GUÍA DE ESTUDIOS - TITULACIÓN CAPITÁN DE ALTURA						
Q. Number	**Question**	***IMAGEN***	**A**	**B**	**C**	**D**
	PERSONAL SURVIVAL TECHNIQUES					
1	What is the most common cause of death following a shipwreck?		Hypothermia.	Starvation.	Dehydration.	Burns.
2	In addition to reducing drift, what other things does the sea anchor on a liferaft do?		Keeps the doors pointing into the wind.	Keeps the doors at right angles to the wind.	Allows the EPIRB to send a distress message.	Releases an orange dye marker into the water.
3	What should be done before throwing the liferaft overboard, after securing the painter to a strong point?		Open the fiberglass case.	Inflate the liferaft.	Check that there is nothing in the sea below.	Untie the painter from the strong point.
4	After throwing a liferaft into the water, what should be done next?		Jump into the water and swim to the container, then hold onto it.	Throw a lifebuoy into the water as near to the liferaft as possible.	Climb down the embarkation ladder and board the liferaft.	Pull the painter all the way out and give it a tug to inflate the liferaft.
5	Why is it advisable to board a liferaft without getting wet if possible?		Getting wet will increase the loss of body heat.	You might drink sea water which will make you more thirsty.	You could be attacked by sharks whilst in the water.	Getting wet will increase the body's insulation against cold.
6	If it is necessary to enter the water, how should you jump from the ship?		Dive head first with your arms pointing over your head.	Look straight ahead, legs together, jump feet first with arms crossed over your chest.	Look down, jump feet first with legs extended and arms out at right angles to your body.	Fall forwards in order to land on the water chest first with arms straight by your sides.
7	If you are in water at a temperature 10 degrees C, wearing only shorts, approximately how long would you be able to survive?		Less then 1 minute.	About 5 minutes.	About an hour.	About 5 hours.
8	If you are in a survival craft, after clearing the sinking ship, what should be done to minimise the rate of drift?		Stream the sea anchor.	Use the paddles or oars.	Tie the painter to a piece of floating wreckage.	One survivor should get into the sea and hold on to the grab lines.
9	Is it advisable to jump onto the canopy of the raft?		Yes, as long as from not too great a height as it will save time.	Yes, as long as you land on the top of the liferaft.	No, as you might injure yourself or someone under the canopy.	No, as if you fall through the opening you might go through the floor of the raft.
10	If you abandoned ship by jumping into the sea wearing a lifejacket, what should you do then?		Swim in the direction of the nearest land.	Hold on to part of the ship.	Swim vigorously to help maintain body temperature.	After getting clear of the ship, float as still as possible.

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			PERSONAL SURVIVAL TECHNIQUES			
11	How is a throw-over liferaft usually secured on deck?		With a hydrostatic release unit.	With an atmospheric release.	With a heavy object as an anchor.	With a steel wire strop.
12	Which of these items of clothing would be best at preventing loss of body heat?		Thick woollen socks.	Short pants.	A vest.	A woollen hat.
13	What is an immersion suit?		Special clothing to protect the wearer from the effects of being in a cold sea.	Special clothing that allows the wearer to get close to a fire.	A type of life jacket.	Special clothing that is worn by the lookout whilst on watch.
14	If you had to board your lifeboat which of the following do you think is most important?		Carry your important documents such as passport and seaman's book.	Wear as many layers of warm clothing as possible.	Drink a large cup of hot coffee or hot tea.	Keep all your belongings packed in a bag.
15	What signal is used to mean "ABANDON SHIP"?		7 short & 1 long blasts on the ship's whistle.	3 short blasts on the ship's whistle.	1 short blast - abandon ship to starboard; 2 short blasts - abandon ship to port.	A verbal command given by the master or officer in charge.
16	What is a HYDROSTATIC RELEASE?		A securing device on the lifeboat gripes that allows them to be easily unfastened.	A piece of wood put through the painter allowing it to be untied even when there is weight on the rope.	A device that allows an inflatable liferaft to be deployed automatically if a ship sinks.	A cone-like device that is thrown into the sea to keep the lifeboat's bow pointing into the wind
17	In which order should we place the priorities of survival, from highest to lowest?		Protection from the environment, location, water, food.	Food, water, location, protection from the environment.	Location, protection from the environment, water, food.	Water, protection from the environment, food, location.
18	Which of these would NOT be a good thing to do after abandoning ship?		Collect all the survival craft together.	Activate the EPIRB and SART.	Stay in the area that the ship sank in.	Sail away from the area of the sinking ship in the direction of the nearest land.

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		PERSONAL SURVIVAL TECHNIQUES				
19	What item of safety equipment is shown here?		An emergency position indicating radio beacon (EPIRB).	An inflatable liferaft.	A lifebuoy.	A float.
20	Which of these are attached to a lifejacket?		A radar transponder.	Red light and orange smoke distress flares.	A light & a whistle.	A dye marker & shark repellant.
21	What should be done before throwing the liferaft overboard?		Open the fiberglass cover.	Secure the painter to a strong point.	Pull the painter all the way out.	Activate the EPIRB.
22	Which of these statements is true?		If the ship is on fire we have to abandon ship.	We should only abandon ship when told to by the master or officer in charge.	We should bring important documents and personal belongings with us in the liferaft.	If the emergency alarm is ringing we have to go to the bridge.
23	What life saving appliance would be found near this sign?		A GMDSS receiver.	A radar transponder beacon.	A lifeboat radio.	An Emergency Position Indicating Radio Beacon (EPIRB).
24	What does this sign mean?		Survival craft portable radio.	Emergency Position Indicating Radio Beacon (EPIRB).	Radar transponder beacon.	Walkie talkie.
25	What does this sign mean?		Parachute flares.	Rocket line throwing apparatus.	Emergency distress aids.	Red star-shells.

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		PERSONAL SURVIVAL TECHNIQUES				
26	What does this sign mean?		Thermal protective aid.	Wear warm clothing.	Immersion suit.	Rescue boat crew.
27	What distress signal would be located near this sign?		Star shell rockets.	Hand flares.	Smoke floats.	Parachute flares.
28	What does this sign mean?		Liferaft ahead.	Emergency muster station.	Lower liferaft to water.	Abandon ship.
29	Would alcohol be a good treatment for hypothermia?		Alcohol has no place in the treatment of hypothermia.	In small controlled doses alcohol will be medicinal and help to avoid hypothermia.	A quick intake of a substansila dose of alcohol I helpful	Only certain types of alcohol are good for treatment for hypothermia
30	In case of an abandoning ship in cold conditions you should use your survival craft's immersion suits and TPAs. What is a TPA?		It is an immersion suit to be worn by the occupants of the life saving craft.	Thermal underwear for use by the occupants of the inflatable raft in cold climates. It serves to maintain body temperature.	It is a first aid kit.	A waterproof cover enclosing a person to reduce heat loss from the wearer's body.
31	Immersion suits will be most effective when:		you only have your underclothes on.	you are fully dressed.	you are wearing only a boiler suit.	what kind of clothes you were doesn't matter

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32	There are four principal dangers faced by evacuees in a survival craft. Which item below does NOT belong?		Drowning, which is fatal in minutes.	Inability to maintain body temperature, which will be fatal in hours.	Inability to get sufficient sleep, which will be fatal in days.	Lack of water, which takes a few days to cause death.
33	Lifejackets should be:		put on underneath the immersion suit.	carried with you until you are in the water or life-saving appliance.	put on over the immersion suit.	are not required as the immersion suit will make you float.
34	What is the main task of the outside look-out on board the survival craft?		To keep a watch for rescue ships and aircraft, and any survivors.	To replenish the fresh water supply by catching rain water.	To report on the condition of the abandoned vessel.	To stream the fishing lines.
35	When would you fire the pyrotechnics after launching the boats and rafts?		Once every hour immediately after launching.	Once every hour during the hours of darkness.	When you have sighted the rescue services or other ships/aircraft.	On request from the rescue services.
36	Water conducts heat away from the body:		at the same rate as air.	at twice the rate of air.	at more than 20 times the rate of air.	10 times the rate of air
37	The suit's buddy line is to:		help attach you to the life raft.	act as a reflective string which will be highly visible from the air.	prevent you from drifting away from other crew members.	improve maneuverability.
38	You should check your suit's condition:		once a month.	once every 3 months.	It is up to the Safety Officer to check the condition of immersion suits.	once every 6 months
39	When should abandonment be undertaken?		As a first priority on hearing the alarm.	As a last resort on orders from the Master.	Immediately after all persons have reported to their muster stations.	As soon as your instinct tells you that it is right to do so.

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			PERSONAL SURVIVAL TECHNIQUES			
40	To enter the water safely:		jump as far off the side of the ship as you can.	first attach yourself to other crew members with the buddy line and lower the first person down to the water using the line.	get as close as possible to the water then step off or use a rope or ladder.	jump off holding something that floats, like a piece of wood
41	What is the heliograph used for?		To check the outside temperature.	As a means of signalling by reflecting the light of the sun.	To warm the emergency food rations.	As a first aid burns dressing.
42	The SART is the Search and Rescue Radar Transponder. How will this device be activated?		It has to be thrown into the sea where it will self-activate.	It has to be switched on by the Master when the order to abandon ship is given.	It will be activated by the nearest coast station.	It is carried into the survival craft and switched on by the occupants.
43	With hypothermia, unconsciousness normally sets in when the body temperature reaches:		35°C.	30°C.	26°C.	22°C.
44	If a person spends six hours in 0°C water when wearing an immersion suit, their body temperature should not drop:		by more than 2°C.	by more than 5°C.	at all.	by more than 7°C.
45	Which of the instructions about putting your immersion suit back in its bag is not correct?		Make sure the floor is clean, brushing it if necessary	Lay it flat on the floor	Do the zip right up	Fold the arms on to the chest
46	In cold conditions you should use your survival craft's immersion suits and TPAs. What is a TPA?		It is an immersion suit to be worn by the occupants of the life saving craft.	Thermal underwear for use by the occupants of the inflatable raft in cold climates. It serves to maintain body temperature.	It is a first aid kit.	A waterproof cover enclosing a person to reduce heat loss from the wearer's body.
47	Cold water shock lasts for around:		30 seconds.	2 minutes.	30 minutes.	10 minutes

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	PERSONAL SURVIVAL TECHNIQUES					
48	What is the function of the inside watchman on board an inflated raft?		To prepare food and distribute the water.	To stop people from smoking.	To cheer up the occupants.	To check on injured personnel and on the state of the survival craft.
49	Death generally occurs when the body temperature reaches:		35°C.	30°C.	26°C.	22°C.
50	Shock is a state of collapse that may occur after any serious injury. What immediate treatment would you give?		Victims should be kept cool, and if conscious placed in an upright position.	Victims should be kept warm, laid flat and, if conscious, given frequent sips of water - except for those with stomach injuries.	Victims should be given a small dose of medicinal brandy, then laid flat and given rest.	None; wait until rescue services arrive with specialist personnel trained to deal with such a medical emergency.
51	When you find yourself alone in the water, which of the actions below does NOT apply?		Swim as little as possible.	Do as little as possible.	Remove heavy boots as soon as possible.	Tighten up any wrist, neck and ankle fastenings of your clothing.
52	What is the EPIRB?		Electronic Positioning Instrument and Receiving Device.	It is a smoke generator used to indicate the position of the boat in distress.	Emergency Position-Indicating Radio Beacon.	Emergency Receiving Beacon.
53	Once launched how should boats and rafts be distributed?		They should be dispatched in different directions to seek rescue services.	Congregate and tie together to form an easily recognised target for rescue services.	Congregate and then dispatch one motor boat to seek rescue services.	It is important not to tie the boats and rafts together.
54	Which of the tasks listed is not appropriate when checking your suit?		See if there are any tears or deterioration in the material or seams.	Test the retro-reflective tape to find out if it is firmly attached.	Run the zip up and down to see if it works smoothly.	Try the suit out in the shower, or if weather permits, in the sea.
55	How long will a parachute flare burn after it has been fired into the air?		A minimum of two minutes.	A minimum of five minutes.	A minimum of forty seconds.	A minimum of thirty seconds.

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			PERSONAL SURVIVAL TECHNIQUES			
56	What must evacuees do just before boarding an inflatable liferaft?		Call the bridge and ask permission to board.	Have a meal to sustain them during difficult conditions onboard the raft.	Make sure that the raft is inflated.	Remove their footwear.
57	In an emergency situation is it a good idea to jump overboard and swim towards a launched lifeboat?		When you see a boat in the water you should quickly jump into the sea to be picked up	A group of persons should jump together and then assist each other once in the water	Only seafarers trained in survival techniques should jump into the water	As a general rule, don't jump into the sea
58	If you have to abandon ship what type of clothing is best?		Dress lightly so that you can move about un-hindered by heavy clothing.	Put on extra clothing, preferably with a waterproof layer on top.	It makes no difference what you wear.	Clothing makes no difference as long as you don't wear heavy boots!
59	A parachute distress flare must burn with a bright....		yellow colour	green colour	red colour	white colour
60	When should abandonment be undertaken?		As a first priority on hearing the alarm	As a last resort on orders from the Master	Immediately after all persons have reported to their muster stations	As soon as your instinct tells you that it is right to do so
61	In general terms, what would you consider to be your best lifeboat?		The lifeboat allocated to you on the muster list	The rescue boat	The ship itself	The inflatable life raft

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PERSONAL SURVIVAL TECHNIQUES	
ANSWERS	
1	A
2	B
3	C
4	D
5	A
6	B
7	C
8	A
9	C
10	D
11	A
12	D
13	A
14	B
15	D
16	C
17	A
18	D
19	B
20	C
21	B
22	B
23	D
24	A
25	A
26	C
27	D
28	C
29	A
30	D
31	B
32	C
33	C
34	A

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PERSONAL SURVIVAL TECHNIQUES	
ANSWERS	
35	C
36	C
37	C
38	A
39	B
40	C
41	B
42	D
43	B
44	A
45	C
46	D
47	B
48	D
49	C
50	B
51	C
52	C
53	B
54	D
55	C
56	D
57	D
58	B
59	C
60	B
61	C