



PT. SAHID BORNEO MANDIRI
Training Center

Certificate

Hereby Certifies That

WAHYUNI

Has satisfactorily completed an intensive course in :

**BASIC SAFETY TRAINING
(BST)**

Venue : Handil

Date : September 20, 2023

This certificate is valid for 3 (Three) years

DIRECTOR

HENDRIANTO



476/BST/SBM/IX/2023

TRAINING CONTENTS

1. Basic First Aid

- Introduction to First AidP
- Responding to Emergencies
- Technique EAR & CPR
- Technique Wrap, Band and of sling, treatment of bleeding, patients Affected by shock and fracture victims

2. Basic Fire Fighting

- Introduction and course overview
- Anatomy of fire (Definition of A Fire Triangle, Types of Fire)
- Hazard At Work – Basic Safety (Chemical Hazard and Control), Biological Hazard and Control, Physical Hazard And Control, Ergonomic, Fire Hazard and Control
- Personal Protective Equipment (Head Protection, Hearing Protection, Respiratory Protection Eye Protection)
- Fire Fighting Technique (Use of Hand Fire Extinguisher, Use of Hydrant System)
- Introduction Of Breathing Apparatus

3. Basic Sea Survival

- Definition of survival, Safety induction, Safety Notice on boat
- Survival equipment / appliance (Life Jacket, Life Buoy, EPIRB)
- Survival on the water (Cold water Survival Physiological aspect Hypothermia, HELP & HUDDLE positions, First aid treatment)
- Tropical water survival (sun burn , heat exhaust, stroke)
- Practical session (Swimming technique, HELP & HUDDLE, life raft righting, life raft boarding)

