How to Put on a Survival Suit Fast

This is a quick way to get into a survival suit in an emergency. It can help you when seconds count. If you have time, put on warm garments and leave shoes on for additional hypothermia protection and use on the shore.

Practice this in a pool or at the dock.

**Step 1**
- Lay the suit flat with the zipper side up.
- Sit on the dock and work legs into feet of suit.
- Scoot down into the suit like a sleeping bag.
- Put straps around ankles.
- Stand up.

**Step 2**
Put your non-dominant arm into the suit first (your left arm if you are right handed). Pull the hood over your head with your free hand. You can do this while standing, or from a kneeling or sitting position.

**Step 3**
Put your dominant arm in the suit last. Grab lanyard on zipper and pull zipper all the way up. Fasten face flap over face.

**WARNING!**
Do not inflate air bladder until you are in the water. This will prevent damage to your neck and the zipper if you must jump into the water.
In and Out of the Water with a Survival Suit

The best way to get into the water while wearing a survival suit is slow entry.

- Sit down on dock with feet dangling in water.
- Slide into water and float on your back.

Or you can step off.

- Face sideways to dock.
- Protect your head with your arm nearest dock.
- With your other hand, hold suit away from the face to let air escape.
- Step out and away, feet first.
- Float on your back.
While you are wearing a survival suit, the best way to swim is on your back. Most of the swimming action is with your arms.

When you’re getting out of the water, keep your face toward the dock to avoid back injury.

After you are done using a survival suit (for practice or in an emergency), rinse it in fresh water on the outside and inside and dry it in a cool, dark, dry place. After the suit is dry, coat the zipper with non-petroleum wax. Store suit with zipper open.
RESCUING OTHERS

Rescue others without getting into the water. Why? It is too easy to become a second victim.

- A panicked victim may cling to you and pull you under.
- You may both die of hypothermia.
- Water dangers may kill both of you.

When rescuing a drowning victim, yell to the victim and let him or her know what you are doing.

REACH, THROW, and TOW
BUT DON'T GO!

Try to REACH the victim, using a long pole or even clothes.

Or, THROW anything that floats, such as styrofoam, water jug, cushion, etc.

Then TOW if you can pull the victim in. Pull the victim toward you with a slow and steady movement.

What if you don't have anything to use for rescue? If there are two people, one should run for help and the other watch the victim. If there is only one person, he or she should mark the location and run for help. Even if the person looks drowned, it is important to try to rescue or go for help. The victim may still be alive, and you should give him or her every chance to be rescued.
Survival Books to Read


