

Course code	ASE301
Course name	Crewmen Helicopter Evacuation and Escape Training
Duration	8 hours
Target group	Offshore workers and professionals.
Prerequisites	<ul style="list-style-type: none"> <li>- RG and CPF;</li> <li>- Passport (Expatriate);</li> <li>- Occupational Health (ASO) or certificate of good physical and mental Health conditions.</li> </ul>
Objective	Instruct and train crew and passengers on safety procedures, escape from a submerged helicopter and sea survival.
Contents	<p>Theory: 3h</p> <ul style="list-style-type: none"> <li>• Objectives;</li> <li>• Safety and protection equipment;</li> <li>• Physical and psychological problems in survival;</li> <li>• Available resources onboard of helicopter liferaft;</li> <li>• Personal survival techniques; Individual swimming/Group swimming;</li> <li>• Hypothermia/thermal shock;</li> <li>• Prevention of hypothermia/Help position/Group huddle/Survival circle;</li> <li>• Procedures to board the liferaft/Initial actions/Vital actions;</li> <li>• Rigthing the capsized liferaft;</li> <li>• Signalizing, Search &amp; Rescue;</li> <li>• Aircraft abandon and evacuation/Emergency landing/Brace positions;</li> <li>• Controlled evacuation after emergency landing in water, land and on helideck;</li> <li>• Helicopter underwater escape procedure.</li> </ul> <p>Practical: 5h</p> <ul style="list-style-type: none"> <li>• In water survival practical exercises;</li> <li>• Helicopter underwater practical exercises.</li> </ul> <p>Technical Reference:</p> <p>In accordance with IS 135-003D / RBAC 135 of the National Civil Aviation Authority recommendations.</p>
Exam	<p>To be considered approved, the delegate must obtain the minimum of 100% of attendance in the classes taught in the course and demonstrate minimal competence in practical exercises.</p> <p>Validity: 2 years</p>