



Personal Safety & Social Responsibilities (PSSR)

30 Practice Questions and Answers for STCW Exams

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Practice Set 1

Q1. How can information regarding a sick person or injured person be disseminated to the CIRM?

- A) By passing on medical examination report from the company
- B) By using the appropriate reporting form
- C) By contacting the family doctor of the sick person
- D) None of the above

Correct Answer: B (By using the appropriate reporting form)

Explanation: CIRM (Centro Internazionale Radio Medico) or similar telemedical assistance services require specific medical reporting forms to provide accurate diagnosis and treatment advice for sick or injured personnel.

Q2. Loose gear should be lashed in front of the freezing ports so it will not roll about the decks.

- A) False
- B) True

Correct Answer: A (False)

Explanation: False. Loose gear must always be securely lashed in a manner that prevents it from shifting, especially in heavy weather, to avoid damage or potential injuries to the crew.

Q3. If you saw wisps of smoke coming out under the engine room door, you immediately:

- A) Activate the fixed fire fighting system
- B) Raise the alarm
- C) Close the air vents
- D) Shut off the main fuel supply

Correct Answer: B (Raise the alarm)

Explanation: Raising the alarm is the mandatory first step to initiate emergency response procedures, ensuring the bridge, engine room, and crew are alerted to the situation immediately.

Q4. Life jacket should be marked with the:

- A) Stowage space assigned
- B) Vessel's name
- C) Vessel's home port
- D) Maximum weight allowed

Correct Answer: B (Vessel's name)

Explanation: SOLAS requires that life-saving appliances, including life jackets, are clearly marked with the vessel's name to ensure identification and return to the parent ship during rescue operations.

Q5. What is the life-saving signal at day for "you are seen-assistance will be given as soon as possible"?

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- A) Orange smoke signal
- B) Green star rocket
- C) Horizontal motion of a flag
- D) Red star rocket

Correct Answer: A (Orange smoke signal)

Explanation: Orange smoke signals are recognized international life-saving signals used during the day to indicate that the survivor has been spotted and assistance is underway.

Q6. The receiver misunderstands the sender's message and:

- A) This could lead to effective communication
- B) This could lead to a barrier to effective communication
- C) This could lead to wonderful communication

Correct Answer: B (This could lead to a barrier to effective communication)

Explanation: Misinterpretation of messages represents a significant communication barrier, potentially leading to confusion, operational errors, and compromised safety on board.

Q7. Empathetic listening helps you to:

- A) Improve mutual understanding and trust
- B) Improve mutual understanding
- C) Improve mutual understanding and feeling
- D) Improve trust and friendship

Correct Answer: A (Improve mutual understanding and trust)

Explanation: Empathetic listening involves active engagement with the speaker, which fosters trust and improves mutual understanding between crew members, enhancing effective teamwork.

Q8. The problem of misunderstanding can be eliminated by providing ____ to the clients while explaining the process.

- A) Theories
- B) Sample
- C) Examples

Correct Answer: C (Examples)

Explanation: Providing practical examples when explaining complex processes ensures that the listener can visualize and better grasp the concept, thereby reducing the risk of misunderstanding.

Q9. Name two officers who liaise with each other to try out the steering gear:

- A) Second engineer and second officer
- B) Chief engineer and chief officer
- C) Third engineer and third officer

Correct Answer: C (Third engineer and third officer)

Explanation: The testing of steering gear is a critical procedure that requires the Third Officer (on the bridge) and Third Engineer (in the steering gear flat) to coordinate via communication systems.



- A) Faster
- B) Tedious
- C) Slower

Correct Answer: C (Slower)

Explanation: Human cognitive speed, or the rate of thought, is significantly faster than the rate of speech, which is why active listening is essential to maintain focus during verbal exchanges.

Q11. In the verbal communication process, the direct exchange of _____ occurs between the sender and the receiver.

- A) Gestures
- B) Words
- C) Mails

Correct Answer: B (Words)

Explanation: Verbal communication relies on the direct exchange of spoken words to convey information, instructions, or intent between the sender and the receiver.

Q12. What is discrimination?

- A) Making judgments or statements based upon comparison
- B) Making hateful content
- C) Judging people discriminately
- D) Making false statements about others

Correct Answer: A (Making judgments or statements based upon comparison)

Explanation: Discrimination refers to the act of making unjust or prejudicial distinctions between people based on characteristics, which is prohibited in a professional maritime environment.

Q13. What governs safe procedures at work?

- A) The Code of Safe Working Practices
- B) International Safety Management (ISM) Code
- C) Occupational Safety and Health Act (OSHA)
- D) The International Convention on Standards of Training, Certification, and Watchkeeping (STCW)

Correct Answer: A (The Code of Safe Working Practices)

Explanation: The Code of Safe Working Practices for Merchant Seafarers (COSWP) is the primary document providing guidance on safety management and safe work procedures on board ships.

Q14. How do you combat harassment?

- A) By confronting the harasser
- B) By being assertive
- C) By reporting harassing behavior to your superiors

Correct Answer: C (By reporting harassing behavior to your superiors)

Explanation: Reporting harassing behavior through the established chain of command or designated company procedures is the professional and required way to address and combat harassment.



- A) Taking responsibility
- B) Taking authority
- C) Effective communication

Correct Answer: C (Effective communication)

Explanation: Effective communication is widely regarded as the cornerstone of leadership, as it enables the clear transfer of intent, instructions, and feedback to the team.

Q16. "Human elements" in a ship means:

- A) Human behavior
- B) Human relationship
- C) Human interaction
- D) Human error

Correct Answer: D (Human error)

Explanation: Human elements refer to the study of factors, including human error, that influence the performance and safety of personnel working within a technical and high-pressure environment.

Q17. The windlass is located at:

- A) The engine room
- B) Amidships
- C) The forecastle of the ship
- D) The stern of the ship

Correct Answer: C (The forecastle of the ship)

Explanation: The windlass is the heavy-duty machinery located on the forecastle (foredeck) of the ship, used for operating the anchors and mooring lines.

Q18. Displacement refers to the:

- A) Cubic capacity of a vessel
- B) Gross tonnage of a vessel
- C) Number of long tons of water displaced by a vessel afloat
- D) Deadweight carrying capacity of a vessel

Correct Answer: C (Number of long tons of water displaced by a vessel afloat)

Explanation: Displacement is defined by Archimedes' principle as the weight of the water displaced by the hull of a vessel, which is equivalent to the ship's total weight.

Q19. What term indicates an inward curvature of the ship's hull above the waterline?

- A) Deadrise
- B) Flare
- C) Tumblehome
- D) Camber

Correct Answer: C (Tumblehome)

Explanation: Tumblehome describes a ship's hull design where the beam decreases as one moves upward from the waterline toward the deck, creating an inward curvature.



- A) As large as oil tankers
- B) More complex to operate
- C) Less complex to operate
- D) Capable of carrying only one grade of chemical

Correct Answer: B (More complex to operate)

Explanation: Chemical tankers are more complex to operate due to the specialized requirements for cargo compatibility, stringent safety protocols, and the hazardous nature of various chemicals carried.

Q21. In the concept of ship handling, what would be the definition of shallow water?

- A) Under keel clearance of less than 10 feet
- B) Water depth of less than twice a vessel's draft
- C) Water depth of less than 1-1/2 times a vessel's draft
- D) Under keel clearance of twice a vessel's draft

Correct Answer: C (Water depth of less than 1-1/2 times a vessel's draft)

Explanation: In maritime ship handling, shallow water is generally defined as a depth less than 1.5 times the ship's draft, where hydrodynamic effects like squat become significant.

Q22. Which engineering staff is in charge of engine room maintenance?

- A) Master
- B) 2nd engineer
- C) 3rd engineer
- D) Chief engineer

Correct Answer: B (2nd engineer)

Explanation: The Second Engineer is typically responsible for the day-to-day maintenance of engine room machinery, under the overall supervision of the Chief Engineer.

Q23. Physical stress:

- A) Is often a symptom of emotional stress
- B) Is often found in people who exercise regularly
- C) Rarely is connected to diet
- D) Rarely causes emotional stress

Correct Answer: A (Is often a symptom of emotional stress)

Explanation: Physical stress is often the physiological manifestation of unresolved emotional or psychological strain. When the body undergoes prolonged stress, it triggers symptoms like tension headaches, fatigue, or high blood pressure, effectively acting as an indicator of underlying emotional stressors.

Q24. Self-induced stress is mainly due to:

- A) Personality
- B) Family
- C) Economy
- D) Health

Correct Answer: A (Personality)

Explanation: Self-induced stress arises from an individual's internal psychological makeup, including their personality traits, perception of events, and behavioral patterns. Unlike external factors like economy or family, these are internalized responses that determine how one reacts to challenges.



- A) Being practical
- B) Coping with stress
- C) Identifying sources of stress
- D) Taking control

Correct Answer: D (Taking control)

Explanation: Taking control involves proactive management of one's environment and internal state. By organizing schedules, balancing goals, and regulating emotional responses, an individual asserts agency over their stress levels rather than being a passive recipient of external pressures.

Q26. One of the most important factors determining the success of an organization is:

- A) Performance of its employees
- B) Effective management
- C) Methods to combat internal personnel stress
- D) Continuous and positive profits

Correct Answer: A (Performance of its employees)

Explanation: An organization's success is fundamentally built upon its human capital. While management and profit are essential, the performance, dedication, and competence of the employees are the primary drivers of operational excellence and organizational goals.

Q27. In order to comply with safety policies and procedures, the ship's crew and officers must:

- A) Minimize the use of alcohol
- B) Focus on delivering the ship and cargo at all costs
- C) Stop unsafe practices which may cause accidents, injury, or environmental pollution

Correct Answer: C (Stop unsafe practices which may cause accidents, injury, or environmental pollution)

Explanation: Maritime safety culture mandates that any practice deemed unsafe must be immediately ceased to prevent accidents or pollution. Following established safety protocols takes precedence over operational speed or commercial pressure to ensure the vessel, crew, and environment remain protected.

Q28. Direct blood contact can occur through all except:

- A) Needle sharing
- B) Transfusion
- C) Accident in healthcare settings
- D) Sharing of beds

Correct Answer: D (Sharing of beds)

Explanation: Direct blood contact usually requires a vector like needles or open wounds. Sharing a bed does not involve the direct exchange of bodily fluids required for bloodborne pathogen transmission, making it an incorrect method of direct blood contact.

Q29. When fuel oil is being topped off during bunkering operations, the tank valve should be closed:

- A) Rapidly to prevent overflow
- B) Slowly to prevent surge stresses
- C) After the shore pumps are stopped
- D) To prevent gas from escaping through the pressure-vacuum relief valves

Correct Answer: B (Slowly to prevent surge stresses)

Explanation: Closing valves slowly is critical during the final stages of bunkering to prevent 'surge' or 'water hammer' effects.



~~Q30. Oil pollution regulations require any transfer or discharge of oil or oily mixtures to be recorded in the:~~

- A) Master's log
- B) Bridge log
- C) Oil record book
- D) Pollution control record

Correct Answer: C (Oil record book)

Explanation: Under MARPOL Annex I, all oil-related operations, including bunker transfers, ballast, and cleaning, must be documented in the Oil Record Book. This is a legal requirement for demonstrating compliance with international pollution prevention standards.