

SAFETY AND SURVIVAL TECHNIQUES

UNIT CODE: ENV/CU/MGT/CC/02/6/A

Relationship to Occupational Standards

This unit addresses the unit of competency: Perform safety and survival techniques

Duration of Unit: 60 hours

Unit Description

This unit describes the competencies required to perform safety and survival techniques. It involves administering first aid, observing safety in the wilderness, demonstrating team building skills and conducting solo expedition. It also entails demonstrating bush craft skills.

Summary of Learning Outcomes

1. Administer first aid
2. Observe safety in the wilderness
3. Demonstrate team building skills
4. Conduct solo expedition
5. Demonstrate bush craft skills

Learning Outcomes, Content and Suggested Assessment Methods

Learning Outcome	Content	Suggested Assessment Methods
1. Administer first aid	<ul style="list-style-type: none">• Importance of first aid box• Contents of first aid box• Accidents and incidents in the wilderness• Injuries and their treatment• Poisoning and their treatment	<ul style="list-style-type: none">• Observation• Oral questioning• Written tests• Practical assignments
2. Observe safety in the wilderness	<ul style="list-style-type: none">• Survival in the wilderness<ul style="list-style-type: none">○ Wildlife psychology/behavior○ Signs and markings for wildlife territories○ Poisonous and non-poisonous plants in the wilderness	<ul style="list-style-type: none">• Observation• Oral questioning• Written tests• Practical assignments

	<ul style="list-style-type: none"> • Survival in water <ul style="list-style-type: none"> ○ Swimming techniques • Safety measures <ul style="list-style-type: none"> ○ Fire-fighting techniques ○ First aid skills • Clothing 	
3. Demonstrate team building skills	<ul style="list-style-type: none"> • Importance of team building • Key elements in team development • Leadership skills • Initiative tests • Group dynamics • Interpersonal skills 	<ul style="list-style-type: none"> • Observation • Oral questioning • Written tests • Practical assignments • Projects
4. Conduct solo expedition	<ul style="list-style-type: none"> • Map reading and interpretation • Navigation techniques • Navigation tools and equipment • Communication in the wilderness • Sources and types of distress • Stress management • Mountain climbing skills • Prevention of hazards during outward bound activities 	<ul style="list-style-type: none"> • Observation • Oral questioning • Written tests • Practical assignments • Projects
5. Demonstrate bush craft skills	<ul style="list-style-type: none"> • Wilderness ethics • Common camping diseases • Camping hygiene and sanitation • Bush craft tools and equipment • Care and maintenance of tools and equipment 	<ul style="list-style-type: none"> • Observation • Oral questioning • Written tests • Projects • Practical assignments

Suggested Methods of Instruction

- Trips
- Lectures
- Group discussions
- Demonstration by trainer
- Exercises by trainee

Recommended Resources

- Navigation tools and equipment

- Compass
 - Maps
- Protective gear
- Tents
- Life boats
- Life-saving jackets
- Torch
- Pen knife
- Tape
- Sleeping bags

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