

30MILES

Small port every 30 miles apart- Development of services for lively water tourism in the Eastern Gulf of Finland

Safety Day – instructions

1. Safety Day is a process of demonstrating safety in 30MILES harbours

It includes presentations of techniques in

- a) rescuing MOB (Man Over Board) both on a boat and on the pontoon/pier,
- b) putting off a fire with fire blanket and/or fire extinguisher,
- c) showing the principle of the defibrillator and other safety issues at the harbor.

Depending on the availability of Water Police, SAR (Sea and Rescue team) and/or Fire Department, it may be possible to show also the use of Flares and other rescue equipment.

2. Description of necessary tools/equipment

a) To show the lifting techniques it is essential to have a decent sailing boat available for the event. The boat should have a spinnaker halyard for efficient lifting of the SOS Recovery Ladder (Picture 1) and it should be possible to lower the guardrails to the deck level to make lifting easier. The boat should also have a rear ladder for the victim to climb up from the sea (Pictures 2a & 2b) as well as a long rope to be used when climbing up at the side of the boat (Picture 2 c).

At the pontoon/pier there should be available the rescue ladder (with hooks to grab to the surface of the pontoon) and the life buoy with a long rope (Picture 3)

b) The fire event needs a pot where diesel oil can be burned, fire extinguisher and fire blanket (Pictures 4 a, b and c)

c) Use of Defibrillator will be shown with an operative unit (Picture 5a and b)

Other actions will be demonstrated according to authorities

3. Process of actions

3.1.

The victim jumps to the sea with proper life jacket on. He/she opens / tries to open the rear ladders of the boat (Picture 2a) and if succeeds then climbs up to the boat. This exercise is to show that improper ladders are impossible to open from the sea. It is strongly recommended to test the ladder of the boat at the harbour.

30MILES

Small port every 30 miles apart- Development of services for lively water tourism in the Eastern Gulf of Finland

3.2.

Then a long rope is attached to the side of the boat. Front end will be fixed at any proper place and the rear end either around a winch or cleat. The idea is that the victim reaches the hanging rope and puts his/her leg on the rope. With the rope as a "stair" he/she reaches the toe rail of the boat to get a good grab. Keeping his/her body level and simultaneously lifting his/her legs the victim makes it possible for the person in the cockpit to take the loose slash away from the rope. This needs good cooperation with both persons to make it happen at the same time. This lifting is repeated as many times as needed to make it possible to the victim to step on the deck of the boat (Picture 2c).

3.3.

Third rescue action is by aid of any blanket which has stairs/(ladder) built in. In this example the SOS Rescue Ladder is used. It is attached to the toe rail of the boat. If there is no toe rail, some other means can be used to attach it to the edge of the deck. Each boat is different and it is advised to plan and test the system for the sailor's own boat in the harbor. The process is straight forward: The victim climbs up the "stairs" to the deck (Picture 2d).

3.4.

Fourth rescue takes place utilizing the same Rescue Ladder but this time assuming that the victim is unconscious and can not help in the process. The spinnaker halyard - if available - is attached to the lifting joint of the Rescue Ladder. Main sail halyard can also be used. The idea is that the victim is directed floating horizontal to the loop of the net and the rolled up with the aid of the halyard and a winch (Picture 1).

3.5.

Fifth rescue takes place on the pontoon/pier where the victim is rescued from the sea utilizing the life buoy and the safety ladders. The life buoy is thrown to the victim (keeping the loose end of the rope at the thrower's hand), the victim grabs the life buoy and the he/she is pulled to the side of the pontoon/pier (Picture 3a). The safety ladder is placed to the side of the pontoon/pier so that the sharp hooks of the ladder touch the surface of the pontoon/pier (Picture 3b and 3c). This prevents the ladder from twisting under the pontoon/pier when the victim is climbing up. Then the victim climbs up from the sea.

All the above techniques are best visualized in the videos at 30MILES.info -> Safe Harbor video course

3.6.

Sixth is the Fire exercise. A burning pot (any low and wide steel container will do) is filled (very little) with diesel oil and put to fire (Picture 4a). There are then two phases: first the fire is put off with the fire blanket (Picture 4b) and secondly with fire extinguisher (Picture 4c). In the blanket operation it is important that the correct technique (hand covered with the blanket) is communicated to the audience. In the fire extinguisher operation, it should be communicated that the use of the extinguisher must be with short pulses only, not full open all the time. This way the powder is saved for longer period and the whole process is more effective.

30MILES

Small port every 30 miles apart- Development of services for lively water tourism in the Eastern Gulf of Finland

3.7.

Seventh action is the demonstration of the use of the defibrillator (if available). [Example video here](#)

Each harbor should have a defibrillator in place (or at least the information of the nearest defibrillator).

3.8.

Other actions might then be for example:

- maintenance of the inflatable life jacket
- use of Flares and Torches
- use of EPIRB, PLB etc.

30MILES

Small port every 30 miles apart- Development of services for lively water tourism in the Eastern Gulf of Finland



Picture 1 – SOS Recovery Ladder



Picture 2a – Rear Ladder of the boat



Picture 2b – setup of the Rear Ladder



Picture 2c - side rope



Picture 2d – SOS Rescue Ladder

30MILES

Small port every 30 miles apart- Development of services for lively water tourism in the Eastern Gulf of Finland



Picture 3a – Lifebuoy in use



Picture 3b -Ladder with hooks - (red circle)



Picture 3c – Ladder in use



Picture 4a- burning pot



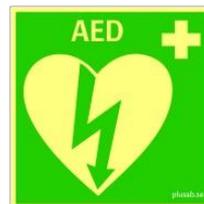
Picture 4b – fire blanket



Picture 4c - fire extinguisher



Picture 5a – Defibrillator on the wall



Picture 5b - Defibrillator sign