

Hypothermia can occur within an hour. A timely response can rescue lives!

GOOD PRACTICE

- ✓ Have an emergency plan ready and discuss this, so everyone knows what to do in case of a POB (Person Overboard) situation.
- ✓ Practicing a dry-run of a POB situation.
- ✓ Have emergency contact information at hand at all times.
- ✓ Know how to recognize hypothermia and how to act. (Also see SF 24-89 hypothermia)



BAD PRACTICE

- ✗ Thinking it will not happen to you or one of your crew.
- ✗ Not preparing yourself for a POB-situation.
- ✗ Dismantling rescue equipment (because of maintenance/operation) and not putting it back into operation.
- ✗ Not (correctly) wearing a life-jacket.
- ✗ No knowledge of how to act in case of hypothermia.



Heat Escape Lessening Position



bron: safety4sea.com

In case of emergency:

VHF local post / lock

Call 112

ACTION QUESTIONS

- Do you know what to do when you fall in the water?
- Do you know what to do when a colleague falls into the water?
- What materials do you have on board that could be used?
- Do you know the emergency contact information of each country/region you sail through?

