

REFERENCE CARD

PRINCIPLES OF A SAFE EXTRACTION

A safe rescue is the product of carefully executed steps that protect both the First Responder and the victim. The following principles are the foundation of any successful cold water rescue:

1. **PREPARE MATERIALS IN ADVANCE** – Lay out the carriage platform, insulation material and plastic vapour barrier in advance.
2. **DON'T RUSH** – Take a minute to plan a safe, coordinated rescue procedure prior to execution. Take your time and move more carefully; with a cold victim, slower is better.
3. **BE GENTLE** – Jostling can cause Ventricular Fibrillation and Cardiac Arrest.
4. **DON'T LET GO** – Once you have hold of the victim, don't let go until they have been fully retrieved into the boat.
5. **KEEP VICTIM HORIZONTAL** – Prevent the blood pressure drop where blood pools in the legs.
6. **SECURE VICTIM FOR TRANSPORT** – Secure the victim in the boat to minimize jostling on the trip to shore.
7. **MONITOR VICTIM'S CONDITION** – Frequently monitor the condition of the victim until the hand-off to medical staff has taken place. Watch for signs of Circum-rescue Collapse.

Note: These procedures should occur in conjunction with normal first responder checks for A, B, C's, spinal and secondary injuries.

