Global Horizon
TRAINING CENTER

Training Course:
Personal Survival Techniques

31 August - 4 September 2026
London (UK)

Training Course:
Personal Survival Techniques

Training Course code: HE1953 From: 31 August - 4 September 2026 Venue: London (UK) - Training Course Fees: 6300 Euro

Introduction:

Welcome to the Personal Survival Techniques training program, designed by Global Horizon Training Center. This program aims to equip participants with essential knowledge and practical skills to ensure their personal safety and survival in emergency situations at sea. With a focus on maritime environments, this training prepares individuals to handle emergencies and provides them with the necessary tools to protect themselves and others.

Objectives:

- Understand the principles of personal survival in maritime emergencies.
- Familiarize participants with the use and maintenance of personal life-saving appliances.
- Develop the ability to respond effectively to shipboard emergencies, such as abandonment, fire, and flooding.
- Enhance participants' knowledge of survival techniques, including swimming, life raft usage, and evacuation procedures.
- Promote a safety-conscious mindset and the adoption of best practices for personal survival at sea.

Methodology:

The Personal Survival Techniques training program utilizes a combination of theoretical lectures, practical demonstrations, hands-on exercises, and scenario-based simulations. Participants will engage in group discussions, practical drills, and simulated emergency scenarios to enhance their understanding and skills. The training will also incorporate multimedia presentations and visual aids to facilitate effective learning.

Target Audience:

This program is designed for individuals working or planning to work in the maritime industry. The target audience includes but is not limited to:

- Merchant navy personnel
- Offshore oil and gas workers
- Fishing vessel crew members
- Cruise ship employees
- Naval and coast guard personnel

- Maritime students and trainees
- Port and harbor personnel
- Marine industry professionals

Outlines:

Day 1:

Introduction to Personal Survival at Sea

- Overview of personal survival techniques and their importance
- Understanding maritime emergency scenarios
- Legal and regulatory requirements for personal survival training
- Introduction to personal life-saving appliances and equipment
- Basic principles of sea survival psychology

Day 2:

Life Jackets and Personal Life-Saving Appliances

- Types and features of life jackets and buoyancy aids
- Inspection, maintenance, and proper fitting of life jackets
- Practical exercises on donning and wearing life jackets correctly
- Introduction to personal life-saving appliances, such as immersion suits and thermal protective aids
- Practical demonstrations on the usage of personal life-saving appliances

Day 3:

Abandonment Procedures and Life Raft Usage

- Emergency abandonment procedures and protocols
- Boarding and launching life rafts safely
- Life raft equipment and survival kits
- Survival techniques in a life raft, including shelter, food, and water management
- Practical exercises on life raft deployment and survival scenarios

Day 4:

Survival Swimming and Water Rescue Techniques

- Survival swimming techniques and self-rescue methods
- Water entry and survival in different sea conditions
- Assistance and rescue techniques for distressed persons in the water
- Practical exercises on survival swimming and water rescue simulations
- Cold-water survival and hypothermia prevention

Day 5:

Fire and Flooding Emergencies

- Fire prevention and response on board
- Fire-fighting equipment and techniques
- Flooding prevention and control measures
- Practical exercises on fire-fighting and flooding scenarios
- Review of key concepts and course evaluation

Registration form on the Training Course: Personal Survival Techniques

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Complete & Mail or fax to Global Horizon Training Center (GHTC) at the address given below

Delegate Information

Full Name (Mr / Ms / Dr / Eng): .....
Position: .....
Telephone / Mobile: .....
Personal E-Mail: .....
Official E-Mail: .....

Company Information

Company Name: .....
Address: .....
City / Country: .....

Person Responsible for Training and Development

Full Name (Mr / Ms / Dr / Eng): .....
Position: .....
Telephone / Mobile: .....
Personal E-Mail: .....
Official E-Mail: .....

Payment Method

☐ Please find enclosed a cheque made payable to Global Horizon

☐ Please invoice me

☐ Please invoice my company

Easy Ways To Register

Telephone: +201095004484 to provisionally reserve your place.	Fax your completed registration form to: +20233379764	E-mail to us : info@gh4t.com or training@gh4t.com	Complete & return the booking form with cheque to:Global Horizon 3 Oudai street, Aldouki, Giza, Giza Governorate, Egypt.