



# STCW Basic Safety Training

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## Practice Questions

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### 1. What does the abbreviation STCW stand for?

- A. Safety Training for Crew at Work
- B. Standards of Training, Certification and Watchkeeping for Seafarers
- C. Shipboard Training and Crew Welfare
- D. Sea Transport and Cargo Watch

### 2. What is the main purpose of a lifejacket?

- A. To keep you warm only
- B. To keep an exhausted or unconscious person floating face-up
- C. To act as a cushion
- D. To carry your personal belongings

### 3. The three elements that must be present for a fire to burn are known as the:

- A. Fire triangle of water, foam and sand
- B. Three Ps: prevent, protect, put out
- C. Fire triangle of fuel, heat and oxygen
- D. Three alarms

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### 4. The recommended first step on finding a collapsed casualty is to:

- A. Start chest compressions immediately
- B. Check the scene is safe before approaching
- C. Give the casualty water
- D. Move the casualty to their cabin



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**5. The main purpose of an enclosed-space entry permit is to:**

- A. Record who is on leave
- B. Ensure the space is tested, ventilated and safe before anyone enters
- C. Charge for entry
- D. List the cargo

**6. The general emergency alarm sounds. What should you do?**

- A. Run to the bridge for instructions
- B. Go to the assigned muster station and follow the muster list
- C. Launch the nearest liferaft immediately
- D. Collect personal luggage before reporting

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**7. Which organisation adopted the STCW Convention?**

- A. The International Labour Organization (ILO)
- B. The World Maritime University
- C. The International Maritime Organization (IMO)
- D. The United Nations Security Council

**8. Before jumping into the water wearing a lifejacket, you should:**

- A. Inflate it fully on deck first
- B. Remove your shoes and clothing
- C. Check the area below is clear, hold the lifejacket down, look ahead and step off
- D. Dive head-first

**9. Extinguishing a fire by 'cooling' works by removing which element of the fire triangle?**

- A. Fuel
- B. Heat
- C. Oxygen
- D. Smoke

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**10. The sequence used to assess and treat a casualty is often remembered as:**

- A. RICE
- B. FAST
- C. DR ABC (Danger, Response, Airway, Breathing, Circulation)
- D. PASS

**11. Before entering an enclosed space, the atmosphere must be tested for:**

- A. Oxygen content, flammable gases and toxic gases
- B. Temperature only
- C. Noise level
- D. Colour of the bulkheads

**12. What is the primary purpose of a lifejacket?**

- A. Increase swimming speed
- B. Keep the airway above the water
- C. Provide drinking water storage
- D. Reduce motion sickness completely

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**13. Basic Safety Training (BST) is mandatory for which seafarers?**

- A. All personnel assigned shipboard duties with designated safety or emergency responsibilities
- B. Only the master and deck officers
- C. Only engine-room ratings
- D. Only passengers travelling on cargo ships

**14. The 'HELP' (Heat Escape Lessening Posture) is used to:**

- A. Reduce body-heat loss while floating alone in cold water
- B. Help you swim faster
- C. Signal aircraft
- D. Keep the lifejacket inflated

**15. Smothering a fire (for example with foam or a fire blanket) works by removing:**

- A. Heat
- B. Fuel
- C. Smoke
- D. Oxygen



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**16. If a casualty is unresponsive and not breathing normally, you should:**

- A. Begin cardiopulmonary resuscitation (CPR) and call for help/AED
- B. Give them food
- C. Wait ten minutes and reassess
- D. Place them in a chair

**17. A normal, safe oxygen level in air is approximately:**

- A. 5%
- B. 11%
- C. 21%
- D. 50%

**18. What is the purpose of the Heat Escape Lessening Posture (HELP)?**

- A. To signal aircraft more effectively
- B. To reduce body heat loss
- C. To make it easier to tread water
- D. To inflate an immersion suit

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**19. How many separate modules make up STCW Basic Safety Training?**

- A. One combined module
- B. Two modules
- C. Three modules
- D. Four modules

**20. When several survivors are in the water without a liferaft, the 'huddle' technique is used to:**

- A. Make rescue harder
- B. Share food
- C. Increase swimming speed
- D. Conserve body heat and stay together for easier detection



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**21. A Class A fire involves:**

- A. Solid combustible materials such as wood, paper and textiles
- B. Flammable liquids
- C. Energised electrical equipment
- D. Cooking oils

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**22. The purpose of the recovery position is to:**

- A. Make the casualty comfortable for photos
- B. Warm the casualty
- C. Restart the heart
- D. Keep the airway open and let fluids drain in an unconscious but breathing casualty

**23. If a workmate collapses inside an enclosed space, you should:**

- A. Rush straight in to pull them out
- B. Hold your breath and enter
- C. Wait and watch
- D. Raise the alarm and not enter without breathing apparatus and proper rescue arrangements

**24. After launching a liferaft, what action helps steady it and limit drift?**

- A. Start swimming toward shore
- B. Stream the sea anchor
- C. Deflate the raft floor
- D. Turn off all signaling devices permanently

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**25. How often must seafarers normally refresh their core Basic Safety Training certificates?**

- A. Never - it is valid for life
- B. Every five years
- C. Every six months
- D. Only after changing ships



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**26. Hypothermia is best described as:**

- A. Overheating of the body
- B. A dangerous drop in the body's core temperature
- C. A type of seasickness
- D. Sunburn

**27. A Class B fire involves:**

- A. Wood and paper
- B. Flammable liquids such as oil, petrol and paint
- C. Cooking fats
- D. Metals

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**28. To open the airway of an unconscious casualty you normally:**

- A. Push the chin down to the chest
- B. Tilt the head back and lift the chin
- C. Turn the head sharply to one side
- D. Place a pillow under the head

**29. A 'permit to work' system is used for hazardous jobs to:**

- A. Make sure hazards are assessed and controls are in place before work starts
- B. Increase paperwork for its own sake
- C. Pay overtime
- D. Avoid training crew

**30. What is the main benefit of an immersion suit?**

- A. Makes the wearer easier to pull aboard by hand
- B. Reduces heat loss in cold water
- C. Replaces the need for a lifejacket in every case
- D. Prevents all injuries during evacuation



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## Answer Key & Explanations

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### 1. B — Standards of Training, Certification and Watchkeeping for Seafarers

STCW is the International Convention on Standards of Training, Certification and Watchkeeping for Seafarers, adopted by the IMO in 1978 and amended since.

### 2. B — To keep an exhausted or unconscious person floating face-up

A lifejacket is designed to keep the wearer afloat and to turn an unconscious person face-up so the airway stays clear of the water.

### 3. C — Fire triangle of fuel, heat and oxygen

Fire needs fuel, heat and oxygen - the fire triangle. Removing any one of the three extinguishes the fire.

### 4. B — Check the scene is safe before approaching

Rescuer safety comes first: check for ongoing hazards before approaching, or you may become a second casualty.

### 5. B — Ensure the space is tested, ventilated and safe before anyone enters

An entry permit confirms the atmosphere has been tested and is safe, the space is ventilated, and proper precautions and standby arrangements are in place.

### 6. B — Go to the assigned muster station and follow the muster list

The general emergency alarm starts the muster process, not individual improvisation. Reporting to the assigned station lets the crew account for everyone and carry out the shipboard emergency plan quickly.

### 7. C — The International Maritime Organization (IMO)

The STCW Convention was adopted under the International Maritime Organization (IMO), the UN agency responsible for the safety and security of shipping.

### 8. C — Check the area below is clear, hold the lifejacket down, look ahead and step off

Check the water below is clear, keep feet together, hold the lifejacket down and cover the nose/mouth, look straight ahead and step off feet-first to avoid injury and the jacket riding up.

### 9. B — Heat

Cooling, typically with water, removes heat from the fire and brings the fuel below its ignition temperature.

### 10. C — DR ABC (Danger, Response, Airway, Breathing, Circulation)

DR ABC prompts the rescuer to check Danger, Response, Airway, Breathing and Circulation in a structured order.

### 11. A — Oxygen content, flammable gases and toxic gases

Enclosed spaces can be oxygen-deficient, flammable or toxic, so the atmosphere is tested for oxygen, flammable and toxic gases before entry.



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**12. B — Keep the airway above the water**

A lifejacket is designed to provide buoyancy and keep a survivor positioned so the mouth and nose stay clear of the water.

**13. A — All personnel assigned shipboard duties with designated safety or emergency responsibilities**

Under STCW, all seafarers with designated safety, pollution-prevention or emergency duties must complete Basic Safety Training before being assigned shipboard duties.

**14. A — Reduce body-heat loss while floating alone in cold water**

HELP means drawing the knees up to the chest and keeping the arms close to the sides to protect the body's high heat-loss areas and slow the onset of hypothermia.

**15. D — Oxygen**

Smothering cuts off the oxygen supply to the fire, breaking the fire triangle.

**16. A — Begin cardiopulmonary resuscitation (CPR) and call for help/AED**

An unresponsive casualty who is not breathing normally needs CPR started without delay and an AED or medical help summoned.

**17. C — 21%**

Air normally contains about 21% oxygen; significantly lower levels in an enclosed space can cause rapid unconsciousness.

**18. B — To reduce body heat loss**

HELP reduces heat loss by protecting high-heat-loss areas such as the chest, groin, and armpits.

**19. D — Four modules**

BST comprises four modules: Personal Survival Techniques; Fire Prevention and Fire Fighting; Elementary First Aid; and Personal Safety and Social Responsibilities.

**20. D — Conserve body heat and stay together for easier detection**

Huddling close together conserves heat among survivors and keeps the group together, making them easier to spot and rescue.

**21. A — Solid combustible materials such as wood, paper and textiles**

Class A fires involve ordinary solid combustibles like wood, paper, cloth and rubbish.

**22. D — Keep the airway open and let fluids drain in an unconscious but breathing casualty**

An unconscious casualty who is breathing is placed in the recovery position so the tongue does not block the airway and vomit can drain out.

**23. D — Raise the alarm and not enter without breathing apparatus and proper rescue arrangements**

Many enclosed-space deaths are would-be rescuers; raise the alarm and only enter with breathing apparatus and a trained rescue plan, never on impulse.

**24. B — Stream the sea anchor**

Streaming the sea anchor helps steady the raft, limits uncontrolled drifting, and reduces the chance of capsize.



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**25. B — Every five years**

STCW requires seafarers to provide evidence of continued competence; core BST certificates such as survival craft and fire fighting are typically revalidated every five years.

**26. B — A dangerous drop in the body's core temperature**

Hypothermia is the lowering of the body's core temperature below normal, which in cold water can quickly become life-threatening.

**27. B — Flammable liquids such as oil, petrol and paint**

Class B fires involve flammable and combustible liquids such as fuel oil, petrol, solvents and paint.

**28. B — Tilt the head back and lift the chin**

The head-tilt/chin-lift moves the tongue away from the back of the throat, opening the airway.

**29. A — Make sure hazards are assessed and controls are in place before work starts**

A permit to work formally controls high-risk tasks such as hot work, enclosed-space entry and working aloft by confirming hazards are assessed and precautions are in place.

**30. B — Reduces heat loss in cold water**

An immersion suit is primarily for thermal protection and buoyancy support in cold-water abandonment situations.



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