Personal Survival Techniques

STCW Table A-VI/1-1 (PST-01/01)

Duration	17.5 hours (about 3 days)
Fee	Contact admissions
Certificate	STCW certificate of proficiency, Personal Survival Techniques
Entry	Open entry
Next intake	Enrolling now. Call admissions to confirm the next start date.

Course overview

Personal Survival Techniques teaches you to survive at sea in the event of ship abandonment. It is one of the four mandatory STCW basic training courses and follows IMO Model Course 1.19 and the KMA curriculum PST-01/01.

The course runs for 17.5 hours: 9 hours of theory studied online and 8.5 hours of practical sessions in the classroom and in the water.

Swimming is not required. The course includes a non-swimmer pathway, so every learner can take part safely.

Syllabus outline

1. Safety and survival requirements	Types of emergency, survival equipment and the principles of survival.
2. Emergency procedures	Muster lists, alarm signals and your duties in an emergency.
3. Evacuating a ship	Abandon-ship procedures, donning a lifejacket and immersion suit, jumping safely.
4. Survival craft and rescue boats	Launching, boarding and operating liferafts and lifeboats.
5. Personal life-saving appliances	Lifejackets, immersion suits, thermal protective aids and lifebuoys, in and out of the water.
6. Emergency radio and helicopter rescue	EPIRBs, SARTs, portable VHF, and preparing for helicopter rescue.

Entry requirements

- Open entry: no previous training needed
- Aged 16 or over
- Medical fitness, or a declaration of fitness accepted by the centre
- A confidential water-confidence declaration before the first water session

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Epilepsy, asthma, heart conditions, pregnancy and similar conditions change supervision rather than eligibility. Tell us in confidence and we will plan around them.

Assessment and certification

- Online quizzes after each module (pass mark 70 percent).
- Practical assessments in the classroom and water, marked competent or not yet competent.
- Final written paper, then certification. Valid for five years in line with STCW refresher requirements.

Career outcomes

- Required for all seagoing employment
- Part of STCW Basic Safety Training
- Lake and offshore vessel crews

How to apply

Apply online at **kimarce.com/admissions**, call **+254 790 141470** or **+254 733 920250**, email **info.kimarce@gmail.com**, or visit us at Korando Peninsular, off New Airport–Busia Road, Kisumu, Kenya. KIMARCE is approved by the Kenya Maritime Authority and registered by TVETA (TVETA/PRIVATE/TVC/0123/2016).