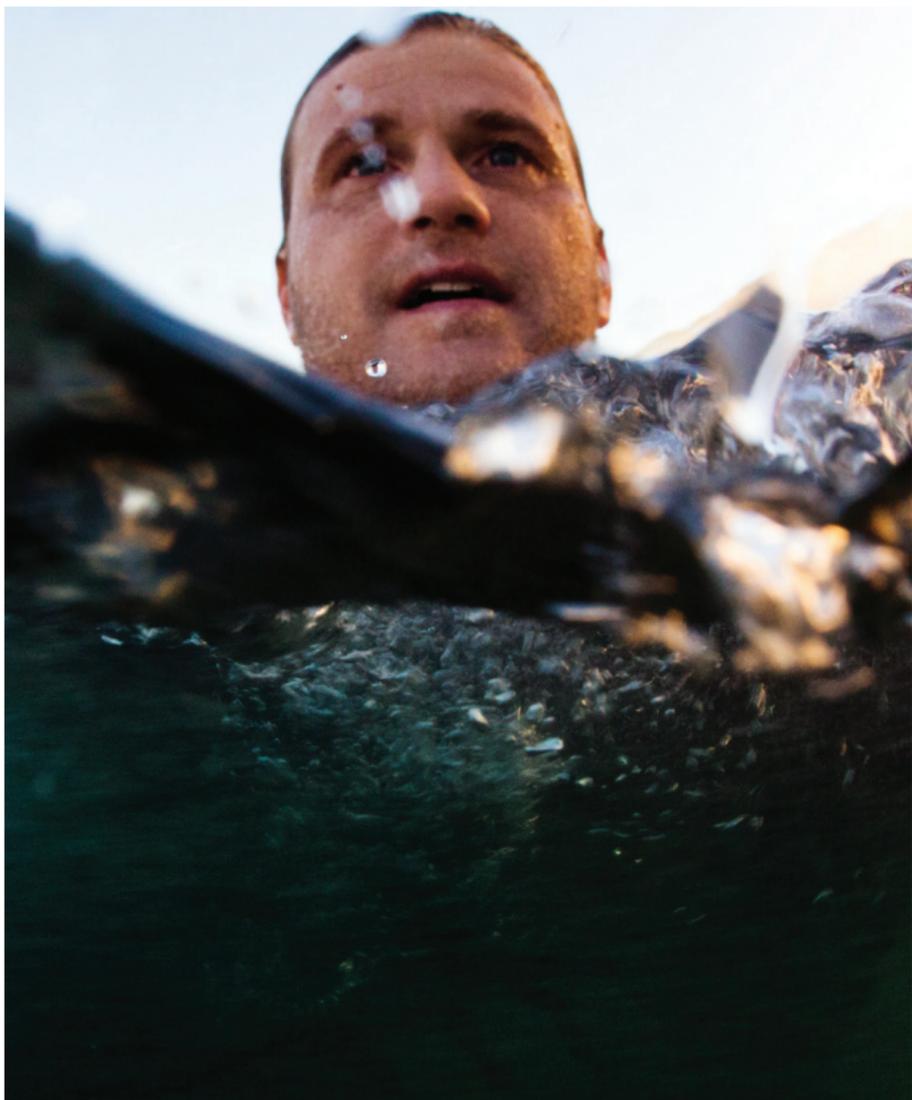




UNDERSTAND THE DANGERS OF FALLING INTO COLD WATER AND HOW TO FIGHT FOR YOUR LIFE.



**LESSEN THE DANGERS OF
COLD-WATER IMMERSION**



**CREATING A SAFE BOATING
CULTURE 365 DAYS A YEAR**

The focus of **Boat Live 365**[®] is on key areas of interest, determined by the U.S. Coast Guard, to help lower the rate of boating accidents, incidents and fatalities nationwide. This pamphlet focuses on one of those areas.



The human body does not like cold water. Your body loses heat faster in water than in air and if your body temperature drops by just 3.5°F – hypothermia begins.

Going overboard into cold water is a fight for survival, and without a life jacket odds are not in your favor. When your body is unable to maintain its core temperature (98.6°F) the effects of hypothermia set in. In an attempt to protect your vital organs (brain, heart, lungs) your brain will start to shut down less necessary body parts and functions.

These are the three stages of trauma you will experience in a cold-water immersion event:

Stage 1

In the first three minutes, your body goes into cold-shock response, when you'll experience uncontrollable gasping, hyperventilation, vertigo and panic. It's important that you minimize activity until your breathing is under control. Yes, easier said than done, but your life depends on it.

Stage 2

Within 30 minutes, cold incapacitation occurs, when your arms and legs start cooling down, which impairs their function regardless of your swimming ability. It's

life-or-death important to first rescue yourself, then locate and assist others before deploying emergency communication and distress signaling devices.

Stage 3

After 30 minutes immersion hypothermia begins to set in. Cooling of your body's core temperature eventually results in the loss of useful consciousness.

Wearing a life jacket may extend survival time.

If someone gets into a cold water episode, here's what they can do to help minimize heat loss.

First, tighten the life jacket, collar, cuffs, hood, shoes, etc. – anything and everything to help reduce water flow around the skin.

Then, **assume the HELP position** (Heat Escape Lessening Posture) where the knees are brought to the chest and arms grasp the lower legs. This helps protect the body's three major areas of heat loss, which are the head/neck, groin and armpits.

Focus on getting out of the water as quickly and safely as possible.

Once out of the water, remove all wet clothes and get the body wrapped in anything dry – clothing, coats, blankets – to begin slowly restoring body temperature. Monitor vital signs. CPR may be necessary before getting medical help.



The focus of **Boat Live 365** and its key areas of interest are determined by the U.S. Coast Guard. It's important for us all to be aware of and discuss each of them, all year long.



The dangers of drinking alcohol, taking drugs and other irresponsible behavior on the water.



The importance of reporting boating accidents.



The importance of wearing a life jacket and life jacket standards.



The dangers of propeller strikes and emphasizing the use of an emergency engine cut-off device.



The dangers of cold-water immersion and how to lessen the danger.



The benefits of keeping a lookout and navigation rules and aids.



The importance of boater safety training.



The responsibility of boat operators keeping themselves and others safe.



The dangers of being poisoned by carbon monoxide.

BOATING IS SERIOUS FUN.

www.boatlive365.org

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