

ITEM	NOW?	LATER?	ALL HANDS?	ONE PERSON?	EVERY TRIP (E), OR AT DISCRETION (D)?
Hand out Lifejacket	✓		✓		E
Show adjustments and brief on when to wear it	✓		✓		E
How to start the engine		✓		✓	E
Operating the VHF for distress calls		✓		✓	E
Flares - where they are and how to use		✓		✓	E
First aid kit - where is it?	✓		✓		E
Fire extinguishers		✓	✓		E
Heads	✓		✓		E
Cooker and basic galley safety	✓		✓		E
Using winches safely		✓	✓		E
How to launch liferaft		✓	✓		D
Harnesses		✓	✓		D
Beware of boom		✓	✓		E
Keep aware (looking out)	✓		✓		E
The value of a round turn		✓	✓		E
Seasickness	✓		✓		D
Dangers of cold	✓		✓		D
Action for crew in event of MOB		✓	✓		E
One had for yourself and one for the ship	✓		✓		E
Heeling for novices - forewarned is forearmed	✓		✓		D