

**OUTLINE SHEET 3.1
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 approaches to, and carries of, an active/passive/unconscious survivor.
- 3.2 Demonstrate rescue swimmer approaches to, and carries of, an active/passive/unconscious survivor in a simulated rescue situation.

TOPIC OUTLINE:

A. Survivor Characteristics:

1. Aircrewman

- a. Rescue swimmers were originally tasked to assist downed aircrewman.
- b. Aircrewman are trained in water survival and may be able to assist. (**Never assume they can**)
- c. 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. Loss of ABC’s or other life threatening injury will take precedence over a spinal injury.

2. Panicking Survivor

- a. Some rescues involve panicky survivors (even some aircrewmen).
- b. Appearance: Wide eyes, frantic activity, gasping for air, and other similar behavior.
- c. 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.
- d. Best Defense: Do not get to close until you have assessed the situation and decided on the best approach to take for this survivor.
- e. It may be possible too calm a panicking survivor by _____ to them and explaining who you are and what you are doing.

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B. 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 aircrewmembers 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.

C. Collar Tow/Equipment Carry:

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

D. Front Surface Approach:

1. Effective for _____ 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, 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 _____ or an equipment tow.

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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.

E. Rear Surface 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.

WARNING

Underwater approach shall not be used if survivor is wearing a parachute.

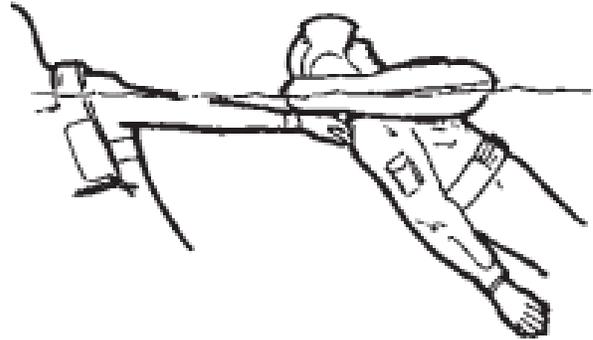
F. Underwater Approach

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	Swim underneath, or to the side and below the survivor, while maintaining eye contact. Execute a half turn (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.

**DIGRAM SHEET 3.1-1
COLLAR TOW / EQUIPMENT TOW**



A. COLLAR TOW



B. EQUIPMENT CARRY-
HOLD ON HARNESS