

The physical demands of sea survival training

THE PHYSICAL DEMANDS OF SEA SURVIVAL TRAINING

First edition

October 2016

Published by

The Energy Institute, London

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Registered charity number 1097899

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The EI gratefully acknowledges the financial contributions towards the scientific and technical programme from the following companies

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ISBN 978 0 85293 930 7

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ACKNOWLEDGEMENTS

The EI would like to acknowledge the significant work and effort undertaken by the project team and authors of the Extreme Environments Laboratory in the Department of Sport and Exercise Science, University of Portsmouth, and express its appreciation of that work. In particular, the EI wishes to thank Dr Gemma Milligan and Professor Michael Tipton.

The EI and the University of Portsmouth wish to acknowledge the highly professional support of FALCK Safety Services for providing the facilities and SME used to complete this project.

This report was commissioned by the EI's Health Technical Committee (HTC). The EI would also like to acknowledge the contributions of the HTC in steering this project to completion. The membership of the Committee includes representatives from the following companies/organisations:

Abermed/International SOS
AMEC
BP
Centrica
Chevron
Conoco Phillips
EDF
Exxon Mobile
HSE
Iqarus
Maersk Oil
Oil & Gas UK
Shell
Statoil
University of Portsmouth

The authors would further like to thank the following people and employees for their assistance with this project:

Joe Bottomley and Colin Higgins from Fleetwood Nautical Campus, UK; Yann CHAUTY from Centre for the study and Practice of Survival, Lorient, France; Mike Gillespie from OMTTC Offshore and Maritime Training, Willetton, Australia; Andy Goddard from Andark Diving and Watersports, UK; Abdul Khalique from Maritime and Offshore Safety, UK; Wilna Kapp from Cape Peninsula University of Technology, South Africa; Vaughan Marsh and Steen Ingersley from Sail Cruising and shorebased, Royal Yachting Association, UK; John McMillan from McMillan Offshore Survival Training, USA; Michael Prater-Cockayne from Maersk Training Aberdeen Ltd, UK; Mike Raby from Petrofac Training Services, UK; Perry Simpson from RNLI COLLEGE, UK; Hilmar Snorasson from International Association for Safety and Survival Training (IASST), Iceland; Henk Spanjer from Maritime Institute Willem Barentsz, The Netherlands; Michael Taber from Survival Systems Integrated Services Nova Scotia, Newfoundland and Labrador, Canada; Simon Varley from Falck Safety Systems, UK; Paul-Henry Vimbert. CESAME training manager, France; Dr Heather Lunt, Dr Jim House and Mr Geoff Long all from University of Portsmouth, UK.

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1 INTRODUCTION

1.1 BACKGROUND

This report describes a project that was undertaken in two parts. The first part of this project was a brief review of the sea survival training undertaken internationally with the aims of identifying the most physically demanding tasks associated with sea survival training and the pass/fail rates on such courses (Annex A). The second part quantified the physical demands of the key essential tasks of sea survival training.

1.2 THE PHYSICAL DEMANDS OF SEA SURVIVAL TRAINING

The most commonly reported demanding tasks associated with sea survival training were identified as:

- Entering a liferaft from the water (see 3.2).
- Climbing on a liferaft to right it from the water (see 3.3).
- Climbing on an embarkation ladder to get out of the water (see 3.4).
- Swimming in a survival suit and lifejacket (see 3.5).
- Entering the water from height (see 3.6).
- Helicopter underwater escape training (HUET) and Emergency Breathing System (EBS) training (see 3.7).