

Vessel Familiarization & Basic Safety Training Lab: Lesson Plan

B. Bosanquet

Meeting #11

Immersion Suit Practical Assessment (120 minutes)

Learning Objectives:

Instruct students on how to survive at sea in the event of ship abandonment. Assess students on proper use of the immersion suit. Assess students on group survival techniques such as Huddle, help, swimming in a chain, and entering and exiting a liferaft.

Discuss:

- Process and parameters for assessment.
- Cold water survival.
- Water entry method.
- Maintenance of Survival Suit
- Suit features such as light, whistle, and inflation tube.

Show/Demonstrate

- Don immersion suit in 2 minutes.
- Check that straps are secured to prevent entanglement.
- Enter the water correctly using approved technique in immersion suit.

- Shift from prone to upright position while wearing immersion suit.
- Heat Escape Lessening Position (H.E.L.P.).
- Huddle – legs must be STRAIGHT DOWN to demonstrate shift to upright position.
- Chain together – communicate – swim to liferaft.
- Enter liferaft properly – working together.

- Exit liferaft. Be sure to SLAP THE SURFACE of the water (to keep airway clear).
- Swim to ladder.
- Exit the water.
- Carefully remove the immersion suit.

Advance Preparations

1. Make sure all assessors are TWIC holders
2. Access to the waterfront and storage trailer (right-most of two grey containers) on the wharf
3. Access to the lifejacket locker on the wharf and the waterfront floating docks
4. Contact Bill Klimm / Marine Ops in advance to ensure swim ladder installed on floating dock
5. Confirm liferafts, pump, immersion suits, lifering, and hook are located and ready for use
6. Bring LIFERING and BOAT HOOK to the floating pier in case of a distressed swimmer
7. Advise students to watch mandatory video PRIOR to coming to this lab

References

(a) Massachusetts Maritime Academy, Don and Use and Immersion Suit. Control Sheet PS-2.