

**IMPORTANT!  
PLEASE READ.**



**OPITO Combined Booking Confirmation and Joining Instruction**

**JOINING INSTRUCTIONS FOR YOUR CREW:**

Participant must be at the 4<sup>th</sup> Floor of **S&L Bldg., 1500 Roxas Blvd., Ermita, Manila, at 5:30 am** on the date stated for the transportation service going to Cavite. **If you will go directly to the site, please call CTSI Registration (at 028.524.0572) day before the training to confirm the training site.**

**TRAINING DETAILS:**

NAME: \_\_\_\_\_ SLOT NUMBER: \_\_\_\_\_  
COURSE: **TBOSIET with Compressed Air Emergency Breathing System**  
DATES: \_\_\_\_\_  
TIME: **0800 to 1700**  
DURATION: **3 Days**

**ENTRY REQUIREMENT/S:**

Please submit (via email) below mentioned entry requirement/s **BEFORE** the scheduled training date/s:

- Medical Certificate/ Waiver
- **Completely filled-out Temporary Registration form and Trainees' Health Information**

**PHYSICAL AND STRESSFUL DEMANDS OF THE COURSE:**

- Summary details of the type of physical activities the delegate/ candidate will be asked to:
  - Helicopter Safety and Escape**
    - Don an aviation lifejacket.
    - Demonstrate actions to take in preparing for a helicopter ditching and an emergency landing.
    - Demonstrate actions following a controlled emergency descent to a dry landing with evacuation via a nominated exit
    - Demonstrate actions following a controlled ditching on water and evacuate through a nominated exit to an aviation liferaft
    - Carry out initial actions on boarding the aviation liferaft
    - Escape through a window opening, which is underwater, from a partially submerged and from a capsized helicopter given these scenarios: (1) without pushing the window and (2) pushing the window
    - Inflate an aviation lifejacket, deploy spray visor and board an aviation liferaft from the water
  - Sea Survival**
    - Perform correct actions when mustering and boarding a survival craft
    - Fit a helicopter strop and have correct body posture during winching
    - Perform water entry (stepping off poolside, maximum height 1 metre)
    - Perform individual and group sea survival techniques to include: swimming, getting into Heat Escape Lessening Position (HELP), wave-slap protection, towing chain, huddle and circle
    - Board a marine liferaft from the water
    - Perform immediate first aid actions, including checking airways, breathing and industry-recognized first-aid practice
  - Firefighting and Self-rescue**
    - Use portable fire extinguishers correctly according to the different classes of fire
    - Perform self-rescue techniques with a smoke hood from areas with reduced visibility and areas with completely obscured visibility
    - Perform small group escape techniques with a smoke hood from areas with completely obscured visibility
  - Helicopter Emergencies**
    - Don aviation lifejacket, CA-EBS and conduct of integrity checks
    - Deploy (left and right hand) and breathe from CA-EBS in dry environment
    - Demonstrate actions following a controlled emergency descent to a dry landing with evacuation via a nominated exit
    - Demonstrate actions to take in preparing for a helicopter landing and for in-water ditching
    - Deploy CA-EBS (above the water surface) and breathing from the CA-EBS in a pool, face down in shallow water (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (below the water surface, face down in a pool in shallow water) and clearing the mouthpiece by exhaling under the water surface (at a maximum depth of 0.7m, measured at the chest)
    - Deploy CA-EBS (below the water surface, face down in a pool in shallow water, using opposite hand to previous exercise) and clearing with purge button under the water surface (at a maximum depth of 0.7m, measured at the chest)

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- Deploy CA-EBS (above water surface), in a pool and breathing from CA-EBS underwater in a vertical position (at a maximum depth of 0.7m, measured at the chest)
- Deploy CA-EBS (underwater), in a pool and breathing from CA-EBS underwater in a vertical position (at a maximum depth of 0.7m, measured at the chest)
- Deploy CA-EBS (underwater), in a pool, breathing from CA-EBS underwater, and moving along a horizontal rail for a period of no less than 30 seconds, including a change in direction (at a maximum depth of 0.7m, measured at the chest)
- The delegate/ candidate must be physically and mentally capable of performing the above-mentioned physical activities.
- Prior to participating in practical exercises, delegate/ candidate must:
  - possess a valid, current offshore medical certificate, or
  - possess an employing company approved medical certificate equivalent to an offshore medical certificate, or
  - undergo medical screening by completing an appropriate medical screening form

### **Additional Medical Requirement specific CA-EBS Training (In-Water)**

- On the date on which the delegate is to undertake shallow water CA-EBS training, and prior to entering the water in which the training takes place, the delegate must accomplish the Statement and Declaration of Fitness for In-Water Training Form which states that to the best of the delegate's knowledge and belief, the delegate has no (current or past) medical condition which makes the delegate unfit to participate in the training.
- The responsibility of declaring any current or pre-existing medical conditions that could have adverse effects to the individual's state of health while undertaking the training and/ or assessment activities lies with the delegate/ candidate and/ or company sponsoring the delegate.
- Where doubt exists regarding the medical fitness of a delegate/ candidate, the OPITO-approved Centre should seek the advice of a medical officer.

### **THINGS TO BRING:**

1. **TWO (2) VALID GOVERNMENT-ISSUED IDs** (e.g. SSS, Driver's Lic., PRC ID, Passport, etc.)
2. **Washable face masks (at least 3-4 pieces per day). You may also bring face shield and balaclava for practical exercises.**
3. **Water bottle/ tumbler. You may also bring your own drinking water in a water jug.**
4. Pen, notebook
5. T-shirt, sweater and long pants:
  - **For LECTURE: Sleeveless shirts, shorts and slippers are not allowed**
  - **For PRACTICAL EXERCISES: Sleeveless shirts, short shorts (for female delegates) and boxer shorts (for male delegates) ARE NOT ALLOWED**
6. Underwear (3 days)
7. 1 pair of shoes and slippers (**Note: You are not allowed to wear your slippers in PPE-required area during practical exercises except for those conducted inside the pool area. Use safety shoes or rubber sandals where appropriate.**)
8. Toiletries
9. Bath & Face Towels
10. Coverall – (**Note: CTSI will issue one coverall for the whole duration of the training**)
11. Padlock and key
12. Swimming pants (e.i. jammer/ long swimming trunks and watershorts/ board shorts) for in-water related activities
13. Thick, long socks (knee-high) for firefighting practical exercises
14. OPITONAL: Rubber shoes for recreation activity (For Cavite Sites)

**NOTE: PLEASE BRING ONLY THE THINGS SPECIFIED ABOVE.**

### **OTHER REMINDERS:**

1. **Make-up Compliance Order (MUCO) form is valid within three (3) months upon issuance.**
2. Trainees are NOT allowed to leave the training site premises within the duration of the course without CTSI's approval.
3. Alcoholic drinks/ prohibited drugs are NOT allowed inside the training site. **Delegates/ Trainees under the influence of alcohol/ prohibited drugs will not be allowed to take the course. If already inside CTSI premises, the violating delegates/ trainees will be asked to leave the class. MUCO policy shall be applied.**
4. Bringing expensive jewelries and/ or large amount of money is strongly discouraged.
5. **For delegates/ trainees attending classes in MANILA site: Cell phones/ Tablets must be turned off when inside the classroom.**
6. **For delegates/ trainees attending classes in CAVITE sites: Electronic gadgets (i.e., cellphones, tablets, netbooks, laptops) are NOT ALLOWED inside the classroom. When going out of your room: (a) leave electronic gadgets and other valuable belongings inside your designated locker, (b) no electronic gadget must be left charging and (c) make sure the locker is locked. CTSI will not be held responsible for any loss or damaged personal valuable item/s.**
7. Trainee's visitors are NOT allowed at the training site.
8. Trainees are expected to conduct themselves accordingly.
9. **Trainees are reminded to handle all CTSI properties and training equipment with utmost care. Any damage found due to considerable negligence will be charged automatically to the trainee.**
10. **For complaints due to health condition, trainees will be given immediate medical attention while inside the CTSI premises by a qualified medical personnel. For non-critical medical concerns, the designated medical first aider will assist the trainee for**

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**his immediate needs. If hospitalization is required, CTSI personnel will contact your company and/ or immediate family and will stay with you at the hospital until company's representative or immediate family arrives for proper endorsement.**

11. Please note that certain aspects of the course are physical in nature and contain potentially stressful elements.
12. Please be advised that the transportation service back to Manila is available at 5PM. Should you decide not to avail of the transportation service, kindly fill out the GATE PASS and WAIVER forms and have them signed by an AUTHORISED CTSI Personnel. Give the SIGNED Gate Pass and Waiver forms to the guard before leaving the premises of the Training Site.
13. For course-specific OPITO briefing video (e.g. BOSIET DVD), please visit: <http://www.opito.com/content/opito-on-youtube>.

**CANCELLATION NOTICE:**

- NO CHARGE for bookings cancelled two working days prior to the scheduled training.
- If cancellations are made in less than 48 hours, a fee of \$50, per booking, will be levied as cancellation charge and reflected on your next billing statement. This fee is also applicable to trainees with guaranteed reservation but unable to attend the course.

NOTE: YOUR RESERVATION AND THIS CONFIRMATION BIND YOU TO THE TERMS AND CONDITIONS FOR THE PROVISION OF TRAINING TO YOUR CREW AND UNDERTAKE TO PAY IN FULL ALL TRAINING FEES AT THE CURRENT RATE STIPULATED BY CTSI.

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