helicopters, and include seatbelt/harness fastenings and a system for releasing delegates in an emergency should the buckle fail to open.
(i) Must have a nominated exit (hinged, sliding or jettisonable) with the operating mechanism of a type similar to that found on offshore helicopters.

Note: One HUET can be used for both wet and dry exercises. Alternatively, two helicopter trainers can be used.

All equipment must be maintained, and where appropriate, inspected and tested in accordance with current standards/legislation, guidance and manufacturers recommendations.
SECTION E  Administration and Certification

E.1  Joining Instructions

All joining instructions must contain information which indicates that certain aspects of the course are of a physical nature and contain potentially stressful elements.

Prior to each course commencing, delegates must sign a declaration indicating they have read and understood a written statement regarding the physical and potentially stressful nature of the programme, and the need for delegates to be in good health.

E.2  Periodicity

The maximum interval between the successful completion of BOSIET training and subsequent completion of FOET training is 4 years. The HUET certificate is valid for 4 years.

Note: Some individual companies require re-validation at intervals more frequent than that required by OPITO; in these instances it will be acceptable for training providers to omit or modify the expiry date to avoid confusion. However the validity period will remain as set by OPITO with regard to the central register and the industry as a whole.

E.3  Certification

Training Centres are responsible for issuing a certificate direct to the delegate completing the programme and to the sponsoring company (when required). Each certificate must indicate that the delegate has been assessed against and met the learning outcomes and must contain the following:

(a)  Training Centre name
(b)  Full OPITO course title stating that it is OPITO-approved
(c)  OPITO registration code
(d)  Delegate’s name
(e)  Course dates
(f)  Expiry date (Four years minus one day following the date that the delegate successfully completes the course)
(g)  Unique Certificate Number (UCN) – Refer to OPITO UCN Guidance doc. for details
(h)  Training Centre Signatory.
E.4 Course Administration

Each delegate attending any OPITO-approved programme must be registered with the Central Register (CR) operated by OPITO. Registration must be made by the training centre to OPITO within one week following the course.

OPITO confirms that information on the registration form will be contained in a computerised register which will be available to employers, prospective employers and training providers in the oil and gas industry to verify training records. At all times, use of this data will be strictly in accordance with principles laid down in data protection legislation.
## Glossary of Terms and Abbreviations

<table>
<thead>
<tr>
<th>Abbreviation</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>ABC</td>
<td>Airway Breathing &amp; CPR</td>
</tr>
<tr>
<td>ALARP</td>
<td>As low as reasonably practicable</td>
</tr>
<tr>
<td>BOSIET</td>
<td>Basic Offshore Safety Induction &amp; Emergency Training</td>
</tr>
<tr>
<td>BOP</td>
<td>Blowout Preventer</td>
</tr>
<tr>
<td>CO2</td>
<td>Carbon Dioxide</td>
</tr>
<tr>
<td>CPR</td>
<td>Cardiopulmonary Resuscitation</td>
</tr>
<tr>
<td>CR</td>
<td>Central Register</td>
</tr>
<tr>
<td>EBS</td>
<td>Emergency Breathing System</td>
</tr>
<tr>
<td>FPSO</td>
<td>Floating Production Storage and Offloading</td>
</tr>
<tr>
<td>FOET</td>
<td>Further Offshore Emergency Training</td>
</tr>
<tr>
<td>FRC</td>
<td>Fast Rescue Craft</td>
</tr>
<tr>
<td>HELP</td>
<td>Heat Escape Lessening Position</td>
</tr>
<tr>
<td>HUET</td>
<td>Helicopter Underwater Escape Trainer</td>
</tr>
<tr>
<td>H2S</td>
<td>Hydrogen Sulphide</td>
</tr>
<tr>
<td>LPG</td>
<td>Liquid petroleum gas</td>
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<tr>
<td>MRRD</td>
<td>Mechanical Rescue and Recovery Device</td>
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<tr>
<td>MSDS</td>
<td>Material Safety Data Sheet</td>
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<tr>
<td>OIM</td>
<td>Offshore Installation Manager</td>
</tr>
<tr>
<td>POB</td>
<td>Personnel on Board</td>
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<tr>
<td>PRFS</td>
<td>Personal Responsibility for Safety</td>
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<tr>
<td>PPE</td>
<td>Personal Protective Equipment</td>
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<tr>
<td>PTW</td>
<td>Permit to Work</td>
</tr>
<tr>
<td>SMS</td>
<td>Safety Management System</td>
</tr>
<tr>
<td>TEMPSC</td>
<td>Totally Enclosed Motor Propelled Survival Craft</td>
</tr>
<tr>
<td>TOFS</td>
<td>Time Out for Safety</td>
</tr>
</tbody>
</table>
Appendix 1 OPITO Information

The topics listed below are to be delivered as part of the introduction to this course and included in the lesson plans/instructor guides/exercise plans. Additional introduction topics may include training centre layout and alarms, emergency actions, first aid and domestic arrangements

Mandatory OPITO Information:

  a) Medical Fitness
  b) Certification Periods
  c) CR/Vantage (provided by OPITO)
  d) OPITO Customer Service Statement (provided by OPITO)
  e) The roles of employers and training providers (provided by OPITO)
  f) What is OPITO’s role in industry? (provided by OPITO)
  g) Current Global Network of training providers (provided by OPITO)
  h) Emergency Response Framework (provided by OPITO – applicable for ER Training Providers)
  i) OPITO DVD (BOSIET/TBOSIET only) provided by OPITO