



TEACHER'S MANUAL

Course:

Occupational Safety Onboard

Part VI - Well-being onboard

TEACHER'S MANUAL

The purpose of the teacher's manual is to assist teachers in organizing and introducing training courses. It is not the intention of teacher's manual to provide teachers with a rigid teaching package which they are expected to "follow blindly", because national educational systems, groups size and the cultural backgrounds of trainees in maritime subjects vary considerably from country to country. The teacher can choose suitable parts for target group and can even make changes that are needed to achieve the learning outcomes.

The teacher's manual has been designed to give ideas how to you use material developed in the OnBoard Med -project. Teacher's manuals content is: objectives, content, target group and student's amount, implementation and learning methods, assessment, learning process (summary) and tips for the teacher.

Main topics

OBJECTIVES

Know what is physical wellness, social wellness, intellectual wellness, mental wellness.

Know good communication, clear leadership, good planning, good housekeeping on ship.

Know Code of Safe Working Practices for Merchant Seafarers.

Know how to use safety equipment.

Know how to get permit to work (hot work).

Know how to organize the fire watch.

CONTENT /TIME

Good physical, social and mental working environment.

Clearly defined expectations, good communication, clear leadership, good planning.

Good housekeeping (food, cleaning, garbage, clean water tanks, ventilation).

Permit to work" (Hot work, electrical testing, enclosed spaces), good ergonomic condition.

Suitable safety equipment "daily used":

High-visibility clothing, gloves, overalls, face mask, non-slip and anti-static footwear with toe protection, safety helmet, goggles, earmuff, plugs, communication equipment.

Procedures: Individual discussion/Group discussion with crew member.

Health assessment regularly; mini-interventions if there is some healthy issues, which are not in good condition.

Education in topics: Basic Safety, Medical care in emergency situations, Teamwork and leadership, communication onboard, risk awareness, effective knowledge management.

TARGET GROUP AND STUDENT AMOUNT: 4x10 students

IMPLEMENTATION

LEARNING METHODS

- E-learning, lecture, low fidelity simulation, exercise

LEARNING PROCESS

- E-learning, lectures, workshop, evaluation and controlling, e-test.

STUDENTS USE OF TIME

- How much time student need to learn things or how many hours there is lectures, simulation etc.
 - o pre-work 3 h
 - o online lecture 4 h,
 - o Independent e-exercise 4 h,
 - o workshop online 4 h
 - o simulation 6 h
 - o test : preparation 4 h and
 - o e-test 2 h

ASSESSMENT - SUMMARY

CONTENT	TIME	LEARNING METHODS and MATERIAL	ASSESSMENT
Pre-work	3 h	e-learning, videos and PP presentations	Pass/fail
Online lecture	4 h	Videos, PP presentation	
E-exercise	4 h	questionnaires	e-test
workshop	4 h	Learning the basic skills	Pass/fail
Simulation	6 h	Simulation of real situations at sea	Pass/fail
Test and preparation	4+2 h	All learning material	e-test

TIPS FOR TEACHER

Learning methods

eLearning is learning utilizing electronic technologies to access educational material outside a traditional classroom. eLearning can be f. ex. online videos, lectures, discussions, teacher consultation, e-testing.

Exercise is an activity carried out for a specific purpose in online or face to face and can be individual or group exercise. F. ex. pre tasks, classroom exercise, model answer questions.

Lecture: an educational and theoretical talk to the students which should be interactive. When the instructor incorporates engagement triggers and breaks the lecture at least once per class to have students participate in an activity that lets them work. The engagement triggers capture and maintain student attention and allow students to apply what they have learned or give them a context for upcoming lecture material. Lecture can be online, video lecture or face to face.

Skill lab provide students with an opportunity to learn and develop the skills essential to nursing / maritime practice within a supportive and safe environment.

Simulation is a form of experiential learning. Where teacher sets problems, events or scenario that can be used for training students, how to behave in authentic situation within a supportive and safe environment. It includes introduction, simulation and debriefing.

Workshop is a period of practical work on a particular subject in which a small group of people share their knowledge or experience. Workshop can also be like learning café where you develop new ideas or approaches to specific subject.

SUMMARY

From this summary you as a teacher can easily choose by the learning subjects and material you want to use with you students (depends on the target group and the group size).

And also depending on the time that you can use in the subject, there is lectures, exercises to do in the classroom with bigger group.

Questionnaire:

Well-being

Wellbeing environment

Expectations, communication

Leadership and planning

Prevention of problems

Housekeeping

Safety on board

Hot Work

Where hot work is permitted

When hot work is permitted

Who authorizes, performs, and monitors hot work activities

What must be assessed before permitting/performing hot work in an area or on a process piece of equipment or area

What to do to prepare an area for hot work

What to do if hot work cannot be avoided in a particularly hazardous area

What hot work tools are required

How to obtain a hot work permit, when they are required, and who can administer them

LEARNING MATERIAL for WP-3

Video material:

<https://www.youtube.com/watch?v=fk0wKFO0CjU>

<https://www.youtube.com/watch?v=D4bJ66GObac> -introduction

https://www.youtube.com/watch?v=I_oNRBsDNaQ -social wellness

https://www.youtube.com/watch?v=hw4meEdl4_I -intellectual wellness

<https://www.youtube.com/watch?v=4PSv5PE1PXI> -physical wellness

<https://www.youtube.com/watch?v=0UycPdr-VTQ&t=5s> -emotional wellness

<https://www.youtube.com/watch?v=fjKHyaZL2Q> -mental health

<https://www.youtube.com/watch?v=jVNmrQcQRwU> -conclusion

<https://www.youtube.com/watch?v=85uO5gbi5oU&index=2&list=PLU7pjB4-GSkiGfWEF4uxZP2Sj8EwJgs8> -loneliness and danger

Literature:

Code of Safe Working Practices for Merchant Seafarers -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/671403/CSWPMS_GOV_UK_2017.pdf

Guidelines of maritime occupational safety and health

<http://www.oshc.dole.gov.ph/images/Files/IEC%20Materials/DO%20132%20Guidelines%20in%20MOSH.pdf>

Safe working on ships and vessels

Health and safety -

http://ec.europa.eu/taxation_customs/dds2/SAMANCTA/EN/Safety/WorkOnShipsVessels_EN.htm

Health and safety - <https://www.maritimenz.govt.nz/commercial/safety/health-and-safety/documents/HS-guide-for-mariners.pdf>

Course leader:

Course co-workers:

Portsmouth Raivo, project manager, Estonian Nautical School

Atspol Jaan, Seagoing Practice Manager, Navigator, Sea captain, Estonian Nautical School



onboardmed.turkuamk.fi



facebook.com/OnBoard-Med

