



Accredited Africa Training Institute for Capacity Development

Unit FO409, Hatfield Plaza · 1122 Burnett St, Hatfield 0028 · Pretoria, Gauteng · South Africa

Tel: +27 12 004 8389 · Mobile: +27 65 077 6310

Email: apply@aaticd.co.za · Website: www.aaticd.co.za

COURSE BROCHURE

Personal Safety And Survival At Sea Training

Services / Transport, Operations and Logistics

Unit Standard 114923 · NQF Level 1 · 2 Credits · 1 Day

COURSE OVERVIEW

This course equips delegates with the essential knowledge and practical skills to ensure personal safety and survival at sea. Learners will understand emergency procedures, the use of life-saving appliances, and how to respond effectively to maritime incidents. The training aligns with international maritime safety standards and South African regulations.

Category	Services
Subfield	Transport, Operations and Logistics
Unit Standard	114923
Accreditation	SAQA Accredited · NQF Level 1 · 2 Credits
Duration	1 day
Training Method	Online, On-Campus, In-House
Certificate	Issued via AATICD LMS – verifiable online

LEARNING OUTCOMES

- Apply emergency procedures to respond to various maritime incidents.
- Demonstrate correct use of personal life-saving appliances, including lifejackets and immersion suits.
- Implement survival techniques for abandoning ship and surviving in life rafts.
- Analyze potential hazards at sea and evaluate appropriate risk mitigation strategies.
- Demonstrate coordination and teamwork during emergency drills and mustering.
- Apply basic firefighting and first aid techniques in a maritime context.

WHO SHOULD ATTEND

- This course is designed for seafarers, maritime personnel, and anyone working or traveling on vessels in South African waters.
- It is ideal for new entrants to the maritime industry or those requiring refresher training.

COURSE OUTLINE

Day 1: Personal Safety and Survival at Sea

- Introduction to maritime safety regulations and the role of the South African Maritime Safety Authority (SAMSA).
- Types of emergencies at sea: fire, flooding, man overboard, and abandonment.
- Personal protective equipment (PPE) and life-saving appliances (LSA): life jackets, immersion suits, life rafts.
- Emergency signals, alarms, and muster procedures.
- Principles of survival: protection, location, water, and food.
- Cold water shock, hypothermia, and basic first aid for maritime incidents.
- Practical exercise: donning a life jacket and entering water safely.
- Assessment and course review.

ASSESSMENT & CERTIFICATION

Delegates are assessed through exercises and a final test. A mark of **50% or above** earns an **AATICD Certificate of Completion**, issued digitally with a unique verification code. This course carries **2 NQF credits** at **NQF Level 1**.

PRICING (PER DELEGATE, EX-VAT)

Delegates	Training Method	Price per Delegate	Total
1	Online	R 12,800.00	R 12,800.00
1	In-House	R 16,600.00	R 16,600.00
1	On-Campus (Pretoria)	R 19,200.00	R 19,200.00

UPCOMING SESSIONS

Start	End	Method	Venue
07 Aug 2026	07 Aug 2026	On-Campus	Pretoria, South Africa
07 Aug 2026	07 Aug 2026	On-Campus	Lagos, Nigeria
10 Aug 2026	10 Aug 2026	On-Campus	Durban, South Africa
10 Aug 2026	10 Aug 2026	On-Campus	Mauritius
11 Aug 2026	11 Aug 2026	On-Campus	Cape Town, South Africa
12 Aug 2026	12 Aug 2026	On-Campus	Dubai, UAE
13 Aug 2026	13 Aug 2026	On-Campus	Pretoria, South Africa
14 Aug 2026	14 Aug 2026	On-Campus	Abu Dhabi, UAE

Contact us if no suitable date is listed – on-demand sessions can be arranged for groups.

HOW TO GET A QUOTE OR APPLY

1. **Get an instant quotation online:** visit www.aaticd.co.za, open the page for this course (Unit Standard 114923) and click **Get A Quote / Apply**. Select your training method and number of delegates – your quotation is generated immediately and emailed to you with the course brochure attached.
2. **Apply by email:** send the course title, your preferred training method (Online, In-House or On-Campus Pretoria), the number of delegates and your preferred dates to apply@aaticd.co.za – our team will reply with a formal quotation.
3. **Apply by phone or WhatsApp:** call **+27 12 004 8389** or WhatsApp **+27 65 077 6310** and we will prepare your quotation and reserve your seats.
4. **Confirm your booking:** accept the quotation and settle the invoice. As soon as payment is confirmed your delegates are enrolled and receive their AATICD LMS login details by email, along with joining instructions for their chosen training method.

Group discounts apply automatically – the more delegates you enrol, the lower the price per delegate. No payment is required to request a quotation.

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