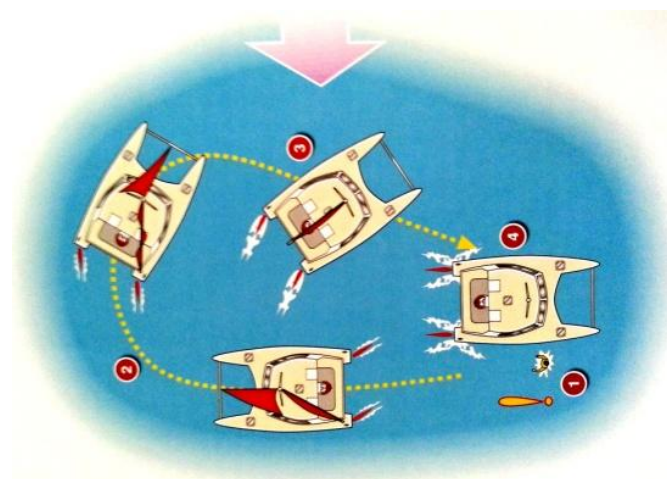


Flingtime - Man Overboard (MOB) Procedures (Rev: 20130320)

Prevention of a man overboard is the best approach. ←

- Slipping or falling; watch obstacles on deck, head, and upper limbs, wear deck shoes
- Always wear your assigned Life Tag (#s1-4) when on deck.
 - check its indicators regularly; manual test weekly
- Wear safety gear; harness, tether, life jacket
 - Prevent safety equipment failure; inspect regularly, service/replace as required
- Pissing over the side (♂) is a common cause of MOB;
 - go below, use the pippenette/bucket, or tell a crew member first
- Practice MOB drills; this may be the difference between mishap and tragedy

General Procedure (based on RYA Multihull Handbook for Cruisers - Andrew Simpson)



- First to see the MOB shouts "**MAN OVERBOARD !**"
- Assign a spotter to keep sight of the casualty at all times, pointing with outstretched arm.
- Quickly jettison the MOB rig; Danpole, horse-shoe life ring with strobe, whistle and drogue - remember to uncover the pole flag
- Press the MOB on the GPS Chartplotter (if not done automatically by Life Tag)
- Detail a crew member to note compass heading, wind strength and direction, time, GPS position, and issue a Mayday call if necessary
- If an R10 is active, track casualty via AIS on Chart plotter and copy to paper periodically
- If spinnaker is set, douse immediately and get all lines away from the water (prop tangle danger)
- Turn towards the wind, furl jib, double check that no ropes are in the water, start the motor, firmly sheet main to centre
- Continue the turn towards the casualty and stop/position the boat just upwind of the casualty. Throw recovery line and sling to casualty (or jump in with sling attached).
- Recover casualty from the leeward side with the **spinnaker halyard (red)**.
(In calm weather only, i.e. with no pitching, the transom steps might be used if there is little chance of injury. Maybe use the dinghy as an intermediate recovery step)

If motoring is not possible; use a figure-of-eight recovery procedure

- Bear away to a beam reach, prepare the crew for a tack and once through the wind, furl the jib and put the boat onto a broad reach
- Final approach on close-hauled main and once in position upwind of the casualty, ease the main completely and drift downwind towards the casualty.



Aftercare of the casualty

Hypothermia is a potentially fatal condition.

- Be extremely gentle, don't rub limbs, minimize any movement
- Carefully move casualty to a dry location out of the wind
- Remove wet clothing, cut it off rather than risk unnecessary movement
- On an insulated surface, cover all but the face with a blanket
- Use another person's body heat to help raise core body temperature. Warming limbs can add stress to the heart.
- If conscious, warm drinks are useful but no alcohol or caffeine
- Monitor the person's condition throughout. If breathing stops, administer CPR.

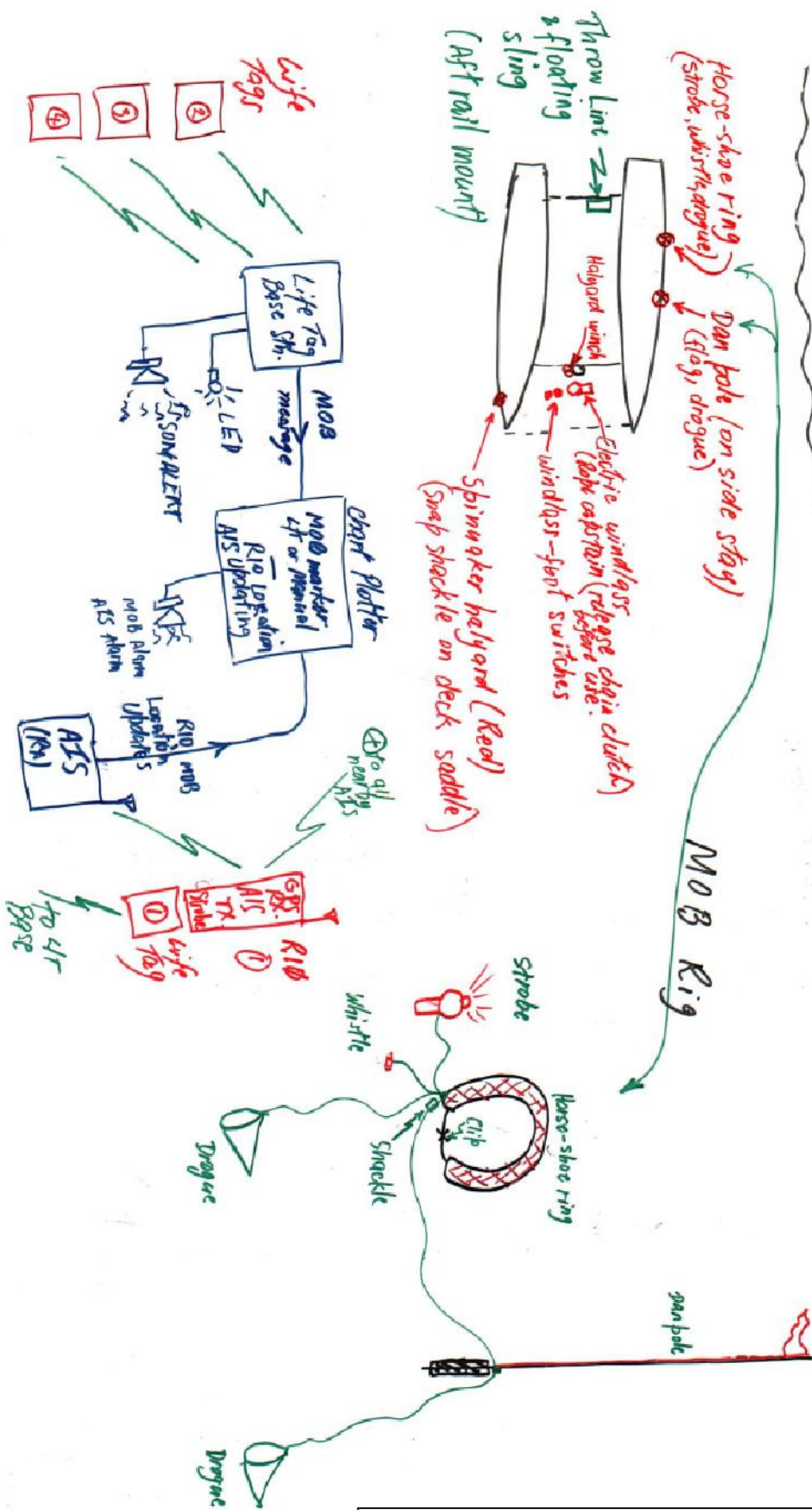
MOB equipment summary

- Prevention - Training, vigilance, lifelines, harnesses, tethers
- Detection - Crew on watch, Life Tag alarm
- Location - Assigned spotter, Danpole, strobe, whistle, R10 pers.AIS, personal EPIRB
- Assistance - Wearing a life jacket in the first place, MOB rig, anything that floats, Mayday call
- Recovery - Throw line and sling, **Spinnaker halyard, winch**, dinghy, rope hammock as alternative sling, Mayday call
- Aftercare - Training, blankets, first aid.

NB: Having a personal emergency knife readily available may allow you to free yourself of a rope or tether in an emergency.

Rev: (20130222)

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Notes: The spinnaker halyard may sometimes be used instead of a jack line if working on the foredeck.