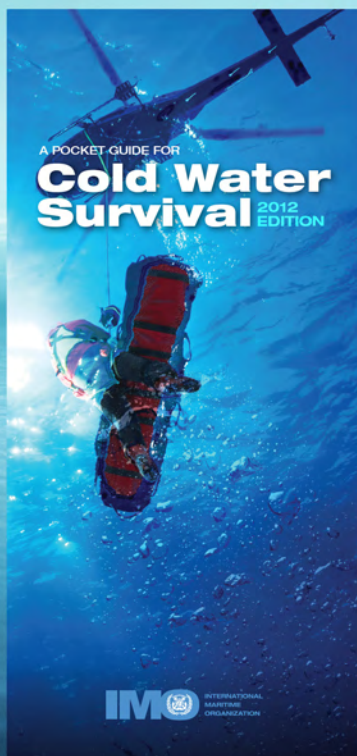


A POCKET GUIDE FOR

Cold Water Survival

2012 EDITION



IMO INTERNATIONAL MARITIME ORGANIZATION

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It is a sad fact that people continue to die at sea through a lack of knowledge about what is likely to happen if you are exposed to cold water. It is most important to realize that you are not helpless to affect your own survival. Understanding your body's response to cold and simple self-help techniques can extend your survival time, particularly if you are wearing a lifejacket.

This pocket guide examines the hazards of exposure to the cold that may endanger life and provides advice based on current medical and scientific opinion on how to

prevent or minimize those dangers. The guide is intended primarily for seafarers and contains information which will help you if you are unlucky enough to fall into cold water, 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.

A thorough understanding of the information contained in this booklet may save your life or someone else's.

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