§ 109.203
(2) At least once each week if under way or on station; and
(b) Whistles and general alarm bells on all other units are inspected examined and tested at least once each week.

§ 109.203 Sanitation.
(a) The master or person in charge shall insure that the accommodation spaces are in a clean and sanitary condition.
(b) The chief engineer, or engineer in charge if no chief engineer is required, shall insure that the engineering spaces are in a clean and sanitary condition.

§ 109.205 Inspection of boilers and machinery.
The chief engineer or engineer in charge, before he assumes charge of the boilers and machinery of a unit shall inspect the boilers and machinery, other than industrial machinery, and report to the master or person in charge and the Officer in Charge, Marine Inspection, any parts that are not in operating condition.

§ 109.209 Appliances for watertight integrity.
(a) Before getting underway, the master or person in charge shall insure that each appliance for watertight integrity is closed and watertight.
(b) If existing conditions warrant, the master or person in charge may permit appliances for watertight integrity to be open while afloat.

§ 109.211 Testing of emergency lighting and power systems.
(a) The master or person in charge shall insure that—
(1) Each emergency lighting and each emergency power system is tested at least once each week;
(2) Each emergency generator is tested at least once each month by operating it under load for at least 2 hours; and
(3) Each storage battery for emergency lighting and power systems is tested every six months under actual connected load for a period of at least 2 hours.
(b) After the 2 hour test period required in paragraph (a)(3) of this section, the voltage values under load or specific gravity of electrolyte must be measured. Measured values must be extrapolated to approximate the values that would result following a 12 hour test period. The test must be extended if a trend cannot be determined to allow extrapolation. The capacity of the battery corresponding to the extrapolated values of voltage or specific gravity must be sufficient to supply the actual connected load.

§ 109.213 Emergency training and drills.
(a) Training materials. Abandonment training material must be on board each unit. The training material must consist either of a manual of one or more volumes, written in easily understood terms and illustrated wherever possible, or audiovisual training aids, or both as follows:
(1) If a training manual is used, a copy must be made available to each person on board the unit. If audiovisual training aids are used, they must be incorporated into the onboard training sessions described under paragraph (g) of this section.
(2) The training material must explain, in detail—
(i) The procedure for donning lifejackets, immersion suits, and anti-exposure suits carried on board;
(ii) The procedure for mustering at the assigned stations;
(iii) The procedure for boarding, launching, and clearing the survival craft and rescue boats;
(iv) The method of launching from within the survival craft;
(v) The procedure for releasing from launching appliances;
(vi) The method and use of water spray systems in launching areas when required for the protection of aluminum survival craft or launching appliances;
(vii) Illumination in launching area;
(viii) The use of all survival equipment;
(ix) The use of all detection equipment for the location of survivors or survival craft;
(x) With illustrations, the use of radio lifesaving appliances;
(xi) The use of sea anchors;