



Course Name:

Personal Survival Techniques (PST) STCW-95

Course Price:

€ 295

Short Description:

This is a 1-day course containing practical and theory sections including launching and entering a life raft in a designated pool.

Course Type:

STCW'95 & non STCW'95

Full Description:

Personal Survival Techniques (PST) is a one day course split into both theory and practicals, including launching and entering a life raft.

Included are actions to be taken by persons for self protection in emergency situations, survival at sea and deployment of safety equipment.

It forms part of the mandatory basic training for all seafaring personnel. So it's also part of our [offshore training courses](#).

Items to bring:

When joining this course please ensure you bring the following items with you:

National ID, Swim gear, wash gear and towel, change of clothes, soft shoes to wear in the pool, €1 coin for safety locker.


Please note: All trainees must be certified by a doctor to be in good health. Delegates must produce a valid Doctor's Note or Seafarer's


Contact Us

Please [contact us](#) for more information.

Book Now


To make a booking, please choose one of the following dates:

 20/08/2021

 18/10/2021

Course Prerequisites

 Delegates must produce a valid [Doctor's Note](#) or [Seafarer's Medical](#).

 Delegates must be [18 years](#) or older to be eligible to take part in this course.

Medical. All students will be asked to fill out a medical questionnaire before the course commences.

A Doctor's note is a letter from a doctor (GP) to state that the course candidate/delegate is considered medically fit to participate in all aspects of the course.

A valid Irish Seafarer's Medical or a Seafarer's Medical Certificate issued by an administration of an EU member state will be accepted in place of the Doctor's Note.

All students will be asked to fill out a medical questionnaire before the course commences.

N.B.-On the commencement day of the course, please be in the Reception area of the NMCI by 8.30am.

Maybe you are also interested in: [Personal Safety and Social Responsibility](#)

For any queries please contact the admin team on + 353 21 4335609 or email services@nmci.ie