

# SIGFRED VINCENT LAROT

Electro-Technical Officer (ETO)

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## PROFESSIONAL SUMMARY

Philippine-licensed Electro-Technical Officer with over 10 years at sea and 2,279 days onboard across VLCCs, crude oil tankers, and LPG carriers. Experience under reputable managers including Anglo-Eastern, Euronav, Lauritzen Kosan, Latsco, and Seaworld. Responsible for the safe operation, maintenance, and repair of all shipboard electrical, electronic, and control systems — power generation and distribution, cargo automation and monitoring, navigation and communication equipment, and alarm systems. Fully STCW 2010 (Manila) compliant, holder of a current Philippine COC, with all tanker endorsements in force.

## KEY COMPETENCIES

- Marine power generation & distribution (HV/LV switchboards, generators, shore connection)
- Integrated automation, alarm, and monitoring systems (IAS / PMS)
- Cargo control & monitoring systems on LPG and oil tankers
- Motor controls, variable frequency drives, and starter panels
- Navigation and communication equipment maintenance
- Electrical troubleshooting under SOLAS, ISM, and classification society requirements
- Planned Maintenance System (PMS) execution and documentation
- Dry-dock preparation and class survey electrical scopes

## SEA SERVICE RECORD

13 contracts · 2,279 days onboard · VLCC, crude oil, and LPG tankers

Vessel	Rank	Type	DWT / CM <sup>3</sup>	Signed On	Signed Off	Days	Manager
Donoussa	Electrician	VLCC	299,999	05 Jul 2025	06 Dec 2025	140	Anglo-Eastern / Euronav
Iris	Electrician	VLCC	314,000	20 Nov 2024	16 May 2025	177	Anglo-Eastern / Euronav
Radiant Pride	Electrician	Crude Oil	73,635	29 Feb 2024	04 Oct 2024	218	Seaworld
Sea Vine	Electrician	Crude Oil	106,021	13 Jan 2023	06 Oct 2023	266	Seaworld
Hellas Glory	Electrician	LPG	47,057	17 Apr 2022	29 Jul 2022	103	Latsco
Stina Kosan	Electrician	LPG	9,104	25 Oct 2020	05 Aug 2021	284	Lauritzen Kosan
Alexandra Kosan	Electrician	LPG	8,046	19 Dec 2019	03 Aug 2020	228	Lauritzen Kosan
Leonora Kosan	Electrician	LPG	8,049	30 Apr 2019	21 Oct 2019	174	Lauritzen Kosan
Stella Kosan	Electrician	LPG	9,108	10 Aug 2018	24 Jan 2019	167	Lauritzen Kosan
Tenna Kosan	Asst. Electrician	LPG	5,897	24 Jun 2018	23 Jul 2018	29	Lauritzen Kosan
Isabella Kosan	Asst. Electrician	LPG	8,046	19 Jul 2017	24 Sep 2017	67	Lauritzen Kosan
Sophia Kosan	Asst. Electrician	LPG	9,104	30 Jun 2016	22 Feb 2017	237	Lauritzen Kosan
Sophia Kosan	Cadet Electrician	LPG	9,104	04 Oct 2015	10 Apr 2016	189	Lauritzen Kosan

## CERTIFICATIONS & LICENSES

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**Philippine Certificate of Competency (COC):** CETO200000760922 — valid until 28 Feb 2027

### STCW 2010 Training & Certificates

- Basic Training (BT) 06 Mar 2031
- Basic Training for Liquefied Gas Tankers (BTLGT) Nov 2026
- Advanced Training for Liquefied Gas Tankers (ATLGT) Mar 2027
- Basic Training for Oil & Chemical Tankers (BTOC) Oct 2027
- Advanced Fire Fighting (AFF) 06 Mar 2031
- Proficiency in Survival Craft & Rescue Boats (PSCRB, other than FRB) 06 Mar 2031
- Medical First Aid (MEFA) no expiry
- Designated Security Duties / Security Awareness (SDSD / SSAT) no expiry

## TRAVEL & IDENTIFICATION DOCUMENTS

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- Philippine Passport valid until Oct 2029
- Seaman's Book (SIRB) valid until Mar 2029
- US Visa (C1/D) valid
- POEA Seafarer's Registration Certificate (SRC) available
- Yellow Fever Vaccination issued Jun 2015

## EDUCATION

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### Bachelor of Science in Computer Engineering

Silliman University, Dumaguete City · 2007–2012