



Day 2 Friday xx.0x.2010

07:30–08:30 Transportation to Lohja

TRAINING AT MERITURVA SURVIVAL TRAINING UNIT

08:30-09:00 Course opening and transport to training area (Ojamo)

09:00-09:30 Evacuation equipment and wintertime (theory lesson)

09:30-10:30 Operation of free fall lifeboat and conventional lifeboat

10:30-11:30 Fast rescue boat and survival with immersion suit

11:30-12:30 Transport and lunch break

12:30-13:00 Cold water survival and hypothermia

13:00-14:00 exercise with anti-exposure suit

14:00-15:00 Helicopter evacuation and cold water exercise

15:00-15:45 Sauna, feedback and survival course ending, coffee

16:00 – 17:00 Transportation back to Espoo

Information on Meriturva Survival Training Unit:

<http://www.meriturva.fi/en/survival/about.html>

