

If, despite all the precautions taken, someone has fallen overboard, know what to do.

Save a drowning person

- When a drowning person wears a life jacket, he/she is turned on their back. If the (unconscious) drowning person is not wearing a life jacket, he/she will disappear under water. Report the last location where you saw the drowning person to the emergency services as soon as possible.
- Call out to the drowning person to get/keep the drowning person alert.
- Throw the lifebuoy (with lights and lifeline) to the drowning person. If you don't have this at hand, but you have something else that floats, throw that. Use the dinghy to rescue the drowning person.
- Keep pointing at the drowning person and don't lose sight of him/her. The current can cause their position to change quickly.
- Do not enter the water yourself; if you do, you are endangering yourself.
- Press the MOB button on the GPS to help you sail back to the position where the drowning person entered the water, but take the current of the water into account.
- Alert the area via the VHF radio that there is a drowning person in the water and that you need help.



What if you are the drowning person?

- Stay optimistic about your salvation.
- If you are near the shore, you can swim to shore. If you have your life jacket on, it will turn you onto your back.
- Make yourself as small as possible and adopt the HELP position to prevent heat loss.
- If all goes well, a lifebuoy or something else that floats has been thrown to you. Use these to keep yourself afloat.
- Turn on the light on your life jacket, it will also make you more visible during the day.
- Use the whistle attached to the life jacket to attract attention.



You pull the drowning person out of the water, now what?

- Preferably remove the drowning person from the water horizontally to prevent heart problems.
- If the drowning person is not conscious and is no longer breathing, **call 112 immediately!** Start CPR immediately. Start with 5 rescue breaths, then give 30 chest compressions followed by 2 rescue breaths. You then maintain the rhythm of 30:2 until the professional rescuers take over or the victim wakes up.
- If there is an AED on board, let someone bring it and use it.
- A drowning person should always go to a doctor, even if he/she was still conscious. Due to the risk of secondary drowning.
- A victim who does not require CPR may be taken to a warm and sheltered place. You may give an approachable victim who shows no signs of reduced consciousness a (preferably warm) drink with sugar.
- You may help the victim remove wet clothing, after which you immediately put warm, dry clothing on him/her or cover him/her with blankets or something else that can keep the victim warm.
- **Never** give a drink to a victim with reduced or no consciousness. **Never** give alcoholic drinks.