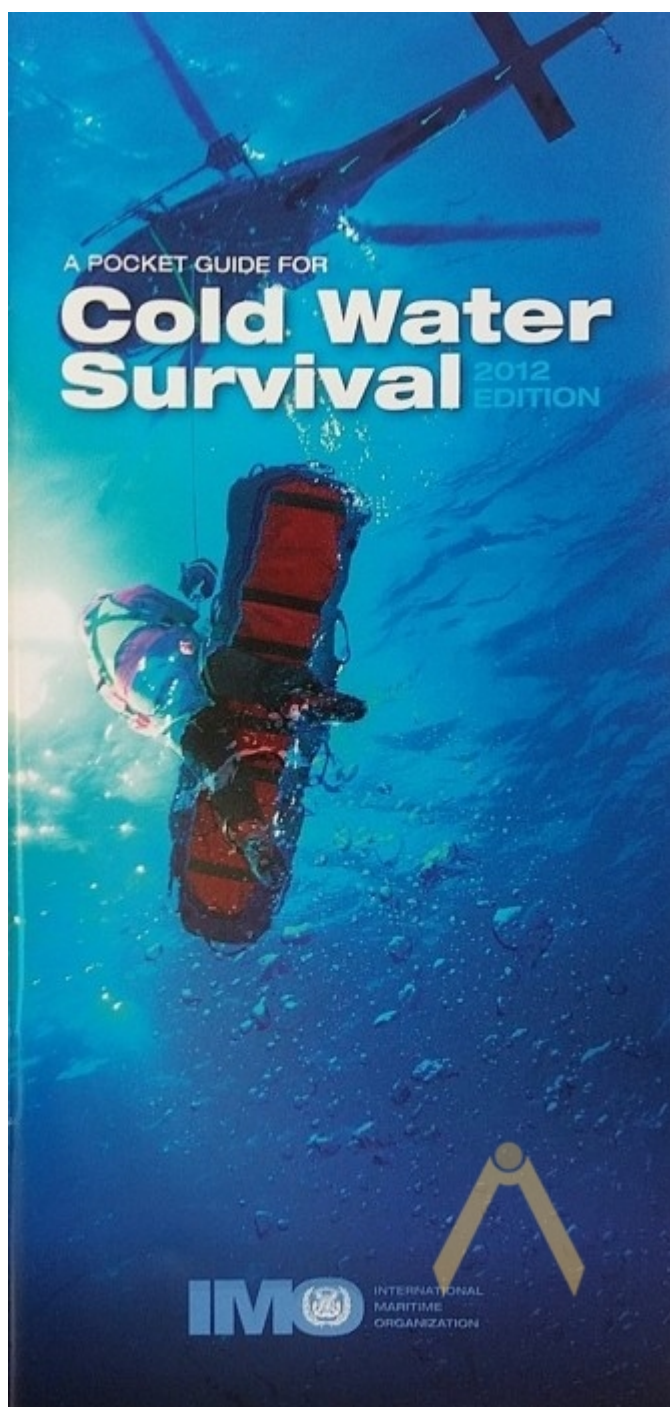


# A Pocket Guide to Cold Water Survival, 2012 Edition



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This guidance is intended primarily for seafarers. It provides information which will help you if you are unlucky enough to fall into cold water, or have to enter it in an emergency, or have to use survival craft in cold conditions. It also

provides information which will help seafarers, trained as first-aid providers, to treat those rescued from cold conditions.

This guide briefly examines the hazards of exposure to the cold that may endanger life, and provides advice based on the latest medical and scientific opinion on how to prevent or minimize those dangers. It is a sad fact that people continue to die at sea through a lack of this knowledge. Knowing what is likely to happen if you are exposed to cold water is a survival aid in itself. A thorough understanding of the information contained in this booklet may some day save your life – or someone else's.