



- ◆ SAFETY
- ◆ SURVIVAL
- ◆ SECURITY

LTR TRAINING SYSTEMS

5761 SILVERADO WAY, UNIT Q
ANCHORAGE, ALASKA 99518-1370
(907) 563-4463 ☎ FAX (907) 563-9185

Cold Weather Survival

Curriculum Overview

(4 hrs classroom, 3 hrs field training exercise)

This 8 hour program is designed to provide information and practical experience in the areas of journey management, worker safety and emergency procedures for cold weather areas. Attendees are first educated in the hazards of cold weather environments and typical emergency scenarios that need to be considered. Training progresses to hands-on experience in emergency evacuations, prevention and treatment of cold injuries, first-aid procedures and techniques for employees who must shelter "in position" until rescued. The field training portion of the program allows workers to test their arctic PPE under realistic conditions. This program also provides managers, HSE personnel and employees with guidance and discussion points to address specific concerns in their industry and field work sites.

(Program is directed toward oil field personnel, seismic workers and remote site industrial workers)



Course Objectives:

- 1) To be familiar with organizational safety policies that address vehicle, helicopter or ATV Travel.
- 2) To be able to identify the hazards to survival found in cold weather environments and general techniques to provide personal protection.
- 3) To provide familiarity with components of commercial industrial medical kits.
- 4) To understand the principles of cold injury protection and the ramifications of these injuries.
- 5) To be familiar with management & leadership principles which increase safety in cold environments.
- 6) To discuss organizational planning methods for emergency response to life threatening conditions.
- 7) To be able to select components and vehicle survival kits, recognizing the importance of specific equipment
- 8) To practice use usage of organizational PPE during a field training session
- 9) To practice basic survival skills in a field training session at the workers work site or similar area.

Course Content:

- 1) Typical accidents in remote areas
- 2) Maintaining worker health in cold weather
- 3) Leadership in cold weather work environments
- 4) Adapting Medical Skills for delayed care scenarios
- 5) Emergency Decision Making
- 6) Hypothermia, Frostbite, Trench Foot
- 7) Oil Field clothing and personal adaptations
- 8) Avalanche awareness
- 9) Use of vehicles for shelter
- 10) Water procurement and use of rations
- 11) Improvised heat sources
- 12) Psychological aspects of survival



Field Training Session

This program includes a 3 hour field training session, which allows the students to practice winter survival skills, to Include: vehicle survival, fire Building, improvised clothing, first-aid and emergency signaling

Course Materials:

Students are supplied course manuals, check list, emergency medical training equipment and commercial survival kit items for familiarity. In addition, Students are issued their own personal **emergency fire starter** at course completion.



PROGRAM INFORMATION

Class Dates: TBA
Class Time: 8:00 am to 5:00 pm

Size: 20 students maximum
Course Fee: \$345 per student

Student Requirements: Fitness to Participate, Outdoor Clothing, (A list of clothing items will be provided to ensure the comfort and safety of the training participants during the winter season).