

STCW COURSE SCHEDULE 2024

CAPE TOWN

| 🕒 08:00 -15:30 | JANUARY 2024 | | | | | | |
|----------------|--------------|---------|-----------|----------|--------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 1 | | | 3 | 4 | 5 | 6 | 7 |
| | | | | | | Personal Survival Techniques (PST) | |
| | | | | | | Personal Survival Techniques (PST) | |
| | | | | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |

| 🕒 08:00 -15:30 | JANUARY 2024 | | | | | | |
|----------------|---|---------|---|---|--|---|--------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 2 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 -15:30 | | JANUARY 2024 | | | | | | | |
|----------------|--|---|---------|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 3 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |

| 🕒 08:00 -15:30 | | JANUARY 2024 | | | | | | | |
|----------------|--|---|---------|--|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 4 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | |
| | | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | JANUARY 2024 | | | FEBRUARY 2024 | | | | |
|----------------|---|---------|---|---|--|---|--------|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 5 | 29 | 30 | 31 | 01 | 02 | 03 | 04 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | FEBRUARY 2024 | | | | | | | |
|----------------|---|---------|---|---|--|---|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 6 | 05 | 06 | 07 | 08 | 09 | 10 | 11 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | | FEBRUARY 2024 | | | | | | | | |
|----------------|--|---|---------|--|---|--|------------------------------------|------------------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
| WEEK 7 | | 12 | 13 | 14 | 15 | 16 | 17 | 18 | | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | | | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 -15:30 | | FEBRUARY 2024 | | | | | | | | |
|----------------|--|---|---------|---|---|--|------------------------------------|------------------------------------|--|---|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
| WEEK 8 | | 19 | 20 | 21 | 22 | 23 | 24 | 25 | | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | Crisis Management and Human Behaviour (CMHB) | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | | | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) |
| | | | | | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 - 15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--------|---|---|--|---|--|--------|
| | WEEK 9 | 26 | 27 | 28 | 29 | 01 | 02 |
| Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | | |
| | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |
| Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 - 15:30 | MARCH 2024 | | | | | | |
|-----------------|---|--|---|---|--|---|--------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 10 | 04 | 05 | 06 | 07 | 08 | 09 | 10 |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | |

| 🕒 08:00 -15:30 | | MARCH 2024 | | | | | | | | |
|----------------|--|---|---------|---|---|--|---|--|--|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
| WEEK 11 | | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | | | |
| | | | | | | | Elementary First Aid (EFA) | | | |
| | | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | | |

| 🕒 08:00 -15:30 | | MARCH 2024 | | | | | | | | |
|----------------|--|---|---------|--|---|--|----------------------------------|------------------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
| WEEK 12 | | 18 | 19 | 20 | 21 | 22 | 23 | 24 | | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | | |
| | | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | Elementary First Aid (EFA) | | | |
| | | MARCH 2024 | | | | | | | | |

| 🕒 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------------|---|---------|---|---|-------------|----------------|--------|
| WEEK 13 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | GOOD FRIDAY | EASTER HOLIDAY | |
| | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | |
| | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | | | |
| | Ship Security Officer (SSO) | | | Designated Security Duties (DSD) | | | |

| 🕒 08:00 -15:30 | | | | | | | | |
|---|---------------|---|---|---|--|--|---|--|
| APRIL 2024 | | | | | | | | |
| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
| 01 | 02 | 03 | 04 | 05 | 06 | 07 | | |
| Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | | |
| WEEK 14 | EASTER MONDAY | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | | Personal Survival Techniques (PST) | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | Designated Security Duties (DSD) | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------|---|--|---|---|--------|--|---|----|
| | | 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| WEEK 15 | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | Elementary First Aid (EFA) | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | APRIL 2024 | | | | | | | | |
|----------------|---|---------|---|---|--------|--|---|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | | |
| | 15 | 16 | 17 | 18 | 19 | 20 | 21 | | |
| WEEK 16 | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | | |

| 🕒 08:00 -15:30 | APRIL 2024 | | | | | | | |
|----------------|---|--|---|---|--|------------------------------------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 17 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | APRIL 2024 | | MAY 2024 | | | | | |
|----------------|---|---------|---|---|--|------------------------------------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 18 | 29 | 30 | 01 | 02 | 03 | 04 | 05 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | | MAY 2024 | | | | | | | |
|----------------|--|---|--|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 19 | | 06 | 07 | 08 | 09 | 10 | 11 | 12 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |

| 🕒 08:00 -15:30 | | MAY 2024 | | | | | | | |
|----------------|--|---|---------|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 20 | | 13 | 14 | 15 | 16 | 17 | 18 | 19 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |

| 🕒 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---|---------|--|---|--|--------|------------------------------------|---|----|
| | WEEK 21 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | | |
| Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | | |
| Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | Elementary First Aid (EFA) | | |
| Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | | |

| 🕒 08:00 -15:30 | MAY 2024 | | | | | JUNE 2024 | | |
|----------------|---|---------|---|---|--|----------------------------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 22 | 27 | 28 | 29 | 30 | 31 | 01 | 02 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | Ship Security Officer (SSO) | | | | | Elementary First Aid (EFA) | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | | JUNE 2024 | | | | | | |
|----------------|---|--|---|---|--|-------------------------|---|--------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 23 | 03 | 04 | 05 | 06 | 07 | 08 | 09 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | Elementary First Aid (EFA) | | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | | JUNE 2024 | | | | | | |
|----------------|---|-----------|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 24 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | | JUNE 2024 | | | | | | | |
|----------------|--|---|--|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 25 | | 17 | 18 | 19 | 20 | 21 | 22 | 23 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |

| 🕒 08:00 -15:30 | | JUNE 2024 | | | | | | | |
|----------------|--|---|---------|---|---|--|----------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 26 | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | Ship Security Officer (SSO) | | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 -15:30 | | JULY 2024 | | | | | | |
|----------------|--|-----------|---------|-----------|----------|--------|----------|--------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |

| WEEK 27 | 01 | 02 | 03 | 04 | 05 | 06 | 07 |
|---------|---|--|---|---|--|---|----|
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | |

| 🕒 08:00 - 15:30 | JULY 2024 | | | | | | |
|-----------------|---|---------|---|---|--|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 28 | 08 | 09 | 10 | 11 | 12 | 13 | 14 |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | |

| 🕒 08:00 -15:30 | | JULY 2024 | | | | | | | |
|----------------|--|---|--|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 29 | | 15 | 16 | 17 | 18 | 19 | 20 | 21 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |
| | | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |


| 🕒 08:00 -15:30 | | JULY 2024 | | | | | | | |
|----------------|--|---|---------|---|---|--|-------------------------|------------------------------------|---|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 30 | | 22 | 23 | 24 | 25 | 26 | 27 | 28 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | Crisis Management and Human Behaviour (CMHB) |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) |
| | | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) |
| | | | | | | | | | Elementary First Aid (EFA) |

| 🕒 08:00 -15:30 | JULY 2024 | | | AUGUST 2023 | | | |
|----------------|---|--|---|---|--|---|--------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 31 | 29 | 30 | 31 | 01 | 02 | 03 | 04 |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 -15:30 | AUGUST 2024 | | | | | | |
|----------------|---|---------|---|---|--|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 32 | 05 | 06 | 07 | 08 | 09 | 10 | 11 |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | |

| 🕒 08:00 -15:30 | AUGUST 2024 | | | | | | |
|----------------|-------------|---------|-----------|----------|--------|----------|--------|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |

| | | | | | | | | |
|----------------|---|--|---|---|--|---|----|--|
| WEEK 33 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

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|--|---|---------|---|---|--|---|--|--|
|  08:00 - 15:30 | AUGUST 2024 | | | | | | | |
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| | 19 | 20 | 21 | 22 | 23 | 24 | 25 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | Personal Survival Techniques (PST) | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | Elementary First Aid (EFA) | | | |
| Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | | |

| 🕒 08:00 -15:30 | AUGUST 2024 | | | | | | SEPTEMBER 2024 | |
|----------------|---|--|---|---|--|---|------------------------------------|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 35 | 26 | 27 | 28 | 29 | 30 | 31 | 01 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | SEPTEMBER 2024 | | | | | | | |
|----------------|---|---------|---|---|--|---|--|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 36 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | | SEPTEMBER 2024 | | | | | | | |
|----------------|--|---|--|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 37 | | 09 | 10 | 11 | 12 | 13 | 14 | 15 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |

| 🕒 08:00 -15:30 | | SEPTEMBER 2024 | | | | | | | |
|----------------|--|---|---------|---|---|--|-------------------------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 38 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | Crisis Management and Human Behaviour (CMHB) |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | | Elementary First Aid (EFA) | |

| SEPTEMBER 2024 | | | | | | |
|----------------|--|--|--|--|--|--|
|----------------|--|--|--|--|--|--|

| 🕒 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------|---|--|---|---|--|-------------------------|---|----|
| | | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| WEEK 39 | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | SEPTEMBER 2024 | | | OCTOBER 2024 | | | | |
|----------------|---|---------|---|---|--|-------------------------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| | 30 | 01 | 02 | 03 | 04 | 05 | 06 | |
| WEEK 40 | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |
| | OCTOBER 2024 | | | | | | | |

| 🕒 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|---|----------------|--|---|------------------------------------|--|------------------------------------|---|----|
| | WEEK 41 | 07 | 08 | 09 | 10 | 11 | 12 | 13 |
| Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | | |
| Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |
| Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | | |

| 🕒 08:00 -15:30 | OCTOBER 2024 | | | | | | | |
|----------------|---|---------|---|---|----------------------------|--|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 42 | 14 | 15 | 16 | 17 | 18 | 19 | 20 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
|----------------|---|--|---|---|--|------------------------------------|---|----|
| | | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| WEEK 43 | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | OCTOBER 2024 | | | | NOVEMBER 2024 | | | |
|----------------|---|---------|---|---|--|------------------------------------|---|--|
| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| | 28 | 29 | 30 | 31 | 01 | 02 | 03 | |
| WEEK 44 | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | Security Awareness (SA) | | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | | NOVEMBER 2024 | | | | | | |
|----------------|---|--|---|---|--|--------|---|--------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 45 | 04 | 05 | 06 | 07 | 08 | 09 | 10 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Crowd Management and Passenger Safety (CMPS) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | | | Elementary First Aid (EFA) | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | | NOVEMBER 2024 | | | | | | | |
|----------------|---|---------------|---|---|--|--------|---|--|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 46 | 11 | 12 | 13 | 14 | 15 | 16 | 17 | | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Passenger Ship Crowd Management and (PSCM) | | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | | |
| | | | | | | | Elementary First Aid (EFA) | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | | |

| 🕒 08:00 -15:30 | | NOVEMBER 2024 | | | | | | |
|----------------|---|--|---|---|--|--------|---|--------|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 47 | 18 | 19 | 20 | 21 | 22 | 23 | 24 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Passenger Ship Crowd Management (PSCM) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |
| | Able Seafarer Deck (ASD) & Able Seafarer Engine (ASE) | | | | | | | |

| 🕒 08:00 -15:30 | | NOVEMBER 2024 | | | | | | DECEMBER 2024 |
|----------------|---|---------------|---|---|--|--------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
| WEEK 48 | 25 | 26 | 27 | 28 | 29 | 30 | 01 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Passenger Ship Crowd Management (PSCM) | | Personal Survival Techniques (PST) | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |

| DECEMBER 2024 | | | | | | | | |
|---------------|---|--|---|---|--|------------------------------------|---|--|
| 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 49 | 02 | 03 | 04 | 05 | 06 | 07 | 08 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Passenger Ship Crowd Management (PSCM) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |

| DECEMBER 2024 | | | | | | | | |
|---------------|---|---------|---|---|--|------------------------------------|---|--|
| 08:00 -15:30 | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 50 | 09 | 10 | 11 | 12 | 13 | 14 | 15 | |
| | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | Crisis Management and Human Behaviour (CMHB) |
| | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Passenger Ship Crowd Management (PSCM) | Personal Survival Techniques (PST) | | |
| | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | | | | Elementary First Aid (EFA) | | | |

| 🕒 08:00 -15:30 | | DECEMBER 2024 | | | | | | | |
|----------------|--|---|--|---|---|--|----------|---|--|
| | | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY | |
| WEEK 51 | | 16 | 17 | 18 | 19 | 20 | 21 | 22 | |
| | | Personal Safety with Social Responsibility (PSSR) | | Elementary First Aid (EFA) | | | | Security Awareness (SA) | |
| | | Personal Survival Techniques (PST) | | Medical First Aid Incl. Elementary First Aid (MFA incl EFA) | | | | | |
| | | Designated Security Duties (DSD) | | Personal Safety with Social Responsibility (PSSR) | | Passenger Ship Crowd Management (PSCM) | | Personal Survival Techniques (PST) | |
| | | Fire Prevention and Fire Fighting (FPFF) | | | Personal Safety with Social Responsibility (PSSR) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting Refresher (ADV FPFF Ref) | | Personal Survival Techniques (PST) | | | Personal Survival Techniques (PST) | |
| | | | Advance Fire Prevention and Fire Fighting (ADV FPFF) | | | | | | |
| | | | | | Designated Security Duties (DSD) | | | Personal Safety with Social Responsibility (PSSR) | |
| | | Ship Security Officer (SSO) | | | | Elementary First Aid (EFA) | | | |