

02 - Personal Safety

Competence (Skills)	Knowledge, Understanding and Proficiency	Level Required		Methods for Demonstrating Competence (Qualification Standard)	Criteria for Evaluating Competence (Performance Standard)
		Coxswain Captain	Crew		
Personal Protection Equipment	<ul style="list-style-type: none"> • Use appropriate personal flotation device (PFD) • Use appropriate hypothermia protective clothing • Use appropriate headgear • Exhibit good water survival skills • Use of a rescue or survival raft <p>Knowledge of:</p> <ul style="list-style-type: none"> • principles of keeping warm; • proper care and maintenance of flotation devices and dry suits 	X	X		
Health, safety & security	Safe working practice and safety culture	X	X	<ul style="list-style-type: none"> • Understand the necessity for keeping the vessel shipshape • Know the hazards within the marine workplace • Precautions necessary when working aloft • Precautions to be taken when entering confined spaces 	

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	<p>Create and maintain a safe and secure working environment</p> <p>Conduct operations consistent with CCGA safety procedures and policy</p> <p>Manage operational safety & health issues</p>			<ul style="list-style-type: none"> Know the standard procedures for safe refueling operations Safety in towing (distress assistance) Carbon Monoxide poisoning <p>Describe the objectives of the CCGA Safety Management System</p> <p>Perform Emergency Drills</p> <ul style="list-style-type: none"> Describe the Reporting Process for Hazardous Occurrences and Crew Injuries Describe Fatigue Management Techniques Explain the Commanding Officer's Responsibilities with regard to Critical Incident Stress Syndrome 	
Environmental Exposure and Fatigue	<p>Promote personal safety</p> <p>Knowledge of:</p>	X	X	<ul style="list-style-type: none"> Describe Methods for Promoting Personal Safety Amongst Crew Describe Environmental Hazards 	Work under supervision is carried out in accordance with the Canada Labour Code, the Marine

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Create and maintain safe working environment	<ul style="list-style-type: none"> • Canada Labor Code; • Marine Occupational Safety and Health Regulations; • Safe Working Practices Regulations; and • Work Place Hazardous Materials Information System (WHMIS). Ability to: <ul style="list-style-type: none"> • recognize potential hazards and take corrective action; assist in accident investigations			and Rationale for Use of Personal Safety Gear <ul style="list-style-type: none"> • Demonstrate Use and Maintenance of Personal Floatation Gear, Dry Suits, Personal Equipment Vests and other Survival Gear and Personal Protective Equipment • Demonstrate Understanding of Safety Procedures • Manage operational safety and health considerations • Conduct operations consistent with the Canadian Coast Guard Auxiliary safety procedures and policies 	Occupational Safety and Health Regulations and CCGA Operating Procedures.
Sound Signals	Each crewmember will be able to demonstrate the use of the sound signaling devices on board the vessel including air horns or whistles. Each crewmember shall sound the proper signal when operating in or around the vicinity of fog.	X	X	Sound Signals for small boats: Define short blast and long blast of the ship's whistle, five short blasts of the whistle. Fog signals: power-driven vessel, sailing vessels. <ul style="list-style-type: none"> • Manoeuvring signals for operating astern propulsion, 	

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				altering to port, altering to starboard. <ul style="list-style-type: none"> • Vessel at anchor in fog • Vessels engaged in sailing. Pilot vessel • Stopped • Restricted in its ability to manoeuvre • Aground 	
Distress Signalling Hazards & Emergencies	<ul style="list-style-type: none"> • Each crewmember shall simulate how to issue a distress and respond to a May Day relay via VHF radio Channel 16. • Each crewmember will simulate activating the EPIRB and the DSC Signaling equipment. 	X	X	Each crewmember shall list and describe the following radio distress signal characteristics, focusing mainly on how they are transmitted and received as well as how they are acted upon when received: <ul style="list-style-type: none"> • EPIRB signal 121.5/406mhz • DSC/GMDSS • May Day/May Day relay • SOS • Pan Pan • Electronic auto alarm • Teletype/radio telephone • 	Each crewmember shall recite a simulated message for VHF: Mayday message, a VHF mayday relay, a Pan Pan message and a Security. Elective demonstration: Given an electronic signaling device (EPIRB) or other the crewmember shall simulate the activation of the device to transmit a signal.
Cold Water Immersion	Knowledge of:	X	X	Each crewmember shall Identify the	Includes a practical demonstration

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<p>Survival</p> <p>Survive at sea in the event of ship abandonment.</p>	<ul style="list-style-type: none"> Types of emergency situations which may occur, such as collision, fire, foundering; Types of life-saving appliances normally carried on ships; Equipment in survival craft; Location of personal life-saving appliances. Survival principles, particularly value of training and drills Personal protective clothing and equipment. 			<p>primary heat loss areas and understand the mechanisms involved in cold water heat loss and treat casualties in the following ways:</p> <ul style="list-style-type: none"> Remove from cold, provide shelter, Remove/replace wet clothing Wrap in blankets Place dry insulating coverings over person Apply warm dry objects to head, neck, torso, and groin Do not rub or massage body, do not give alcohol or caffeine Get help <p>Take actions to reduce heat loss for immersion cold water:</p> <ul style="list-style-type: none"> Keep airway clear for initial immersion Climb up on an object Assume (HELP) position Huddle together If in group 	<p>of the ability to:</p> <ul style="list-style-type: none"> Don a life jacket Don and use an immersion suit Safely jump from a height into the water Right an inverted life raft while wearing a life jacket Swim while wearing a life jacket Keep afloat without a life jacket <ul style="list-style-type: none"> Given a patient and suitably stable surroundings, each crewmember shall participate in the treatment of a crewmember stricken with hypothermia following at least four of the listed steps. Given some thermal insulation and protective equipment with calm shallow water each crewmember while immersed can practice the HELP position and recovering a wet crewmember from the water.

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				<ul style="list-style-type: none"> • Protect heat loss areas by zipping up clothing • Each crewmember shall take measures to recognize and treat fellow crew members stricken with hypothermia 	<ul style="list-style-type: none"> • Action taken on identifying muster signals is appropriate to the indicated emergency and complies with established procedures. • The timing and sequence of individual actions are appropriate to the prevailing circumstance and conditions and minimize potential dangers and threats to survival.
Board a survival craft from ship or water while wearing a life jacket.	Principles concerning survival including: <ul style="list-style-type: none"> • value of training and drills • personal protective clothing and equipment • need to be ready for any emergency actions to be taken when called to muster stations • actions to be taken when required to abandon ship • actions to be taken when in the water • actions to be taken when aboard a survival craft • main dangers to survivors 	X	X	Shipboard Familiarisation	<ul style="list-style-type: none"> • Method of boarding survival craft is appropriate and avoids dangers to other survivors. • Initial actions after leaving the ship and procedures and actions in water minimize threats to survival.

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	<ul style="list-style-type: none"> take initial actions on boarding survival craft to enhance chance of survival stream a drogue or sea anchor operate survival craft equipment use of pyrotechnics and other distress signals 				
Plan firefighting operations	<p>Manage firefighting operations</p> <p>Knowledge of :</p> <ul style="list-style-type: none"> Rights and obligations under the Canada Labour Code Provisions of Marine OSH and other applicable safety regulations General Shipboard Hazards Duties and procedures Ability to wear and care for personal protective equipment in the proper manner. 	X		<ul style="list-style-type: none"> Understand fire theory, classification and fuel sources Understand boat fire safety and damage control Understand firefighting procedures 	
Safety enter confined spaces	<p>Knowledge of:</p> <ul style="list-style-type: none"> Potential hazards of confined spaces Procedures for creating a safe atmosphere in a confined space Procedures to follow when entering 	X			Entry of and work in confined spaces is in compliance with Marine Occupational Safety and Health Regulations

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	<p>confined spaces with unsafe atmosphere</p> <ul style="list-style-type: none"> • Specific circumstances when CCGA crewmember will enter in a confine space 				
Critical Incident Stress Awareness and Diffusing CISM/PTSD	<p>Participate in management</p> <ul style="list-style-type: none"> • Prevention • Signs • Training • Provide briefings and débriefings. • Follow-up <p>Recognize incidents likely to lead to Critical Incident Stress, its signs and symptoms, Take appropriate action.</p>	X	X	Knowledge of basic Critical Incident Stress principles and resources available and activation methods.	<ul style="list-style-type: none"> • Identify signs of/resources for dealing with Critical Incident Stress • Explain effects of CISM. • Assist crew as required to deal with CISM through briefings/debriefing and/or referral as required. Recognize and encourage appropriate comments and actions of all crew, and maintain awareness and empathy. • Activate the Critical Incident Stress system when required, and respect the confidentiality inherent to its debriefing process. Maintain awareness and empathy.