

# STCW Personal Survival Techniques Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

SAMPLE

- 1. Why is it important to know the layout of the vessel you are on?**
  - A. To facilitate quick evacuation and locate life-saving equipment**
  - B. It is not important; any route will suffice**
  - C. To impress fellow crew members**
  - D. Knowing the layout is only useful for tours**
- 2. Why is organizing a roll call after evacuation important?**
  - A. It is required by maritime law**
  - B. To ensure all crew and passengers are accounted for**
  - C. To prepare for potential rescue operations**
  - D. To allocate resources efficiently**
- 3. How can the 'help position' assist a person in trouble in water?**
  - A. It conserves energy and allows for signaling for assistance while keeping the head above water**
  - B. It ensures quick submersion to avoid rescue**
  - C. It allows for swimming to a safe location without assistance**
  - D. It enables the person to dive deeper for safety**
- 4. What are common signs of dehydration?**
  - A. Excessive energy and focus**
  - B. Dry mouth, fatigue, and dizziness**
  - C. Increased urination**
  - D. Sharp sense of hunger**
- 5. Why should you avoid drinking seawater?**
  - A. It can provide hydration**
  - B. It can lead to dehydration and kidney failure due to high salt content**
  - C. It contains harmful bacteria**
  - D. It may produce hallucinations**

- 6. Why is wearing a life jacket correctly important?**
- A. It helps in sailing faster**
  - B. It ensures proper buoyancy and safety**
  - C. It looks good on the individual**
  - D. It is only required during inspections**
- 7. Why is maintaining a positive mindset important during survival situations?**
- A. It decreases physical exhaustion**
  - B. It can boost morale and increase survival chances**
  - C. It helps to disregard pain**
  - D. It allows for better tactical decisions**
- 8. What must be done to the gripes before a lifeboat launch?**
- A. They must be tightened**
  - B. They must be painted**
  - C. They must be disconnected**
  - D. They must be checked for security**
- 9. How many life jackets should there be on a commercial vessel?**
- A. One for every person on board**
  - B. One for every two persons**
  - C. Only one for the captain**
  - D. Half the number of people on board**
- 10. Where are the additional life jackets located for personnel on watch?**
- A. In the engine room**
  - B. At the watch station**
  - C. On the main deck**
  - D. In the storage room**

## **Answers**

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1. A
2. B
3. A
4. B
5. B
6. B
7. B
8. C
9. A
10. B

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## **Explanations**

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**1. Why is it important to know the layout of the vessel you are on?**

**A. To facilitate quick evacuation and locate life-saving equipment**

**B. It is not important; any route will suffice**

**C. To impress fellow crew members**

**D. Knowing the layout is only useful for tours**

Understanding the layout of the vessel you are on is crucial for ensuring safety and efficiency in emergencies. Familiarity with the vessel's layout allows crew members and passengers to identify the quickest routes to lifeboats and other life-saving equipment, which can be vital in dangerous situations such as a fire or flooding. Moreover, knowledge of exits, stairways, and zones can significantly reduce panic and confusion during an evacuation, enabling individuals to respond quickly and correctly. This preparedness can save lives and increase the effectiveness of emergency response efforts. The other options inadequately address the significance of vessel layout; suggesting that any route would suffice overlooks the importance of having a pre-determined path during emergencies. Similarly, knowing the layout for the sake of impressing others or only for tours trivializes its real importance in survival scenarios.

**2. Why is organizing a roll call after evacuation important?**

**A. It is required by maritime law**

**B. To ensure all crew and passengers are accounted for**

**C. To prepare for potential rescue operations**

**D. To allocate resources efficiently**

Organizing a roll call after an evacuation is crucial for ensuring that all crew and passengers are accounted for. This process helps assess the situation and determine if anyone is missing, which is essential for both the safety of the individuals and the overall management of the emergency. Knowing who is present or absent allows rescue teams to prioritize their efforts based on accurate information and can help prevent further loss of life. Additionally, a confirmed list of everyone on board contributes to efficient rescue operations and resource allocation in subsequent emergency responses. Having this understanding fosters an environment of accountability and can enhance the preparedness of the group during an already chaotic scenario.

### 3. How can the 'help position' assist a person in trouble in water?

- A. It conserves energy and allows for signaling for assistance while keeping the head above water**
- B. It ensures quick submersion to avoid rescue**
- C. It allows for swimming to a safe location without assistance**
- D. It enables the person to dive deeper for safety**

The 'help position' is a crucial survival technique that enhances a person's chances of remaining safe and visible while in distress in water. By adopting this position, a person effectively conserves energy, which is vital since fatigue can quickly set in during emergencies. The help position involves keeping the head above water, which not only aids in breathing but also allows the individual to use their arms to signal for assistance without expending too much energy. Additionally, by staying buoyant and in a position that is easily identifiable to rescuers, the distressed individual increases the likelihood of being spotted and rescued quickly. This is particularly important in situations where immediate help is necessary. The benefits of this position are essential for survival in water, as it ignores unnecessary movements that could lead to exhaustion or make it more challenging for rescuers to locate the individual in need.

### 4. What are common signs of dehydration?

- A. Excessive energy and focus**
- B. Dry mouth, fatigue, and dizziness**
- C. Increased urination**
- D. Sharp sense of hunger**

Dehydration occurs when the body loses more fluids than it takes in, leading to an imbalance that can affect overall health and bodily functions. Common signs of dehydration include dry mouth, fatigue, and dizziness. A dry mouth occurs because there is insufficient saliva production due to reduced fluid levels. Fatigue is a common symptom since dehydration leads to a decrease in blood volume, which in turn can reduce the body's ability to transport oxygen and nutrients, resulting in feelings of tiredness. Dizziness may arise because dehydration can cause a drop in blood pressure, affecting the brain's access to adequate blood flow and oxygen. Recognizing these symptoms is crucial, particularly in marine environments where access to fresh water may be limited, and the physical demands can increase fluid loss. By identifying these signs early, appropriate measures can be taken to rehydrate and prevent further complications.

## 5. Why should you avoid drinking seawater?

- A. It can provide hydration
- B. It can lead to dehydration and kidney failure due to high salt content**
- C. It contains harmful bacteria
- D. It may produce hallucinations

Drinking seawater is detrimental because its high salt content can lead to dehydration and kidney failure. When you consume seawater, the salt concentration is significantly higher than that in your body. This creates an osmotic imbalance, meaning that rather than hydrating you, the seawater pulls water out of your body's cells to dilute the excess salt. This process can dehydrate you more quickly than if you had not consumed any water at all. Furthermore, your kidneys, which are responsible for filtering out excess salt from your bloodstream, can become overwhelmed and ultimately fail if they are forced to process too much salt. This chain reaction underscores why drinking seawater is harmful and emphasizes the necessity of finding potable water in survival situations.

## 6. Why is wearing a life jacket correctly important?

- A. It helps in sailing faster
- B. It ensures proper buoyancy and safety**
- C. It looks good on the individual
- D. It is only required during inspections

Wearing a life jacket correctly is critical because it ensures proper buoyancy and safety. A life jacket is designed to keep a person afloat in water, and if it is not worn properly, it may not function as intended, increasing the risk of drowning. When a life jacket fits correctly and is secured properly, it provides essential support by keeping the wearer's head above water and allowing for easier breathing. This becomes especially vital in emergency situations where quick response and survival chances are paramount. In comparison, other reasons provided here—such as improving speed while sailing, an aesthetic appeal, or being a requirement only during inspections—do not address the primary function of a life jacket, which is to save lives by providing flotation and reducing the risk of hypothermia and other water-related dangers. The main focus should always be on the life-saving attributes of wearing a life jacket correctly.

**7. Why is maintaining a positive mindset important during survival situations?**

- A. It decreases physical exhaustion**
- B. It can boost morale and increase survival chances**
- C. It helps to disregard pain**
- D. It allows for better tactical decisions**

Maintaining a positive mindset is crucial during survival situations primarily because it can boost morale and increase survival chances. A positive attitude helps individuals remain focused and motivated, which is essential when facing the stresses and challenges of survival. In difficult circumstances, maintaining hope and a sense of purpose can lead to better decision-making and problem-solving abilities. A positive mindset encourages teamwork and collaboration, which can be vital in survival scenarios where support systems are necessary. It may also help individuals manage fear and anxiety better, enabling them to think clearly during critical moments and respond effectively to emerging threats or challenges. This mental resilience can significantly improve the likelihood of surviving an emergency. The other aspects, while important, do not encompass the holistic influence of a positive attitude on overall survival. For instance, while a positive mindset can help mitigate feelings of pain and exhaustion, its primary function is enhancing morale and fostering a stronger will to survive.

**8. What must be done to the gripes before a lifeboat launch?**

- A. They must be tightened**
- B. They must be painted**
- C. They must be disconnected**
- D. They must be checked for security**

Before a lifeboat launch, it is essential to disconnect the gripes because these are the lines or straps that secure the lifeboat to its stowage position on the ship. Ensuring that the gripes are disconnected is critical for allowing the lifeboat to be lowered safely into the water. If the gripes remain attached during launch, it could prevent the lifeboat from being deployed correctly, potentially leading to dangerous situations during an emergency. While checking the gripes for security is also important, it primarily pertains to ensuring they are functioning correctly before launch rather than what must be done immediately prior to lowering the lifeboat. Similarly, painting the gripes has no operational relevance in the context of the lifeboat launch process, and while tightening may be a consideration during regular maintenance, it is not a step that directly applies to the launch process itself. Therefore, the disconnection of the gripes is a critical step to ensure the lifeboat is ready for immediate use.

**9. How many life jackets should there be on a commercial vessel?**

**A. One for every person on board**

**B. One for every two persons**

**C. Only one for the captain**

**D. Half the number of people on board**

The correct answer is that there should be one life jacket for every person on board a commercial vessel. This requirement is in line with safety regulations to ensure that all individuals on the vessel have access to a properly fitting and properly maintained life jacket in case of an emergency. This is crucial because in the event of an emergency situation, such as abandoning the ship or a capsizing, each person must have immediate access to a life jacket to enhance their chances of survival in water. Providing a life jacket for every person ensures that everyone, including crew members, passengers, and any other individuals on board, can quickly don a life jacket without delay. It supports the principle of maximizing safety and preparedness in maritime operations, as personal flotation devices are a vital component of survival at sea. Regulations and industry best practices emphasize the need for this level of preparedness, making it an essential aspect of maritime safety compliance.

**10. Where are the additional life jackets located for personnel on watch?**

**A. In the engine room**

**B. At the watch station**

**C. On the main deck**

**D. In the storage room**

The additional life jackets are located at the watch station to ensure immediate access to enhanced safety equipment for personnel who are on duty. This strategic placement allows crew members to quickly don life jackets in the event of an emergency, thereby minimizing response time when a situation arises. By having life jackets readily available at their stations, crew members can focus on their responsibilities while still maintaining a level of preparedness for potential emergencies. Locations such as the engine room, main deck, or storage room may house life jackets, but they are not equipped to provide the same level of accessibility and readiness that a watch station offers. Keeping life jackets at the watch station emphasizes the importance of safety and situational awareness for the crew while on duty.