

Survival Priorities

PROTECTION

LOCATION

WATER

FOOD

Survival priorities are always the same, wherever you are. Breaking down in car crossing the Pennines, in a skiing accident or forced landing in aircraft.

1/ **PROTECTION** from the elements. We are designed to live in temperate climates. If exposed to warmer or cold environments we have to really work at it.

2. **LOCATION** not so much knowing where we are, but letting other people know where we are and that we have a problem.

3. **WATER** needed for body to function and finally **FOOD**

PROTECTION

Identify threat. On land:

injury, FIRST AID ABC

Airway, Breathing, Circulation.

fire, cold, heat or weather.

DO WE STAY OR DO WE GO ????

Stay or **PLAN** very carefully.

Protection-Location-Acquisition-Navigation

First priority is PROTECTION. Identify threat

On land Injury and fire in the landing. FIRST AID

Airway, Breathing, Circulation

Once out of the aircraft the local environment, cold or hot climate and bad weather. Rain wind snow or even sun.

Is it safe to stay with the aircraft? Use aircraft or raft as shelter. Is someone coming to get you. Mayday / PLB / flightplan.

If not is it safe to walk out? Are you suitably equipped? Do you know where to go? How long will it take? Can you navigate?

PROTECTION

Identify threat. At sea:

aircraft sinking, exiting a/c.

Taking equipment with you.

Once out of the aircraft:-

COLD SHOCK

DROWNING

HYPOTHERMIA

First priority is PROTECTION.

Identify threat At sea

Aircraft sinking with you in it.

Getting out, doors could be jammed. Aircraft upside down and filling with water.

Taking the survival equipment with you.

Once out of aircraft you are facing the sea which will be cold, empty of signs of life and probably going up and down.

Initially COLD SHOCK leading to heart failure

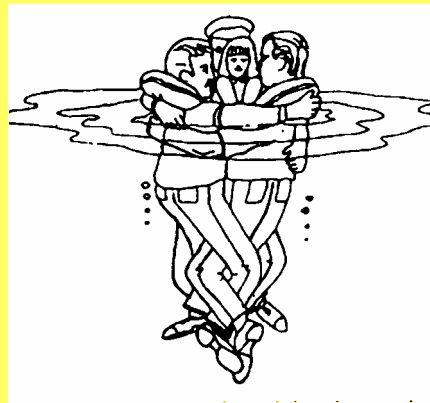
DROWNING, diving reflex.

HYPOTHERMIA. Gradual cooling of body core

PROTECTION

Lifejacket.

Huddle



First form of protection
LIFEJACKET.

Wear it properly. Tight fit etc
35 lbs of buoyancy.

Inflation by gas or by mouthpiece.

Lights 12 hours. Switching on and
off.

Whistle and reflective tape.

Swimming with a lifejacket on.

Towing someone else.

Huddle together MORALE booster.

PROTECTION

Lifejacket.

HELP



Heat Escape Lessening Position

HELP position restricts blood flow to extremities.

Effectively doubles survival time.

Swimming for shore.

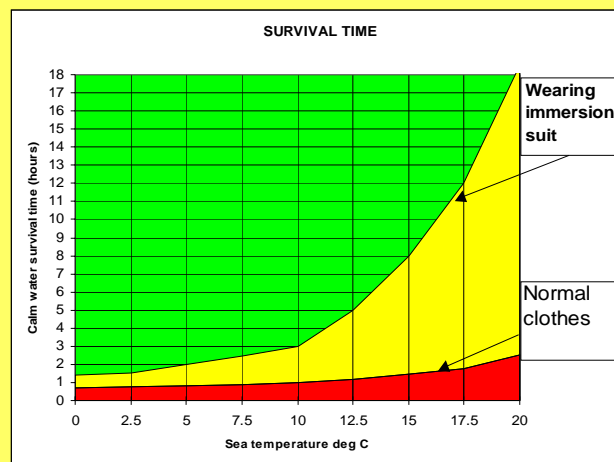
Only do so if extremely confident that you will make it. It will cool you down very quickly.

EG ditching in to wave zone
HYPOTHERMIC by the time they were ashore.

A lifejacket will keep a BODY afloat for at least 24 hours !!!!

PROTECTION

Immersion Suit



Immersion suit keeps you dry.

Water is a good conductor of heat, 25 times that of air.

Layer of air in the suit provides thermal insulation.

At low water temperatures i.e. below 5 degrees C, cold shock is the big killer.

Massive increase in heart rate and blood pressure, leading to heart failure.

Different styles of suit. Split neck

MOD personnel wear suits at water temperature below 15 degrees C and they are fighting fit

PROTECTION

LIFERAFT

CUT	operating line.
STREAM	sea anchor.
CLOSE	canopy/entrance.
MAINTAIN	chuck it out(water) check it out (equipment)

Take sea sick tablets

LIFERAFT best form of protection.

Gets you out of the water and protected.

Weight 6 to 15 kgs depending on model & performance

How to operate. Differences. Know how yours works.

Inflate raft

CUT - STREAM - CLOSE - MAINTAIN

Getting in stay close to raft

Capsized raft. Basic kit in the raft

Lights, relief valves. Record is 117 days adrift. Leads on to LOCATION