

STCW PERSONAL SURVIVAL TECHNIQUES PRACTICE TEST (SAMPLE) STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS



**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. How should life jackets be distributed on a commercial vessel?**
 - A. Equally among all passengers
 - B. One per person plus extras for personnel on watch
 - C. Only given to children
 - D. Given only to crew members
- 2. What does the Emergency Signals Code provide?**
 - A. Instructions for performing emergency drills
 - B. Specific signals to effectively communicate distress situations to rescuers
 - C. Rules for proper communication between vessels
 - D. A list of emergency equipment required on board
- 3. Name one key survival technique discussed in the STCW Personal Survival Techniques course.**
 - A. Use of life rafts
 - B. Use of GPS systems
 - C. Use of communication devices
 - D. Use of weather forecasting tools
- 4. How can water be made safe for drinking in a survival situation?**
 - A. By boiling it or using purification tablets
 - B. By letting it sit in the sunlight
 - C. By filtering it through cloth
 - D. By adding salt to increase health benefits
- 5. What is the primary function of flares in maritime survival situations?**
 - A. To signal other vessels for navigation
 - B. To provide a visual distress signal to rescuers
 - C. To illuminate the area for fishing
 - D. To indicate the presence of underwater hazards
- 6. What is the significance of proper training in Personal Survival Techniques?**
 - A. It helps in learning how to repair equipment
 - B. It enhances survival chances in emergencies
 - C. It reduces the need for life jackets
 - D. It encourages teamwork

- 7. What is the role of a righting strap in a life raft?**
- A. To catch rainwater
 - B. Righting the raft if it is overturned
 - C. Securing the raft to the boat
 - D. To aid in retrieval from the water
- 8. What action can help maintain body heat in cold water?**
- A. Adopt the HELP position
 - B. Keep swimming to generate heat
 - C. Wear multiple life jackets
 - D. Stay still and relaxed
- 9. What type of life jackets are required on a commercial vessel?**
- A. Type 2
 - B. Type 1
 - C. Type 3
 - D. Type 4
- 10. What safety action should be taken immediately after someone goes overboard?**
- A. Circle back to the spot where they fell
 - B. Throw a lifebuoy and signal for help
 - C. Call for assistance to other crew members
 - D. Use the radio to contact emergency services

Answers

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

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Explanations

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1. How should life jackets be distributed on a commercial vessel?

- A. Equally among all passengers
- B. One per person plus extras for personnel on watch**
- C. Only given to children
- D. Given only to crew members

Distributing life jackets on a commercial vessel should be done by ensuring that every individual on board has access to a life jacket, meaning one life jacket per person. This approach accounts for all passengers and crew members, recognizing that everyone's safety is essential in emergencies. The practice of also providing extras for personnel on watch caters to the need for additional safety measures for those who are actively managing the vessel and may not be in a position to don a life jacket at all times. Therefore, distributing life jackets in this manner ensures compliance with safety regulations and enhances the overall safety protocol on board.

2. What does the Emergency Signals Code provide?

- A. Instructions for performing emergency drills
- B. Specific signals to effectively communicate distress situations to rescuers**
- C. Rules for proper communication between vessels
- D. A list of emergency equipment required on board

The Emergency Signals Code is designed to establish specific signals that can be used to effectively communicate distress situations to rescuers. This includes internationally recognized signals that indicate a vessel or individual is in danger and requires assistance, which is crucial in ensuring that help is directed accurately and promptly. By utilizing these signals, individuals at sea or in distress can convey their situation clearly, enhancing the chances of a successful rescue operation. Understanding this code is fundamental for anyone involved in maritime activities, as it standardizes communication during emergencies, reducing ambiguity and increasing the effectiveness of response efforts. It allows for immediate recognition of distress signals by nearby vessels and rescuers, facilitating a rapid response to life-threatening situations.

3. Name one key survival technique discussed in the STCW Personal Survival Techniques course.

- A. Use of life rafts**
- B. Use of GPS systems
- C. Use of communication devices
- D. Use of weather forecasting tools

One key survival technique discussed in the STCW Personal Survival Techniques course is the use of life rafts. Life rafts are critical survival equipment designed to provide safety in emergency situations at sea, such as abandoning a vessel. They are engineered to be easily deployed, allowing survivors to evacuate quickly and safely from a sinking ship or in distress. Training on the use of life rafts includes understanding how to board them properly, how to activate any necessary inflation mechanisms, and how to utilize the raft's features for survival, such as water collection, signaling for help, and providing shelter. Mastery of this technique can significantly enhance the chances of survival in a maritime emergency, making it an essential component of personal survival training for anyone working in the marine industry. Other choices, while important, focus on additional tools and technologies that may assist in navigation or communication during emergencies, but the foundational skills of boarding and effectively using a life raft are critical for immediate survival in a maritime environment.

4. How can water be made safe for drinking in a survival situation?

- A. By boiling it or using purification tablets**
- B. By letting it sit in the sunlight
- C. By filtering it through cloth
- D. By adding salt to increase health benefits

Boiling water or using purification tablets are effective methods to make water safe for drinking, especially in survival situations. Boiling water kills harmful microorganisms, including bacteria, viruses, and parasites that can cause waterborne illnesses. The heat destroys their structure, thereby rendering the water safe for consumption. This method is universally recognized and recommended due to its reliability and simplicity. Purification tablets, often containing chemicals like chlorine or iodine, serve a similar purpose. They work by releasing compounds that can effectively neutralize pathogens present in the water. Following the recommended contact time is crucial for ensuring that the tablets have enough time to act on any contaminants. While other methods might have some value, they do not provide the same level of assurance in making water safe for drinking. Letting water sit in sunlight can reduce some pathogens through UV exposure, but it is not foolproof for all types of contaminants. Filtering through cloth may remove larger particles and sediments, but this does not eliminate germs. Adding salt to water does not make it safer; in fact, it can lead to dehydration and other health issues. Therefore, boiling or using purification tablets is clearly the most effective and safest approach.

5. What is the primary function of flares in maritime survival situations?

- A. To signal other vessels for navigation
- B. To provide a visual distress signal to rescuers**
- C. To illuminate the area for fishing
- D. To indicate the presence of underwater hazards

The primary function of flares in maritime survival situations is to provide a visual distress signal to rescuers. Flares are designed to be highly visible and can be seen from a significant distance, even in challenging weather conditions or at night. When a mariner is in distress, signaling with flares is a crucial method of alerting nearby vessels or rescue services to their situation. This helps facilitate a quicker response, increasing the chances of rescue. The use of flares is part of standard maritime safety equipment and training, underscoring their importance in emergency protocols. Their distinctive color and brightness make them effective for attracting attention, thereby serving an essential role in search and rescue operations.

6. What is the significance of proper training in Personal Survival Techniques?

- A. It helps in learning how to repair equipment
- B. It enhances survival chances in emergencies**
- C. It reduces the need for life jackets
- D. It encourages teamwork

Proper training in Personal Survival Techniques significantly enhances survival chances in emergencies. This training equips individuals with essential skills and knowledge that can be critical during life-threatening situations at sea, such as abandoning ship or surviving in a life raft. Participants learn how to respond effectively to emergencies, including techniques for signaling for help, maintaining body temperature in cold water, and utilizing personal flotation devices. These competencies enable individuals to act decisively and efficiently in high-stress environments, ultimately increasing the likelihood of survival during maritime emergencies. While training can foster teamwork and improve overall safety practices, its primary role is to ensure that individuals know how to protect themselves and others in critical situations. Mastery of Personal Survival Techniques can make the difference between life and death when faced with real-time challenges at sea.

7. What is the role of a righting strap in a life raft?

- A. To catch rainwater
- B. Righting the raft if it is overturned**
- C. Securing the raft to the boat
- D. To aid in retrieval from the water

The role of a righting strap in a life raft is primarily to right the raft if it becomes overturned. In a marine emergency situation, life rafts are designed to provide safety and protection for those who find themselves in the water. However, if a raft capsizes, it is crucial that it can be quickly returned to an upright position for use. The righting strap is a sturdy piece of equipment attached to the life raft that allows survivors to pull on it, thereby leveraging the raft back to its proper position in the water. This feature is essential for ensuring the survival and comfort of individuals using the raft, as an overturned raft would not only be difficult to access but also pose a risk to those inside it. Therefore, the correct understanding of the righting strap underscores its importance in survival situations at sea.

8. What action can help maintain body heat in cold water?

- A. Adopt the HELP position**
- B. Keep swimming to generate heat
- C. Wear multiple life jackets
- D. Stay still and relaxed

Adopting the HELP (Heat Escape Lessening Posture) position is an effective action to help maintain body heat in cold water. This position involves bringing the knees up towards the chest and wrapping the arms around the legs, which minimizes the exposure of the body's surface area to the cold water. By reducing this surface area, the body loses heat more slowly, which is critical for prolonging survival in hypothermic conditions. In cold water, maintaining warmth is essential because the body loses heat quickly; therefore, reducing the areas that are directly exposed to the water helps conserve body heat. The HELP position can be especially important when rescue is not immediately available, as it supports both heat retention and buoyancy. Other options, such as keeping swimming, may seem intuitive for generating warmth but can actually lead to faster heat loss due to increased exposure and energy expenditure. Wearing multiple life jackets would not effectively contribute to heat conservation in cold water. Remaining still and relaxed is beneficial in certain circumstances but may not be as effective as the HELP position in explicitly minimizing heat loss through body position. Thus, the HELP position is the optimal choice for maintaining body heat in cold water situations.

9. What type of life jackets are required on a commercial vessel?

- A. Type 2
- B. Type 1**
- C. Type 3
- D. Type 4

On a commercial vessel, the requirement is to have Type 1 life jackets, which are designed for maximum buoyancy and are suitable for use in open waters. These life jackets provide substantial flotation support, ensuring that individuals remain in a face-up position in the water, which is critically important in emergency situations. Type 1 life jackets are recognized for their effectiveness in rescuing individuals who may be unconscious or unable to assist themselves in staying afloat. They have a higher buoyant rating and are equipped with features such as bright colors and reflective strips for visibility, which enhances safety. This makes them particularly appropriate for environments where immediate and reliable flotation is vital, such as out in the ocean or in adverse weather conditions. While other types of life jackets exist, such as Type 2 and Type 3, which are more suited for calmer waters and generally for more mobile activity, they do not offer the same level of safety and stability as Type 1 in troubling conditions. Type 4 life jackets, often referred to as throwable devices, are not designed to be worn but rather thrown to someone in distress, further illustrating the necessity of Type 1 life jackets for personal use on commercial vessels. Therefore, the choice of Type 1 life jackets aligns with the safety

10. What safety action should be taken immediately after someone goes overboard?

- A. Circle back to the spot where they fell
- B. Throw a lifebuoy and signal for help**
- C. Call for assistance to other crew members
- D. Use the radio to contact emergency services

Throwing a lifebuoy and signaling for help is the most critical first action when someone goes overboard. The lifebuoy serves as a flotation device that provides immediate assistance to the person in the water, helping them stay afloat until further help arrives. This action is crucial because the person who has fallen can quickly become disoriented and exhausted, making it vital to provide them with something to grab onto. Alongside throwing a lifebuoy, signaling for help alerts crew members and other nearby vessels to the emergency situation, enabling a quicker and coordinated rescue effort. The immediate act of throwing a flotation device can enhance the chances of survival for the person in the water, as it offers them a source of buoyancy and reduces the risk of drowning. Once this safety action is taken, additional measures can follow, such as calling for assistance from other crew members or using the radio to contact emergency services. However, ensuring that the person in distress has a safety device as soon as possible is the primary concern.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://stcwpersonalsurvival.examzify.com>

We wish you the very best on your exam journey. You've got this!

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