

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"> <li>• Use appropriate personal flotation device (PFD)</li> <li>• Use appropriate hypothermia protective clothing</li> <li>• Use appropriate headgear</li> <li>• Exhibit good water survival skills</li> <li>• Use of a rescue or survival raft (if equipped)</li> </ul> <p>Knowledge of:</p> <ul style="list-style-type: none"> <li>• principles of keeping warm;</li> <li>• proper care and maintenance of flotation devices and dry suits</li> </ul>	RQ	RQ		
Health, Safety & Security	Safe working practice and safety culture	RQ	RQ	<ul style="list-style-type: none"> <li>• Understand the necessity for keeping the vessel shipshape</li> <li>• Know the hazards within the marine workplace</li> <li>• Precautions necessary when working aloft</li> <li>• Precautions to be taken when</li> </ul>	

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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 &amp; health issues</p>			<p>entering confined spaces</p> <ul style="list-style-type: none"> <li>• Know the standard procedures for safe refueling operations</li> <li>• Safety in towing (distress assistance)</li> <li>• Carbon Monoxide poisoning</li> </ul> <p>Describe the objectives of the CCGA Safety Management System</p> <p>Perform Emergency Drills</p> <ul style="list-style-type: none"> <li>• Describe the Reporting Process for Hazardous Occurrences and Crew Injuries</li> <li>• Describe Fatigue Management Techniques</li> <li>• Explain the Commanding Officer's Responsibilities with regard to Critical Incident Stress Syndrome</li> </ul>	
Environmental Exposure and Fatigue	Promote personal safety			<ul style="list-style-type: none"> <li>• Describe Methods for Promoting Personal Safety Amongst Crew</li> </ul>	Work under supervision is carried out in accordance with the Canada



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	<ul style="list-style-type: none"> <li>Survival principles, particularly value of training and drills</li> <li>Personal protective clothing and equipment.</li> </ul>			<ul style="list-style-type: none"> <li>Remove/replace wet clothing</li> <li>Wrap in blankets</li> <li>Place dry insulating coverings over person</li> <li>Apply warm dry objects to head, neck, torso, and groin</li> <li>Do not rub or massage body, do not give alcohol or caffeine</li> <li>Get help</li> </ul> <p>Take actions to reduce heat loss for immersion cold water:</p> <ul style="list-style-type: none"> <li>Keep airway clear for initial immersion</li> <li>Climb up on an object</li> <li>Assume (HELP) position</li> <li>Huddle together If in group</li> <li>Protect heat loss areas by zipping up clothing</li> <li>Each crewmember shall take measures to recognize and treat fellow crew members stricken with hypothermia</li> </ul>	<ul style="list-style-type: none"> <li>wearing a life jacket</li> <li>Swim while wearing a life jacket</li> <li>Keep afloat without a life jacket</li> <li>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.</li> <li>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.</li> <li>Action taken on identifying muster signals is appropriate to the indicated emergency and complies with established procedures.</li> <li>The timing and sequence of</li> </ul>

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					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. (If applicable)	Principles concerning survival including: <ul style="list-style-type: none"> <li>• value of training and drills</li> <li>• personal protective clothing and equipment</li> <li>• need to be ready for any emergency actions to be taken when called to muster stations</li> <li>• actions to be taken when required to abandon ship</li> <li>• actions to be taken when in the water</li> <li>• actions to be taken when aboard a survival craft</li> <li>• main dangers to survivors</li> <li>• take initial actions on boarding survival craft to enhance chance of survival</li> <li>• stream a drogue or sea anchor</li> <li>• operate survival craft equipment</li> <li>• use of pyrotechnics and other distress signals</li> </ul>	RQ	RQ	Shipboard Familiarisation	<ul style="list-style-type: none"> <li>• Method of boarding survival craft is appropriate and avoids dangers to other survivors.</li> <li>• Initial actions after leaving the ship and procedures and actions in water minimize threats to survival.</li> </ul>

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Firefighting operations (own vessel)	Manage firefighting operations  Knowledge of : <ul style="list-style-type: none"> <li>• General Shipboard Hazards</li> <li>• Duties and procedures</li> <li>• Ability to wear and care for personal protective equipment in the proper manner.</li> </ul>	RQ	RQ	<ul style="list-style-type: none"> <li>• Understand fire theory, classification and fuel sources</li> <li>• Understand boat fire safety and damage control</li> <li>• Understand firefighting procedures</li> </ul>	
Safely enter confined spaces	Knowledge of: <ul style="list-style-type: none"> <li>• Potential hazards of confined spaces</li> <li>• Procedures for creating a safe atmosphere in a confined space</li> <li>• Procedures to follow when entering confined spaces with unsafe atmosphere</li> <li>• Specific circumstances when CCGA crewmember will enter in a confine space</li> </ul>	RQ	RQ		Entry of and work in confined spaces is in compliance with Marine Occupational Safety and Health Regulations

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Critical Incident Stress Awareness and Diffusing CISM/PTSD	Recognize incidents likely to lead to Critical Incident Stress, its signs and symptoms, Take appropriate action.	OPT	OPT	Knowledge of basic Critical Incident Stress principles and resources available and activation methods.	<ul style="list-style-type: none"> <li>• Identify signs of/resources for dealing with Critical Incident Stress</li> <li>• Explain effects of CISM.</li> <li>• 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.</li> <li>• Activate the Critical Incident Stress system when required, and respect the confidentiality inherent to its debriefing process. Maintain awareness and empathy.</li> </ul>