

OUTLINE SHEET 3.1-1 APPROACHES AND 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:

- 3.1 List procedural steps for rescue swimmer carries, approaches to a passive/unconscious survivor and steps for head hold releases and escapes in accordance with NWP 3-50.1 series.
- 3.2 Demonstrate carries of a survivor, approaches to a passive/unconscious survivor and head hold releases and escapes in a simulated rescue situation.

TOPIC OUTLINE

A. Survivor Characteristics:

1. Aircrewman
 - Rescue swimmers were originally tasked to assist downed aircrewman.
 - Aircrewman are trained in water survival and may be able to assist. (**Never assume they can**)
 - Survivors with water survival training could become too helpful and actually be a hindrance. It might become necessary to instruct him/her to do nothing.

WARNING

AN AIRCREWMAN WHO HAS EJECTED AND/OR IS UNCONSCIOUS MAY POTENTIALLY HAVE A SPINAL INJURY, ASSESS THE SITUATION AND TREAT ACCORDINGLY. _____

2. Panicking Survivors

- Some rescues involve panicky survivors (even some aircrewmen).
- Appearance: Wide eyes, frantic activity, grasping for air and other similar

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behavior.

- Will attempt to grab and get on top of rescuer in order to keep his/her own head out of the water. Rescuers could be drowned in this manner.
- Best Defense: Do not get too close until you have assessed the situation and decided on the best approach to take for this survivor.
- It may be possible to calm a panicking survivor by _____ to them and explaining who you are and what you are doing.

**Cross Chest Carry/
Controlled 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 _____ with the palm 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 _____ 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 aircrewmen due to their flotation and survival equipment.

4. Should the survivor be aggressive, the rescuer shall lock his/her hands together under the survivor's armpit to complete a controlled cross-chest carry.

**Collar Tow/
Equipment Carry:**
(Diagram Sheet 3.1-1)

WARNING

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

1. Grasp the survivor's _____ or _____ from behind and between the shoulder blades with a straight arm locked at the elbow.

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2. The rescue swimmer assumes the _____ position and strokes vigorously with the legs, using a flutter kick.

Front Surface Approach

(Diagram Sheet 3.1-2)

Effective for _____ or _____ survivors. The Front Surface Approach should be the rescue swimmers first choice when approaching an unconscious survivor.

STEP	ACTION
1	Approach the survivor with head _____ and eyes on the survivor.
2	Upon reaching _____ length to survivor, execute a quick reverse.
3	Attempt to establish communication, reassure the survivor. If necessary splash and yell to get the survivors attention.
4	Reach across with your hand grasping the survivor's _____ (i.e., right hand grabs right wrist, and left on left wrist).
5	Begin kicking to plane out survivor, lean back and flutter kick.
6	Pull survivor's wrist up and across the front of swimmer's body, turning the survivor onto his back.
7	When the survivor's back is fully turned, the rescue swimmer places the survivor in a _____.

Note

If the survivor is _____ every attempt shall be made to approach the survivor from the rear. This can be accomplished by either asking the survivor to turn around, or by swimming to the rear of the survivor and executing a rear surface approach.

Rear Surface

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Approach:

STEP	ACTION
1	Most common approach used by rescue swimmers. The rear surface approach should be used for all survivors.
2	Approach the survivor with head out of the water and eyes on the survivor.
3	Upon reaching _____ from 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.

Underwater Approach

(Diagram Sheet 3.1-4):

WARNING

STEP	ACTION
1	Appropriate for _____ survivor.
2	Approach from the front, keeping head out of the water and eyes on the survivor.
3	Upon reaching a distance of _____ feet from the survivor, appraise the situation. When comfortable, execute a surface dive and swim under the survivor.
	NOTE
4	Swimming underneath or to the side and below the survivor and maintaining eye contact execute a half turn. When clear, (the survivor's back should be towards the rescue swimmer), ascend towards the surface as close to the survivor as possible without touching him/her.
5	Upon breaking the surface of the water, immediately place the survivor in a _____ carry. Roll with the momentum and swim to plane out the survivor.

NOTE

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Releases and escapes are taught as a precaution.

**Releases/
Escapes:**

- To allow rescuer to escape grasp of panicking survivor.
- Remember that a panicking survivor will do anything to ensure he keeps his head above water. The key to these techniques is that the rescuer submerges deeply enough that survivor goes underwater.
- A properly performed escape will simply free the rescuer from the grasp of the survivor and require a re-approach; a properly executed release will result in the release of the survivor's grasp while the rescuer remains in control.

**Front Head
Hold Release:**

1. _____ - take a quick breath of air.
2. _____ – tuck chin down and to the side.
3. _____ - Rescue Swimmer extends arms outward, palm up, moving them upward rapidly several times which produces downward movement, and submerges the survivor and swimmer.
4. If the survivor's head is on the right of Rescue Swimmer's head, Rescue Swimmer brings right arm up and over encircling arm and places hand securely against survivor's right cheek, the little finger against the side of survivor's nose and thumb hooked under the jaw.

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NOTE

If survivor's head is at the rescuer's left side, the method is reversed.

5. The remaining hand is brought up beneath the survivor's other arm seizing it in a grip with the thumb just above the elbow on the pressure point.
6. In one continuous motion, the survivor's head is pressed out and around with the right hand while the left hand is lifting the survivor's arm over the Rescue Swimmer's head and sweeping it across the far side. This is a pressing movement and it is continued until the survivor's back is to the rescuer.
7. The _____ hand continues to hold the arm until the right hand can be shifted from the survivor's face to the chest. The left hand releases the elbow and the survivor is brought into a controlled cross-chest carry.

NOTE

If survivor's head is at the rescuer's left side, the method is reversed.

8. If survivor places a scissors lock on the Rescue Swimmer with the legs, the scissors rarely is held after the head hold is released. However, if it is not released the Rescue Swimmer uses one hand between the ankles to unlock the crossed feet.

**Front Head
Hold Escape:**

1. Suck
2. Tuck
3. Duck
4. Without pause, the Rescue Swimmer places both hands on the front of survivor's _____ with the heels of the hands against the body, fingers extended and thumbs grasping the survivor's sides. By forcefully pressing and extending the arms, the Rescue Swimmer pushes the survivor's body back and up towards the horizontal position. This leverage will loosen the survivor's grasp.
5. By tucking the chin inward and hunching the shoulders, the Rescue Swimmer's head is freed. Survivor is then pushed away.
6. Rescue Swimmer surfaces to reassess the situation.

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REAR HEAD

HOLD RELEASE:

1. Suck
2. Tuck
3. Duck
4. Rescue Swimmer places both hands on survivor's _____, either top or bottom, and pulls toward Rescue Swimmer's hips, rotating the hand and sliding the other hand up to the survivor's elbow.
5. By twisting inward and down on the survivor's wrist and pushing the survivor's elbow upward, the grip is released. Rescuer slides survivor over his/her head until the survivor is in front of the rescuer with survivor's fore arm straight across survivor's back and survivor is in front of Rescue Swimmer.
6. From this position behind survivor, Rescue Swimmer shall release grip on the elbow while maintaining control of the wrist, reaching over the survivor with the free hand and then place survivor in controlled cross-chest carry.

Rear Head

Hold Escape:

1. Suck
2. Tuck
3. Duck
4. Rescue Swimmer brings the hands up to underside of each of the survivor's _____. While keeping chin tucked in and hunching the shoulders, Rescue Swimmer pushes forcefully upward freeing the head.
5. Survivor is then pushed back away. Swimmer turns to face survivor, prepared to prevent subsequent grasps.
6. Rescue Swimmer swims well _____ of survivor, surfaces, and decides which rescue procedures to use.

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