



Bord Iascaigh Mhara  
Irish Sea Fisheries Board

# Careers at Sea



## A Guide to Training QQI Safety and Health at Work 5N1794



# WAVING OR DROWNING?

**LIVE TO TELL THE TALE.**  
**ALWAYS WEAR YOUR LIFEJACKET.**



No good fisherman plans to end up in the water. Wearing the new GPS-enabled lifejacket means you can be found - and found alive - the day things don't go to plan. It's the difference between being lost or found.

## The Fishing Vessel (Basic Safety Training) Regulations, 2001

(S.I. 587 of 2001) require all fishing vessel personnel to undergo Basic Safety Training. This training consists of Personal Survival Techniques, Elementary First Aid and Fire Prevention and Safety Awareness. This is the minimum training required for anyone to enable them work safely in the fishing industry. Everyone who successfully completes Basic Safety Training is supplied with a BIM Safety Card.

### BIM Basic Safety Card:

- Personal Survival Techniques (PST)
- Elementary First Aid (EFA)
- Fire Prevention and Safety Awareness (FP & SA)

Please note that candidates with PST and EFA STCW-95 certificates are eligible to apply for a BIM Safety Card provided they complete FP & SA with BIM. There is a charge for this service.

### Personal Survival Techniques (PST)

- General principles of survival at sea
- Use of Personal Flotation Devices (PFDs)
- Function of the Irish Coast Guard
- Liferaft drills and muster lists
- Use of pyrotechnics and Personal Locator Beacons (PLBs)
- Hypothermia

An STCW-95 certificate approved by the Department of Transport, Tourism and Sport (DTTAS) is issued on successful completion of this course.

### Elementary First Aid On-board Ship

- Principles of First Aid
- Ambulance and rescue services including MEDICO (Cork)
- The recovery position and Airway, Breathing and Circulation (ABC)
- Bleeding and Shock
- Bandages and Wounds
- Bleeding and Shock
- Burns and Scalds
- Electric shock and smoke inhalation

An STCW-95 certificate approved by the Department of Transport, Tourism and Sport (DTTAS) is issued on successful completion of this course.

## Fire Prevention and Safety Awareness

- Concept of the fire triangle
- Properties of flammable materials and ignition
- Location, type and use of fire extinguishers
- Smoke detection and escape routes
- Safety statement and employer and employee responsibilities
- Safe Working Load (SWL) and regulations
- Ergonomics and fishing vessel layout and stability

Please note that the International Maritime Organisation (IMO) recommends that safety training be re-validated every five years.

## Manual Handling of Loads

BIM instructors are QQI Level 6 accredited trainers and this training is provided to meet the requirements of the Safety, Health and Welfare at Work (General Applications) Regulations 2007. The objective is to increase awareness of safe manual handling and to minimise the risk of occupational injury while carrying out manual handling tasks in the workplace. It will cover training appropriate for seafood industry workers and will identify the skills and techniques involved in safe lifting, putting down, pushing, pulling, carrying or, moving a load.

- Legal requirements
- Anatomy of the spine, structure and functions and the effects of poor handling
- Correct manual lifting procedure for handling different types of loads
- Techniques of Manual Handling and eight principles of safe lifting
- Correct procedure for pushing and pulling
- Safe manual handling practical exercises
- Injury prevention, exercise, diet, rest and sleep.

## QQI Occupational First Aid 5N1207 Level 5 (3 days)

This course provides the necessary skills to administer effective first aid in the workplace. It is geared to workers in the seafood industry and includes:

- Accident procedure and the responsibilities of the first aider
- Examining the casualty and the recovery position
- CPR and AED training
- Shock, fainting and unconsciousness
- Fractures, sprains and dislocations
- The circulation system, bleeding and bandaging
- Burns, scalds and treatment of eye injuries
- First Aid kits, practical assessment

This certificate is valid for two years and thereafter a one day re-certification course is required.

## QQI Occupational First Aid Level 5 re-certification (1 day)

This course ensures that first aiders keep up to date with their knowledge and practical skills where they may be only intermittently used. This allows for an update in Occupational First Aid approaches, changes in legislation and relevant guidance.

## Medical First Aid in accordance with STCW-95 Code A-VI/4-1

This course is a requirement for Certificates of Competency (Fishing Vessels). These course enables first aiders apply immediate first aid in the event of an accident or illness on board. The course includes the following:

- First Aid kit
- Body structure and functions
- Toxicological hazards on board, including use of the Medical First Aid Guide for Use in Accidents Involving Dangerous Goods (MFAG) or it's national equivalent
- Examination of casualty or patient, spinal injuries
- Burns, scalds and the effects of heat and cold
- Fractures, dislocations and muscular injuries
- Medical care of rescued persons
- Radio medical advice
- Pharmacology and sterilization
- Cardiac arrest, drowning and asphyxia

A Department of Transport, Tourism and Sport (DTTAS) approved certificate is issued which is valid for 5 years.

## QQI Safety and Health at Work 5N1749

This new award specification under the Common Awards System ([www.QQI.ie/cas](http://www.QQI.ie/cas)) offers fishers, fish farmers and seafood processors opportunities to progress and diversify into other fields of activity and take new employment opportunities in marine tourism and retail. The purpose of this award is to equip the learner with the knowledge, skill and competence to promote and maintain safety and health in the work environment. This training course will include:

- The duties of employers and employees under current legislation
- The role of the Irish Health and Safety Authority ([www.hsa.ie](http://www.hsa.ie))
- The elements of risk assessment and the functions of a Safety Statement
- Interpret a range of safety signs in the workplace
- The importance of using appropriate Personal Protective Equipment (PPE) and the principles and procedures of good housekeeping
- Investigate risk factors in relation to health and safety to include hazards, work environments, work practices, effects of medication, drink and drugs
- Examine the control and associated risks of a range of health and safety issues to include noise, sound, fumes, dust or any specific work issue
- Outline risk factors in relation to health to include stress, lifestyle, diet, illness and the role of diet in the promotion of good health.



# Careers at Sea

## A Guide to Training

## QQI Safety and

## Health at Work 5N1794

### Who to contact at BIM

#### **Fisheries Development and Training Division**

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#### **Coastal Training Unit No. 1:**

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#### **Coastal Training Unit No. 2:**

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#### **National Fisheries College of Ireland (NFCI)**

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