

Lesson	Time (mins)	Theory (T) Practical (P) Discussion (D)	Subject
	10	T / D	<ul style="list-style-type: none"> • Introductions
1	30	T / D	<ul style="list-style-type: none"> • How to comply with Emergency Procedures on board a vessel
2	30	T / D	<ul style="list-style-type: none"> • How to follow safe working practices
	15		Break
3	40	T / D	<ul style="list-style-type: none"> • How to contribute to effective communications on board
4	40	T / D	<ul style="list-style-type: none"> • How to contribute human relationships on board
5	30	T / D	<ul style="list-style-type: none"> • Understand the causes of fatigue and actions to control fatigue
6	30	T / D	<ul style="list-style-type: none"> • How to take precaution to prevent the pollution of the marine environment
	20	T	Written Assessment
	20		Marking
	10	T/D	Course Feedback and Evaluation