

# GOOD PRACTICE INFORMATION ►



## Person Overboard

### Problem:

Working next to water comes with risks such as falling in and drowning or falling in and being swept away by a current. DSJV recognised this risk being located on the Limmo Peninsula. They decided to carry out an exercise for the rescue of personnel.

### Solution:

The exercise was carried out with the Instone Wharf Personnel to ensure that during an emergency situation personnel are confidently able to use rescue equipment and are aware of their own limitations. The exercise was carried out at low tide.

The exercise focused on 4 key areas: Pre-use inspection of a life vest, donning a life vest, use of a throw rope and use of a life buoy

During the exercise, reminders were provided on the Person Overboard Procedure so that it was understood how the procedure related to the event of a rescue. The need and importance of contacting 999 and asking for the coast guard immediately was reiterated to enforce how every minute counts.

Those taking part in the exercise were provided several opportunities to use different items of rescue equipment. It was established that some individuals found the life buoy exercise challenging. Several different techniques were trialled and in some circumstances were found to be ineffective. This allowed the individuals to identify their capabilities and choose the correct rescue equipment for them enable a rescue.

### Advantages:

- Prepares individuals for emergency situations
- Gives personnel an understanding of their capabilities
- Provides opportunities to use several items of rescue equipment

