

**Personal Survival Techniques Updating Training Self Declaration Form
(Signed by seafarer at an MCA-approved training centre)**

I declare that in the last 5 years I have completed onboard training and gained experience for maintaining the required standard of competence in the following:

	Tick if completed
1. Don a life jacket	
2. Board a survival craft from the ship, while wearing a life jacket	
3. Take initial actions on boarding a lifeboat to enhance chance of survival	
4. Stream a life raft drogue or sea-anchor	
5. Operate survival craft equipment	
6. Operate location devices, including radio equipment	

I have completed the above onboard the following vessels:

Vessel	IMO Number	Dates onboard

Signed.....

Print Name:.....

Date:.....

