

OUTLINE SHEET 4.1-1

LIFESAVING APPROACHES/CARRIES

**INTRODUCTION**

During rescues, different types of approaches/carries are used depending on the survivor's condition and or position. The following procedures are furnished to provide basic approaches/carries to deal with any situation that may arise.

**ENABLING OBJECTIVES:**

- 4.1 List procedural steps for approaching from the rear to a conscious survivor.
- 4.2 Demonstrate approaching from the rear to a conscious survivor in a simulated rescue situation.
- 4.3 List procedural steps for the front surface approach to a passive/unconscious survivor.
- 4.4 Demonstrate front surface approach to a passive/unconscious survivor while in a simulated rescue situation.
- 4.5 List the procedural steps for the underwater approach to an active/conscious survivor.
- 4.6 Demonstrate underwater approach to an active/conscious survivor while in a simulated rescue situation.
- 4.7 List procedural steps for the cross chest carry.
- 4.8 Demonstrate the cross chest carry of a survivor while in a simulated rescue situation.
- 4.9 List procedural steps for the collar tow/equipment tow of a survivor.
- 4.10 Demonstrate collar tow/equipment tow to a survivor while in a simulated rescue situation.

OUTLINE SHEET 4.1-1 (Continued)

**TOPIC OUTLINE**

- A. Approaching from the Rear
  - 1. Effective for a conscious survivor. The front surface approach shall be used for unconscious survivors.
  - 2. Approach from the rear, with head out of the water and eyes on the survivor.
  - 3. Upon reaching an arms length to survivor, execute a quick reverse.
  - 4. Attempt to establish communications, reassuring the survivor. If survivor appears unresponsive, splash or yell to get his/her attention.
  - 5. Secure survivor in a cross-chest or equipment carry.
- B. Underwater Approach (Diagram Sheet 4.1-2)

**WARNING**

Do not use the underwater approach if survivor is still wearing a parachute.

- 1. Approach survivor from the rear, with head out of the water and eyes on the survivor.
- 2. Upon reaching a distance of six to eight feet from the survivor, execute a surface dive and swim under the survivor.

**NOTE**

When wearing a wetsuit the swimmer must be aware of the added buoyancy of the wetsuit and avoid premature surfacing.

- 3. Execute a half turn (the survivor's back should be towards the Rescue Swimmer) and surface.

OUTLINE SHEET 4.1-1 (Continued)

4. While surfacing place survivor in a controlled cross chest carry.

C. Front Surface Approach (Diagram Sheet 4.1-3)

**NOTE**

Use on passive or unconscious survivors.

1. Approach the survivor, with head out of the water and eyes on the survivor.
2. Upon reaching an arms length to survivor, execute a quick reverse.
3. Reach across with your hand grasping the back of survivor's identical wrist (i.e., right hand grabs right wrist, and left on left wrist).
4. Pull survivor's wrist in front of swimmer's body, turning the survivor onto his back.
5. Begin kicking to plane out survivor.
6. When the survivor's back is fully turned, the Rescue Swimmer places the survivor in a cross-chest or equipment carry.

D. Cross Chest Carry

1. From a position behind the survivor's shoulder, the rescuer reaches across the chest and pulls the survivor from under the armpit with the back of the rescuer's hand.
2. The survivor's shoulder is then tucked securely into the rescuer's armpit and the arm firmly grasped against the survivor's chest.
3. The Rescue Swimmer turns to the side with the hip directly against the small of the survivor's back. The swimmer strokes vigorously with his legs, using a flutter kick to provide propulsion.

**NOTE**

This procedure may be difficult to perform on aircrewmembers due to their flotation and survival equipment.

OUTLINE SHEET 4.1-1 (Continued)

4. Should the survivor be aggressive, the rescuer shall lock his/her free hand under the survivor's armpit.
- E. Collar Tow or Equipment Carry (Diagram Sheet 4.1-4)

**WARNING**

Do not grasp survivor in a manner which may result in restricted breathing or circulation.

1. Grasp the survivor's shirt collar or flight equipment from behind and between the shoulder blades with a straight arm locked at the elbow.
2. The Rescue Swimmer assumes the side stroke position and strokes vigorously with the legs, using a flutter kick.

CHANGE 1