

Helicopter Underwater Escape and Offshore Safety Induction Training

Training and assessment activities contained within these courses may include physically demanding and potentially stressful elements. All personnel who participate in a HUET/OPITO course must be physically/mentally capable of full participation. Courses are delivered over 1–3 days and trainees spend 60% of the course completing practical activities.

Physical Components of HUET/OPITO Courses

Helicopter Underwater Escape	Trainees will be inverted and rotated in a HUET simulator (minimum 2 times), whilst wearing a seat-belt. They will also be required to escape from the simulator whilst underwater in a heated pool. Trainees may also be required to fit and wear a survival suit and use a re-breather escape set.
Basic Fire Fighting	Trainees may be required to use a fire blanket, hose reel and range of fire extinguishers to extinguish small fires. Trainees will have to carry portable extinguishers to extinguish a fire.
Smoke Escape	Trainees may be required to don a smoke escape hood and an Escape Breathing Apparatus set and move through smoke, darkness and heat in three 10 min exercises.
Sea Survival	Trainees will participate in a 60–90 minute pool exercise focused on sea survival skills and techniques, including: water entry (from one metre), swimming and towing other trainees, treading water, climbing in and out of a life raft and being winched from the water using a helicopter rescue strop.
Lifeboat Evacuation	Trainees may be required to climb three flights of stairs, don a personal floatation device and board an enclosed lifeboat. The lifeboat is lowered into a pool and trainees remain inside the lifeboat for up to 45 minutes.

Trainee Details

Trainee Name: <input style="width: 90%;" type="text"/>	Date of Birth: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; text-align: center;">d</td> <td style="width: 20px; text-align: center;">d</td> <td style="width: 20px; text-align: center;">m</td> <td style="width: 20px; text-align: center;">m</td> <td style="width: 20px; text-align: center;">y</td> <td style="width: 20px; text-align: center;">y</td> <td style="width: 20px; text-align: center;">y</td> <td style="width: 20px; text-align: center;">y</td> </tr> </table>	d	d	m	m	y	y	y	y
d	d	m	m	y	y	y	y		
Home Address: <input style="width: 98%;" type="text"/>									
Employer: <input style="width: 98%;" type="text"/>									

Medical History *(to be valid all fields must be completed)*

Height (cm): <input style="width: 95%;" type="text"/>	Abdomen:	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>				
Weight (kg): <input style="width: 95%;" type="text"/>	Musculo-skeletal:	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>				
Blood Pressure: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 20px; text-align: center;">Sys.</td> <td style="width: 100px; text-align: center;"><input style="width: 95%;" type="text"/></td> <td style="width: 20px; text-align: center;">Dia.</td> <td style="width: 100px; text-align: center;"><input style="width: 95%;" type="text"/></td> </tr> </table>	Sys.	<input style="width: 95%;" type="text"/>	Dia.	<input style="width: 95%;" type="text"/>	Cervical spine:	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>
Sys.	<input style="width: 95%;" type="text"/>	Dia.	<input style="width: 95%;" type="text"/>				
Pulse: <input style="width: 95%;" type="text"/>	Lumbar spine:	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>				
Cardiovascular: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 100px; text-align: center;"><input type="text" value="Normal"/></td> <td style="width: 100px; text-align: center;"><input type="text" value="Abnormal"/></td> </tr> </table>	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>	Ears and sinus:	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>		
<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>						
Respiratory: <table border="1" style="display: inline-table; border-collapse: collapse;"> <tr> <td style="width: 100px; text-align: center;"><input type="text" value="Normal"/></td> <td style="width: 100px; text-align: center;"><input type="text" value="Abnormal"/></td> </tr> </table>	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>	Skin:	<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>		
<input type="text" value="Normal"/>	<input type="text" value="Abnormal"/>						

Extra information **must** be provided for items marked Abnormal. Include relevant additional observations:

In my professional opinion as a Doctor *(this form can only be completed by Doctors)*, I certify that this individual **is fit** to undertake training

SIGN HERE

Date of examination
(valid for 6 months):

Doctor's contact details/stamp:

UNLESS THIS FORM IS COMPLETED IN FULL TRAINEES WILL NOT BE ABLE TO ATTEND THEIR COURSE

ERGT recommends using this HUET Medical form to complete your medical. However, if you are unable to use this form, you may use an alternative medical if it adheres with the specific instructions below.

Accepted Medicals:

- ERGT or alternative HUET Medical (e.g. Medibank HUET Medical, IFAP HUET medical).
- Offshore Medicals (e.g. UKOG/UKOOA) or medicals that state fit for offshore, remote work, HUET or ERT.
- Maritime Medicals (e.g. AMSA, Norwegian Maritime Directorate).
- Aviation Medicals (e.g. CASA, UK CAA).
- Commercial/Occupational Dive Medicals (e.g. UK HSE, ASNZ 2299).
- Military or Emergency Response Services Medicals (e.g. police, fire service, ambulance).
- Pre-employment medicals that include a functional assessment and have no restrictions noted.

All Medicals Must:

- have all fields completed
- be within the medical expiry date/validity period of the medical for the duration of the course
- be signed/stamped by the examining Doctor
- have the examining Doctor's/Clinic's stamp or contact details

Further Information

ERGT strongly advises emailing your completed medical prior to your course to info@ergt.com.au.