

YACHT CREW · REVISE

STCW REVISION FLASHCARDS

40 cards for revision before your STCW Basic Safety Training: fire fighting, first aid, sea survival and PSSR. Print, cut, fold and test yourself.



40 CARDS

4 TOPICS

FREE

jamesdanielholman.com

HOW TO USE

PRINT, CUT, FOLD, TEST

01 PRINT

Pages 3 to 7 on A4, at 100% (no scaling).

02 CUT

Along the grey lines: 8 cards per page.

03 FOLD

Each card along the dotted line: question on the front, answer on the back.

04 SHUFFLE

Say the answer out loud before you turn the card.

05 REPEAT

Put the ones you got wrong back in the pile.

— TOPICS

FIRE FIGHTING AND FIRE PREVENTION

10

10 cards

ELEMENTARY FIRST AID

10

10 cards

PERSONAL SURVIVAL TECHNIQUES

10

10 cards

PERSONAL SAFETY AND SOCIAL RESPONSIBILITIES

10

10 cards

Revision, not a replacement. These cards help you prepare. Your STCW course and your instructor are the final word, and procedures differ from boat to boat.

FROM THE TRAINING GROUND

Do ten cards a day for the week before your course. You will walk in knowing the basics and learn far more on the day.

FIRE FIGHTING · 1 What three things does a fire need?	FIRE FIGHTING · 2 Name four ways fire spreads.
ANSWER Heat, fuel and oxygen: the fire triangle. Add the chain reaction and it becomes the fire tetrahedron.	ANSWER Conduction, convection, radiation and direct burning (flame contact).
FIRE FIGHTING · 3 What burns in a class A fire?	FIRE FIGHTING · 4 What burns in a class B fire?
ANSWER Ordinary solids: wood, paper, fabric, rope.	ANSWER Flammable liquids: fuel, oil, paint, solvents.
FIRE FIGHTING · 5 Best extinguisher for electrical equipment?	FIRE FIGHTING · 6 What does PASS stand for?
ANSWER CO₂. Dry powder also works but leaves a mess and can damage electronics.	ANSWER Pull the pin, Aim at the base, Squeeze the handle, Sweep side to side.
FIRE FIGHTING · 7 Signs of a possible backdraught?	FIRE FIGHTING · 8 Why close doors on a fire?
ANSWER Smoke-stained glass, smoke puffing in and out of gaps, little visible flame, a hot door. Do not open it.	ANSWER It starves the fire of oxygen and slows the spread of smoke and heat.

FIRE FIGHTING · 9 What is an EEBD for?	FIRE FIGHTING · 10 What is boundary cooling?
ANSWER Escape only, never fire fighting. It gives at least 10 minutes of air to get out of smoke.	ANSWER Cooling and checking all six sides around the fire compartment so the fire cannot spread.
FIRST AID · 11 What is the primary survey?	FIRST AID · 12 Adult CPR ratio?
ANSWER DR ABC: Danger, Response, Airway, Breathing, Circulation.	ANSWER 30 chest compressions to 2 rescue breaths.
FIRST AID · 13 CPR rate and depth for an adult?	FIRST AID · 14 When do you use the recovery position?
ANSWER 100–120 compressions a minute, 5–6 cm deep, in the centre of the chest.	ANSWER The casualty is unresponsive but breathing normally.
FIRST AID · 15 First action for severe bleeding?	FIRST AID · 16 Signs of shock?
ANSWER Firm direct pressure on the wound, then a dressing. Call for help.	ANSWER Pale, cold, clammy skin; fast, weak pulse; shallow breathing; anxiety or confusion.

FIRST AID · 17 How do you treat a burn?	FIRST AID · 18 Casualty with hypothermia out of the water?
ANSWER Cool with cool running water for at least 20 minutes, then cover loosely with cling film.	ANSWER Handle gently, keep them flat, insulate, rewarm slowly and get medical advice.
FIRST AID · 19 Adult choking and cannot cough?	FIRST AID · 20 Where do you get medical advice at sea?
ANSWER Up to 5 back blows, then up to 5 abdominal thrusts. Repeat. Start CPR if they become unresponsive.	ANSWER Through the Coastguard (MRCG) by radio or phone: they connect you to a doctor (radio medical advice).
SEA SURVIVAL · 21 What is the general emergency alarm?	SEA SURVIVAL · 22 What is the 1-10-1 rule?
ANSWER Seven short blasts and one long blast.	ANSWER About 1 minute of cold shock, 10 minutes of useful movement, about 1 hour before hypothermia makes you unconscious.
SEA SURVIVAL · 23 What is the HELP position?	SEA SURVIVAL · 24 How do survivors keep warm together?
ANSWER Heat Escape Lessening Posture: knees to chest, arms across, to keep warm in the water.	ANSWER The huddle: arms linked, bodies close, the weakest in the middle.

SEA SURVIVAL · 25 Liferaft immediate actions?	SEA SURVIVAL · 26 Drinking water in the first 24 hours?
ANSWER Cut, stream, close, maintain: cut the painter, stream the drogue, close the entrances, maintain the raft.	ANSWER None, unless someone is injured. Then ration it.
SEA SURVIVAL · 27 What does an EPIRB do?	SEA SURVIVAL · 28 What does a SART show?
ANSWER Sends a distress alert with your position by satellite on 406 MHz.	ANSWER A line of 12 dots on a rescuer's X-band radar screen, pointing to your position.
SEA SURVIVAL · 29 Why never drink seawater?	SEA SURVIVAL · 30 Before jumping in with a lifejacket?
ANSWER The salt makes you more dehydrated and can kill.	ANSWER Check below is clear, cross your arms over the lifejacket, block your nose, feet together, look ahead.
PSSR · 31 What does PSSR stand for?	PSSR · 32 What is a permit to work?
ANSWER Personal Safety and Social Responsibilities.	ANSWER Written permission for hazardous work, such as hot work, working aloft or enclosed space entry.

PSSR · 33 Enclosed space: when can you go in?	PSSR · 34 Someone collapses in an enclosed space?
ANSWER Only with a permit, a tested atmosphere, ventilation and a standby person outside.	ANSWER Do not go in. Raise the alarm. Rescue only with breathing apparatus and a trained team.
PSSR · 35 Minimum hours of rest (MLC 2006)?	PSSR · 36 Safe way to lift?
ANSWER At least 10 hours in any 24 hours and 77 hours in any 7 days.	ANSWER Plan it, bend your knees, keep the load close and your back straight. Get help for heavy loads.
PSSR · 37 Name four types of PPE.	PSSR · 38 You see a hazard on board. What do you do?
ANSWER Safety shoes, gloves, eye and ear protection, hard hat, harness for work aloft.	ANSWER Make it safe if you can, warn others and report it to your head of department.
PSSR · 39 Drugs and alcohol on board?	PSSR · 40 Bullying or harassment on board?
ANSWER Follow your yacht's policy. Never work or stand watch under the influence.	ANSWER Report it under your yacht's complaints procedure. You have the right to complain without being punished.

ABOUT THE AUTHOR

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I train yacht crew in Gibraltar and Spain. This book is built from the questions captains, crew and crew agents bring to my classroom.

**FORMER
FIREFIGHTER AND
EMT**

**RYA SRC (VHF)
EXAMINER**

**RYA POWERBOAT
LEVEL 2
INSTRUCTOR**

**LEAD STCW
INSTRUCTOR,
GIBRALTAR**

WHY THIS BOOK

I teach STCW fire fighting, first aid, sea survival and PSSR every month. These cards are the questions new crew get wrong most often.

More crew tools

Superyacht CV Pack, Sea Time & MLC Pack, Safety at Sea Pack, Passage Planning Pack and Interior & Guest Service Pack, on Etsy. Free guides at jamesdanielholman.com/crew.html

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