

Annex IV

Course Outline and Timetable for the Updating of Personal Safety and Social Responsibility

Period	Competence	Knowledge Understanding and Proficiency
1 st period (2 hours)	Take precautions to prevent pollution of the marine environment	<ol style="list-style-type: none"> 1. Introduction 2. Basic knowledge of complexity and diversity of the marine environment
2 nd period (2 hours)	Contribute to effective human relationships on board ships	<ol style="list-style-type: none"> 3. Basic team working principles and practice, including conflict resolution.
3 rd period (2 hours)	Understand and take necessary actions to control fatigue	<ol style="list-style-type: none"> 4. Importance of obtaining the necessary rest 5. Effects of sleep schedules, and the circadian rhythm on fatigue 6. Effects of physical stressors on seafarers

4 th period (2 hours)		7. Effects of environmental stressors in and outside ship and their impact on seafarers 8. Effects of schedule changes and seafarer fatigue 9. Assessment
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Note:

1. Actual duration for each topic may vary depending upon the trainees' performance.
2. Short break is given in between periods as deemed necessary.