



日本サバイバルトレーニングセンター
Nippon Survival Training Center

Joining Instructions for BOSIET/D-BOSIET

Thank you very much for applying to Nippon Survival Training Center (NSTC)
Please read these instructions carefully before joining the training.

◆ Important

Registration Health Precautions

The training activities may include physically demanding and potentially stressful elements.
Submit the following documents found with this document in order to ensure your good health.

- **Statement of Physical Fitness** (must have physician's signature) • **Training Consent Form**
- **NSTC Training Medical Screening and Self-Declaration of Fitness Form**
- **Personal Information Consent Form**

Documents must be sent 15 days prior to the course date by e-mail in PDF.

Please keep yourself in good health for the training day. Drugs and alcohol are prohibited.

Training Gear

- Delegates are required to wear **comfortable and suitable clothing** for the training. Short pants, skirts, sleeveless tops, sandals and beach sandals are not allowed due to safety concerns
- For your safety, **accessories are not allowed** during the training.
- For your safety, please **remove your contact lenses** before participating in training at the pool due to the loss and/or the possibility of infection.

(Please bring your glasses so that you'll be able to have clear visibility for pool-side explanation.)

What to Bring

- **Photo ID**(Passport, Driver's license or Mariner's pocket ledger) ※Non-Japanese: passport only
- Note pad & pen
- **Swimwear**, water proof bag (to carry wet swimwear after the course), Eyeglasses and contact lens care set including contact lens solution and case
- Motion sickness medicine if you experience seasickness (for lifeboat training)
- Statement of Physical Fitness, NSTC Training Medical Screening and Self-Declaration of Fitness Form, Training Consent Form and Personal Information Consent Form **(if original documents were not posted)**

Provided

- Personal Protective Equipment (Helmet, gloves, etc.), shower towels, coveralls, boots, etc.
 - Lunch (Provided a lunch box in our lounge.)
 - Refreshments such as water, tea, coffee, etc. are available in the lounge.
- ※Smoking area is located on the 5th floor of the facility.

◆Registration

Please arrive at NSTC reception (Nippon Suisan Bldg. 4th floor) by the stated time on the annexed Time Table. Reception will be open 10min prior to the registration time. If there is any chance that you'll be late, please call **093-884-2020**.

* The lecture room will be opened 30 minutes before the start.

◆Directions

Address: Nippon Suisan Bldg. 4F, 2-6-27Ginza, Tobata-ku, Kitakyushu-shi, Fukuoka-ken, Japan 804-0076 (approx. 10 minute walk from JR Tobata Station, North Exit)

TEL: 093-884-2020 (8:30~17:30 weekdays) Mail: book@n-s-t-c.com

Emergency call: 093-884-2024 (outside business hours)



By Airplane

[From Fukuoka Airport]

Fukuoka A.P. → Hakata St. (Subway) App. 10min
Hakata St. → Tobata St. (JR Limited Express train)
App. 40min
(JR Rapid Train) App. 60min

[From Kitakyushu Airport]

Kitakyushu A.P. → Kusami St. (Bus) App. 20min
Kusami St. → Nishi-Kokura St. → Tobata St.
(JR Local Train) App. 25min

OR

Kitakyushu A.P. → Kokura St. (Bus) App. 35min
Kokura St. → Tobata St. (JR Local Train) App. 10min

By Shinkansen (Bullet Train)

Get off Shinkansen at JR Kokura St.
Kokura St. → Tobata St. (JR Local Train) App. 10min

By Car

App. 5~10min from Tobata IC by Car

*Prior reservation is required to use the parking lot. Parking may not be available without prior reservation.

◆About OPITO courses

NSTC courses are carried to meet or exceed standards set by OPITO. During the course the delegate will be assessed by qualified instructors to ensure that all Learning Outcomes set by OPITO are met. Delegates will be assessed against the learning outcomes specified below using direct observation and oral and/or written questions as appropriate. If for any reason, one or more of the following outcomes are not met, the delegate will be found not-yet-competent and may need to repeat the outcome so that a certificate may be issued.

For a better understanding of the training and what is expected of the delegate, please visit Youtube to view the [OPITO BOSIET Briefing Video](#).

BOSIET/D-BOSIET Module 1; Safety Induction Learning Outcomes

To successfully complete this module, delegates must be able to:

- (1) Identify the main offshore hazards and hazard effects/consequences; explain their associated risks, and how they are controlled.
- (2) Explain the potential environmental impact of offshore installation operations.
- (3) Identify key offshore installation safety regulations and explain the basic concept of these regulations.
- (4) Explain the principles of managing safety on offshore installations.
- (5) State the procedure for prescribed medicines offshore.
- (6) Explain the concept of alcohol and substance abuse policy.
- (7) Explain PPE requirements of working on an offshore installation.
- (8) Explain how to report incidents, accidents and near misses on an offshore installation.
- (9) Explain the role of the Offshore Medic.

BOSIET/D-BOSIET Module 2; Helicopter Safety and Escape Learning Outcomes

To successfully complete this module delegates must be able to demonstrate:

- (1) Donning an aviation transit suit, aviation lifejacket and emergency breathing system equipment (EBS)¹ and conducting EBS integrity checks.
- (2) Actions to take in preparation for a helicopter ditching and an emergency landing.
- (3) Actions following a controlled emergency descent to a dry landing with evacuation via a nominated exit.
- (4) Deployment, operation and breathing from EBS in a pool utilising personal air prior to HUET exercises (delegate to experience positive and negative pressure created by the body orientation in water).
- (5) Actions following a controlled ditching on water (including deploying EBS and, on instruction from aircrew, operation of a push out window) and evacuate through a nominated exit to an aviation liferaft.

- (6) Assist others where possible in carrying out initial actions on boarding the aviation liferaft, to include mooring lines, deploying the sea anchor, raising the canopy and raft maintenance.
- (7) Escaping through a window opening which is underwater, from a partially submerged helicopter (without deploying EBS or operation of a push out window).
- (8) Escaping through a window opening which is underwater, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment but without operation of a push out window).
- (9) Escaping through a window opening which is underwater, from a partially submerged helicopter (deploying, operating and breathing from EBS equipment and operation of a push out window).
- (10) Escaping through a window opening which is underwater, from a capsized helicopter (without deployment of EBS or operation of a push out window).
- (11) Escaping through a window opening which is underwater, from a capsized helicopter (*deploying and operating EBS on the surface prior to capsize but without operation of a push out window).
- (12) Escaping through a window opening which is underwater, from a capsized helicopter (*deploying and operating EBS on the surface prior to capsize and the operation of a push out window).
- (13) Inflating an aviation lifejacket and deploying a spray visor in water
- (14) Boarding an aviation liferaft from water.

BOSIET/D-BOSIET Module 3; Sea Survival Learning Outcomes

To successfully complete this module, delegates must be able to demonstrate:

- (1) Donning of a permanent buoyancy lifejacket prior to use in an emergency.
- (2) The correct actions when mustering and boarding a survival craft (TEMPSC) as a passenger during launching operations.
- (3) Fitting of a helicopter strop and correct body posture during winching.
- (4) Individual and group sea survival techniques, to include: swimming, getting into Heat Escape Lessening Position (HELP), wave-slap protection, towing, chain, huddle and circle.
- (5) Boarding a marine liferaft from the water.
- (6) Immediate first aid actions, including checking airways, breathing and industry recognised first aid practice

BOSIET/D-BOSIET Module 4; Firefighting and Self Rescue Learning Outcomes

To successfully complete this module, delegates must be able to demonstrate:

- (1) Correct use of hand held portable fire extinguishers and which ones to use for different classes of fires.
- (2) Self-rescue techniques with a smoke hood or partial blindfold from areas where delegate visibility is reduced.
- (3) Self-rescue techniques with a smoke hood or partial blindfold from areas where delegate visibility is completely obscured.

(4) Small group escape techniques with a smoke hood or partial blindfold from areas where delegate visibility is completely obscured.

◆ Sample BOSIET Certificate

