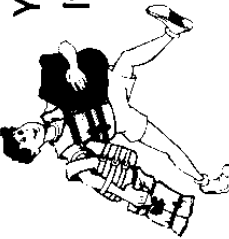
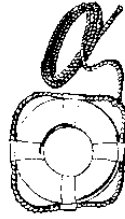
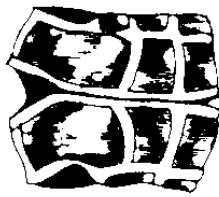


Flotation Aid (Type III PFD)—an approved device designed to keep a *conscious* person in a vertical or slightly backward position; these have at least 15½ pounds of buoyancy. While these have the same buoyancy as Type II, the Type III has a lesser turning ability. This is a comfortable design for water activities, such as waterskiing. Recommended for in-water sports and close inshore operation on lakes and ponds. Acceptable for all size boats. Must be in good and serviceable condition and readily accessible. (Recommended by the Boy Scouts of America's national Health and Safety Committee.)

Throwable Device (Type IV PFD)—an approved device designed to be *thrown to a person in the water*, but not worn. It is designed to have at least 16½ pounds of buoyancy. Acceptable for boats less than 16 feet long and canoes and kayaks, and as a throwable device for boats 16 feet and longer. Must be in good and serviceable condition and immediately available. Buoyant cushions and ring buoys are typical of this type of PFD.

A few Type V PFDs are on the market. They are special-purpose PFDs and carry some restrictions. Be sure to read the label.

Note: Be sure to look for the U.S. Coast Guard—approved markings in all PFDs. PFDs in poor condition should be destroyed.



**Your PFD Won't Work
If You Don't Wear It.**

Think Safe!

First Aid

Every sport has its share of accidents and injuries, and sailing is no exception. But injuries can present a special problem when they happen on the water, since you're likely to be a long way—or a long time—from medical help. This means first aid is more important than ever.

If your boat is large enough, make sure you carry a well-stocked first aid kit aboard and a good manual to go with it. Brush up on your skills so that you can treat such common sailing problems as sunburn, blisters, rope burns, cuts, and bruises. Be trained in first aid, either through the *First Aid* merit badge pamphlet or a first aid course.

Someday, of course, you might have to face something much more serious: heart attack, stopped breathing, shock, or hypothermia. Can you give mouth-to-mouth resuscitation when breathing stops? Can you give CPR (cardiopulmonary resuscitation) when a heart stops? Can you treat someone for shock, which could follow any serious injury? Make sure you (and any crew members who sail with you regularly) are familiar with these critical skills. The American Red Cross, American Heart Association, and other such groups might offer CPR and other first aid training in your area. Check it out.

If you are exposed to extreme cold for some time, your core temperature drops and your body can lose its normal ability to rewarm itself. When this happens, you face a condition called *hypothermia*.

Let's say you're sailing on a chilly, windy day—your clothes are soaking wet, you're cold, and you're getting tired. Condition red! You are highly susceptible to hypothermia.

In hypothermia, you pass through three stages. In the first stage, you feel cold, tired, and irritable. Your teeth may chatter. You begin to shiver. You wish you were somewhere warm.

In the second stage, your shivering becomes uncontrollable. You begin to have trouble making simple decisions.

In the third stage, your shivering stops. You might feel numb, weak, drowsy. You become disoriented. You might lose consciousness—and unless you get immediate treatment, you might not regain it.

The treatment for hypothermia is gradually to rewarm the cold body. Bring the victim into a warm place as soon as possible. Remove all wet or tight clothing. Wrap the victim in dry blankets or a sleeping bag. Do not rewarm too quickly. If he or she is conscious, give warm liquids to drink (but don't try to force them down).

Make sure that any hypothermia victim sees a doctor as soon as possible.