



**PT. SAHID BORNEO MANDIRI**  
*Training Center*

# *Certificate*

Hereby Certifies That

**MUHAMMAD IHSAN ANSHARI**  
*Has satisfactorily completed an intensive course in :*  
**BASIC SAFETY TRAINING  
( BST )**

**Venue : Handil**

**Date : April 07, 2026**

*This certificate is valid for 3 (Three) years*



**DIRECTOR**

  
**YULIANA**



001-1/BST/SBM/IV/2026

## TRAINING CONTENTS

### 1. Basic First Aid

- Introduction to First AidP
- Responding to Emergencies
- Technique EAR & CPR
- Technique Wrap, Band and of sling, treatment of bleeding, patients Affected by shock and fracture victims

### 2. Basic Fire Fighting

- Introduction and course overview
- Anatomy of fire ( Definition of A Fire Triangle, Types of Fire )
- Hazard At Work – Basic Safety ( Chemical Hazard and Control ), Biological Hazard and Control, Physical Hazard And Control, Ergonomic, Fire Hazard and Control
- Personal Protective Equipment ( Head Protection, Hearing Protection, Respiratory Protection Eye Protection )
- Fire Fighting Technique ( Use of Hand Fire Extinguisher, Use of Hydrant System )
- Introduction Of Breathing Apparatus

### 3. Basic Sea Survival

- Definition of survival, Safety induction, Safety Notice on boat
- Survival equipment / appliance ( Life Jacket, Life Buoy, EPIRB)
- Survival on the water ( Cold water Survival Physiological aspect Hypothermia, HELP & HUDDLE positions, First aid treatment )
- Tropical water survival ( sun burn , heat exhaust, stroke )
- Practical session ( Swimming technique, HELP & HUDDLE, life raft righting, life raft boarding )