



**This is a CCA Safety Moment Handout**

**Tips for the Victim in Crew Overboard**

**CREW OVERBOARD VICTIM TIPS.** Know ahead of time how to use all of the equipment in/on your PFD (light, mirror, flares, rescue laser, AIS Locator Beacon, PLB, shark repellent, etc.)

- Shout and try to attract attention as you are falling overboard.
- Activate your AIS Locator Beacon, if you have one.
- Don't swim after the boat. Swim to any floatation that is thrown overboard instead.
- Try to make yourself visible (Put hood up on foul weather gear, splash water around you, wave arms)
- Wait for the boat to circle you and look for the Lifesling, its retrieval/trailing Line and its light, at night.
- Keep clothing on, trapping air inside it if possible. Get rid of heavy non-buoyant items. Keep boots on.
- Tighten your PFD and crotch strap, if they are loose.
- Let the Lifesling retrieval/trailing line slide through your hands until you reach the knots and/or bowline loop.
- Put the Lifesling over your head and under your armpits.
- Clip together the two sides of the Lifesling buckle next to each D ring or towing loops, if you can find them.
- If the boat starts to pull you through the water before it stops **TURN AROUND**, so that you will be towed backwards keeping the wake out of your face. ***This can be the most dangerous part of the whole procedure and must be avoided.***
- If the Lifesling is equipped with a thigh strap pull it down from the outer circumference of the sling to a point under your knees, adjusting it for comfort just before you are hoisted aboard.
- Help the remaining crew get you aboard if you can but don't take the Lifesling off until you are on deck.
- If the boat misses you, or can't immediately find you, try to get to a MOB Pole, MOM or other floating object, if you see one.
- Activate your PLB, if you have one.

- Don't shout needlessly. Blowing a whistle is more likely to be heard aboard the rescue vessel.
- If you have to wait to be rescued assume the Heat Escape Lessening Posture (HELP) as much as possible. Keep a hat on, put your face guard on, keep your head out of the water, arms against your sides and across your chest and PFD, and your lower legs crossed, knees together and raised as the seas permit.
- At night activate a personal strobe, if you have one, and leave it on until the rescue boat makes its approach to pick you up. At that point turn the strobe off and an incandescent light on, if you have one, so that the flashes do not disorient the rescue helmsman.

**From the Lifesling Owner's Preparation Guide, as Presented in The Bonnell Cove Foundation's "Suddenly Alone Seminar"**

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