



Course Name:

Personal Survival Techniques (PST) STCW-95 NMCI TS

Course Price:

€ 385

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 practical's, 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.

Upon successful completion the trainee will be able to demonstrate competence to:

- Don a lifejacket
- Don and use immersion suit
- Safely step from a height into water
- Right an inverted life raft while wearing a lifejacket
- Swim while wearing a lifejacket


Contact Us


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


Book Now


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


Precise venue to be confirmed closer to the date of the course.


 19/04/2024 ·
Booked Out


 16/05/2024


 10/06/2024


 20/06/2024


 11/07/2024


 08/08/2024

 29/08/2024

 05/09/2024

 17/10/2024

 07/11/2024

 11/11/2024

- Keep afloat without a lifejacket
- Board a survival craft from the water while wearing a lifejacket
- Take initial actions on boarding survival craft to enhance chance of survival
- Stream a drogue or sea anchor
- Operate survival craft equipment
- Operate location devices, including radio 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 in good health. All trainees will be asked to fill out a medical questionnaire before the course commences.


Please note, joining instructions are sent to all delegates in advance of training. If your company has made a booking on your behalf, joining instructions will be sent directly to the booker. These should be forwarded to you. If you do not receive your joining instructions at least 2 days in advance of the course, please contact our admin team.

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 nmci.services@mtu.ie

Course Prerequisites

 Delegates must be 18 years or older to be eligible to take part in this course.

 Delegates must be in good health on the day of the course