



7 STEPS OF SURVIVAL

- 1. RECOGNITION** - Realize that a life-threatening emergency exists.
- 2. INVENTORY** - Examine the pros and cons of your situation and resources: equipment, physical and mental condition of crew, skills, weather and location.
- 3. SHELTER** - Your boat is the best shelter. Stay with it as long as it stays afloat.
- 4. SIGNALS** - Your radio is your best signalling device, but make sure you have other means of alerting others to your position.
- 5. WATER** - Fresh water is vital to survival. Don't get dehydrated.
- 6. FOOD** - Have high energy food in your raft's survival pack. If you have no water, do not eat.
- 7. PLAY** - Keep a positive mental attitude. Keep focused on improving your situation.



STATION BILL

A Station Bill makes the emergency signals and emergency assignments clear to all crewmembers. Make sure all crew members know **where to go**, **what to do** and **what to bring** in an emergency.

□ STATION BILL □

Fire & Emergency Signal (-----)
 Man Overboard Signal (-----)
 Abandon Ship (-----)

Position	Fire Station/Bring	Flooding Station/Bring	Abandon Ship Station/Bring	Man Overboard Station/Bring
Captain				
Engineer				
Crew 1				
Cook				

DRILLS

- * Monthly drills are required by the Coast Guard.
- * Drills should be conducted by a certified instructor.
- * Drills should be realistic, interesting, hands-on and safe!
- * Drills should be progressive - start simply and build in complexity over time.
- * All hands should participate in drills and review.

EPIRB

Emergency Position Indicating Radio Beacon

- * Category I - automatic
- * Category II - manual

USES:

- * Alerts Coast Guard of your distress
- * Indicates your location

REMEMBER:

- ✓ Keep secure in bracket
- ✓ Test monthly
- ✓ Keep registration current
- ✓ Don't switch "off"
- ✓ Train crew in use
- ✓ Attach lanyard to raft or yourself, not vessel
- ✓ Replace expired batteries and HRUs



DISTRESS SIGNALS

Do not use your signals unless you have good reason to believe that rescue is in sight or within the estimated visibility range.

Signalling by night: Distress signals can be seen only for a few miles in good visibility. Know how long each one works.



pistol and flares



hand-held flares
1-2 minutes



strobe light
8 hours



flashlight

Signalling by day: A hand flare or a rocket parachute signal can be seen at a greater range than the smoke in a stiff breeze. You can also use parachute rockets and dye markers.



hand-held flares
1-2 minutes



signalling mirror
sunrise to sunset



orange smoke
2-4 minutes

CAUTION: Flares and smoke signals can cause burns and set off fires. To prevent injury, hold flares over the lee side of your boat or raft or put in the water if it is a floating device.

FLOODING CONTROL

- ✓ Secure hatches when underway.
- ✓ Be aware of all potential escape routes and know how to get out in the dark.
- ✓ Have soft wood plugs near every through hull fitting in case of leakage.
- ✓ Carry a "Damage Control Kit" with a variety of wedges, patches, waterproof epoxy and waterproof flashlight.
- ✓ Maintain watertight integrity at all times.
- ✓ Regularly clean bilge strainers and test bilge alarms.
- ✓ Keep at least 1 battery above the bilge line to power your radio in an emergency.
- ✓ Know the capacities of your compartments and have a means to pump any that flood.
- ✓ Know the effect on the vessel's stability if a compartment is flooded.

This information provided by the U.S. Coast Guard and the Commercial Fishing Industry Vessel Advisory Committee

TO USE:

Remove from bracket.
 Make sure strobe is flashing.
 Let float in water secured to you or your liferaft.
 Leave on until rescued.

DRESS FOR SURVIVAL

Extra clothing will prolong your survival time by reducing loss of body heat and trapping air that will help keep you afloat. Put on plenty of warm clothing, including a watch cap. Wool or polypropylene clothing is best.

ENTERING THE WATER WITH A PFD

If you are wearing a PFD:

- ✓ Fasten PFD securely. Cross your arms over your chest to help hold it down.
- ✓ Block off your nose and mouth with one hand.
- ✓ Protect your head.
- ✓ Keep your feet together in case you land on something.
- ✓ Check the area below before you enter.
- ✓ Enter feet first.



IN THE WATER WITH A PFD

- ✓ Use the **HELP (Heat Escape Lessening Posture)** technique.



- ✓ Huddle together as a group to decrease heat loss and increase visibility.
- ✓ Don't swim! Swimming causes rapid heat loss in cold water.
- ✓ Use a whistle to attract attention.



ABANDON SHIP!

- ✓ Give a proper MAYDAY: vessel name, position, nature of distress.
- ✓ The Captain gives the order to abandon ship.
- ✓ Stay clear of rigging.
- ✓ Throw buoyant objects over the side, if possible, to increase visibility.

IMMERSION SUITS

Immersion suits are your best protection against the cold and the harsh conditions of the water. Take care of it! Don't wait for an emergency! Regularly air it out and lubricate the zipper. Drill with the suit on so you know how it works.

ENTERING THE WATER:

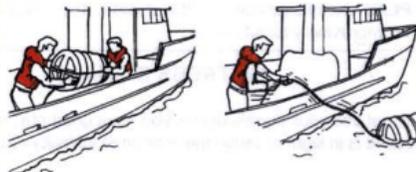
- ✓ Fully zip suit and ensure all closures are snug.
- ✓ Enter water feet first, as slowly as possible: feet together, protect your head.
- ✓ Inflate external flotation bladder **after** entering the water.



RAFT STOWAGE

- ✓ Stow raft in a readily accessible location where it will float free.
- ✓ Secure raft canister to cradle or bed with a properly installed hydrostatic release.
- ✓ Secure painter firmly to vessel, with a weak link incorporated into the line.
- ✓ Install liferaft canister carefully, ensuring it is not punctured and watertight gaskets are intact.

RAFT LAUNCHING



- ✓ Ensure launching area in water is free of debris.
- ✓ 2 crewmen should grab the canister at the ends and toss it into the water on the lee side of the vessel. Do not cut bands.
- ✓ After launching, pull painter until raft inflates. (The painter may be as long as 250 feet.)
- ✓ Wait for full inflation - with the canopy erected - before boarding.
- ✓ Ensure raft is tied to vessel.
- ✓ Keep the raft tied to vessel as long as it is safe; the vessel is easier for rescuers to see.

HOW TO RIGHT A CAPSIZED RAFT

Grab the righting strap and pull. When it begins to right, spring backward and to the side.

