



September 2003

NEWSLETTER

Volume 2, Issue 4

NEW COURSE AT NTC - MANILA

ELECTRICAL SAFETY

IN LOW VOLTAGE INSTALLATIONS (FSL)



Courses

- Management Courses
- Cargo Handling Courses
- Shiphandling Simulator Courses
- SAS-BRM Course
- DNV ISM & Internal Audit Courses
- Computer Courses
- AMOS Windows Course
- GMDSS Course
- Technical Courses
- Upgrading courses Cooks and messmen
- Welding Courses
- Alfa Laval Courses
- Wärtsilä Courses
- Framo Courses



Electrical power on ship installations is a potential danger from shocks, burns and as a source of ignition. Electrical systems are designed safe, but cannot be proof against misuse or neglect from bad maintenance.

Course objectives: Safety regulations (fsl), precaution in el. installations, current on human body, regulations of working with / without power, fault finding,, safety devices / tools, safe use of instruments, protection devices, personal safety equipment, first aid in electrical accidents, accident prevention, case discussions and examination.

Duration: 1 day **Price:** 140 USD

For: Electricians / Engineers & personnel responsible for such installations)

Course Contents: The course will give the participants a brief look on how to work / repair and maintain safety in electrical low voltage installations (0-1000VAC and 0-1500VDC). A course manual based on the regulations FSL/ FME mentioned above will be given out.. The course will give proper training to the personnel according to FSL/FME which clearly states that such training is **MANDATORY** on **Norwegian registered ships and oil platforms**. This course will give a good knowledge in electrical safety to prevent accidents; the main proposal with FSL.

Course Schedule: Course 1 : November 6 2003 Course 2: November 7 2003



Directorate for Fire and Electrical Safety, Norway

Clearly states, that personnel/work or operates on Low Voltages Installation shall have proper training. Including NIS and NOR ships. (Ref: Regulations relating to Maritime electrical Installations, FME § 4, January 2002)

Educated as Electrician / Electro Engineer.



Thor Traaholt

Mr. Traaholt will conduct this course. He has extensive experience on various electrical set-ups mostly onboard gas and tanker vessels. For the past 15 years he has been conducting lectures for both off-shore and shore based industry, including seminars in "explosion protection" during the recent years. He has published a book entitled "Process Safety—15 years in hazardous area on/off shore". His vast experience in this particular field enabled his services to be sought after by big players in both oil and marine industry such as: Norsk Hydro, Shell, Statoil, Elf, Bergesen and Stolt Nilsen to name a few.

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BACKGROUND

The Norwegian Training Center-Manila (NTC-M) was established in 1990 by the [Norwegian Shipowners' Association \(NSA\)](#) in order to provide relevant upgrading training for Filipino seafarers serving on the ships of its members. Improving the human factor in ship operation was a key objective and the establishment of NTC-M constituted an important element of this challenge.



Seafarers of all nationalities, also from non-Norwegian principals are welcome to attend any of the courses provided the space is available and their course fees are paid for by their local agents or their sponsoring companies.

Other Courses at NTC-Manila



Lilleborg Cleaning and Maintenance in Accommodation course

In order to perform successful cleaning and maintenance in accommodation one needs knowledge and experience. Correct treatment of the materials onboard takes care of the values of the vessel. For every person, this is "old news", but how about putting in some investment for training? We have many sailors from different cultures, who do not have the same background for cleaning and maintenance as we expect.

Schedule: Week 40,43,46,49 & 51

PRICE: USD 140 (2 days)



EX-COURSE.

This course has a goal to take the participants "out of the dark" and give a look on how to operate and maintain EX Installations. Each student will get a manual which can be used as a handbook in the daily work onboard. The manual will also have useful technical papers on EX issues. Good maintenance and EX competence is an major part of the training to avoid ignition sources from equipment in hazardous areas.

Schedule: 3-5 November 2003

PRICE: USD 360 (2 days)



CULINARY COURSES:



§ Menu Planning § Menu Samples § 2 & 3 courses Meal planning § Recipes for cakes, pastries, pies, bread & rolls, desserts, cookies, yeast dough, porridge, soups, fish & shellfish § European specialities as ground meat, poultry & potatoes, soups & puddings,sausages, preserved meat, meat cuts § Freezing of food § Dairy products § Fish & Seafood § Fruit & Vegetables



Nutrition Quality Management



The main objective of this course is to transfer the new concept of nutrition science and catering standards for good health and social well-being of employees at sea. The course covers updates on special health and nutrition problems for off-shore workers and seamen, with emphasis on how to cater for optional nutrition onboard.

Schedule: Week 40, 45 & 49 PRICE: USD 300 (5 days)