



Purpose:

The e-learning module (ELM) is designed for familiarization training of seafarers and offshore platforms personnel concerning cold weather survival in accordance with IMO MSC.1/Circ.1185 30.11.2012 "Guide for Cold Water Survival".

In accordance with sub-paragraph 14.1.3 of IMO Resolution A.1024 (26) GUIDELINES FOR SHIPS OPERATING IN POLAR WATERS "All of the ship's officers and crew should be made familiar with cold weather survival by training or self-study of course material or publications".

What is an e-learning module?

E-learning module is the electronic textbook on one or more sections. Theoretical materials can be accompanied by drawings, diagrams, photos, animations and videos. There is a test for assessment of knowledge gained at the end of each section.

Contents:

- Introduction
- Cold water hazards and their effects
- Actions prior to abandoning the ship
- The survival phase: in a survival craft
- The survival phase: in the water
- The rescue phase: guidance for those engaged in search and rescue
- Treatment of people recovered from cold water
- Treatment of people recovered from survival craft
- The apparently dead
- Summing up

Target groups

All crew members

Ship types

All ship types

Regulations

- IMO MSC.1/Circ.1185 30.11.2012 "Guide for Cold Water Survival"
- IMO Resolution A.1024 (26) GUIDELINES FOR SHIPS OPERATING IN POLAR WATERS
- Section A-V/4 STCW Code, table A-V/4-1, competence "Apply safe working practices, respond to emergencies"
- STCW Code Table A-VI/1-1. "Specification of minimum standard of competence in personal survival techniques"





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Version: 03/2024

Cold water hazards and their effects: knowledge that can improve survival chances.

Section 2. Cold water hazards and their effects: knowledge that can improve survival chances.

2.1. The major threats

The major threats of cold water immersion are:

- Drowning
- Hypothermia
- Collapse just before, during, or after rescue

Cold water represents a much greater risk than cold air, partly because water takes heat away from the body much faster than air. Human beings cool four to five times faster in water than in air at the same temperature.



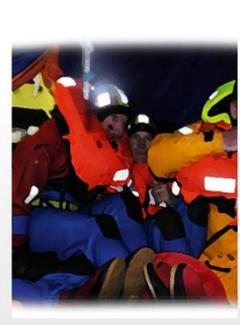
Slide 9/132

Back Next

COLD WATER SURVIVAL
Version: 03/2024

The survival phase in a survival craft.

- ✓ Huddling close to the other occupants of the survival craft will also conserve body heat – but ensure craft stability is not compromised.
- ✓ Follow your survival craft training (water and food rationing, etc.).
- ✓ Keep a positive attitude of mind about your survival and rescue: your will to live does make a difference! While you wait 'Stay warm, stay alive' should be your motto.



Slide 55/132

Back Next

COLD WATER SURVIVAL
Version: 03/2024

Actions prior to abandoning the ship.

Here are some things to remember should you ever have to abandon a ship:

Put on a suitable lifejacket and secure it correctly. If in cold water you will quickly lose full use of your fingers. If the lifejacket is fitted with crotch and/or other retaining straps, make sure that they are pulled tight. They will hold the lifejacket in the right position, increasing buoyancy – you may not be able to tighten them once in the water.



Slide 38/132

Back Next

COLD WATER SURVIVAL
Version: 03/2024

Treatment of people recovered from cold water.

7.2 Conscious casualty

7.2.2 Long exposure (more than 30 minutes) and/or survivor is not shivering

- Monitor and record breathing and heart rate (neck/carotid pulse) at 5-minute intervals for the first 15 minutes and then, if no change, at 15-minute intervals. (An increasing breathing and/or heart rate may indicate the onset of drowning complications – and remember that in a severely hypothermic person cardiac arrest can occur at any time.)
- Seek medical advice.
- When alert and warm it is no longer necessary to maintain a semi-horizontal or horizontal position.
- Give warm sweet drinks – but no alcohol.



Slide 98/132

Back Next

COLD WATER SURVIVAL
Version: 03/2024

Test tasks

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Question text:

What is recommended to drink prior to abandoning the ship?

Choose the correct answer

- Cool water.
- Warm tea.
- A glass of vodka.

Efforts 1

Slide 44/132

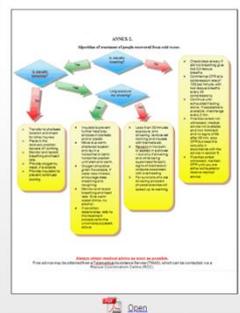
Back Next

COLD WATER SURVIVAL
Version: 03/2024

Treatment of people recovered from survival craft.

Occupants who are wet and cold and less alert will require to be recovered in a semi-horizontal position and should be treated in the same way as immersion casualties at the same level of alertness. (Section 7).

Warm sweet drinks should be provided.



Slide 110/132

Back Next