

VR – Lifting Strap Rescue Pole Operation CLASS

Using the VR 14 – Lifting Strap to attach to a Person in Water (PIW)

WARNING *Do not position the lifting strap around the neck or abdomen of the PIW (Person in Water) prior to the lift. This can cause severe injury or death. Always use your legs when lifting, not your back.*

1. We recommend that you always use a **Rescue Dummy** during MOB drills to eliminate any possibility of deckhand injuries. The United States Coast Guard requires that "each drill must, as far as practicable, be conducted as if there was an actual emergency."
2. Connect the lift line snap hook to the triangle and on to the V cleat mounted on the pole, with tension, as this keeps the line out of the way.
3. Use the Rescue Pole to maneuver the PIW either closer to, or to another part of, the boat.
4. In most cases the PIW will be floating vertically. The lift line and slide buckle should end up facing the PIW. The

idea is to "surf" the web strap on the body and under the arm pits in a smooth, quick action.

5. To get the pole over the head, the lift line and buckle should start turned away from the head of the person. See **Image B9** below for reference.
6. In the event the body is floating horizontally, it may be easier to start with the Rescue Pole hoop going over the feet with the lift line facing the PIW.

Note *The VR 14 – Lifting & Manual Recover Strap can be used upside down and will indeed work. However, you will have to lift the pole up with the PIW as the Slide Buckle will not have disengaged from the Buckle Holder.*

7. Start by putting the pole with the lift line and slide buckle facing away from the PIW. Go over either arm and into that armpit, then rotate the pole to go over the head, down the body and back up to seat into both armpits. Lift line and buckle will still be facing the PIW. See **Images B10 & B11** below.



Image B9 Start under one arm, up to the arm pit and rotate hoop over the head

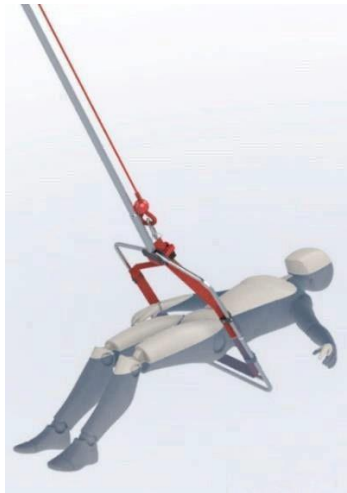


Image B10 Move pole down and hoop down to get under the other arm

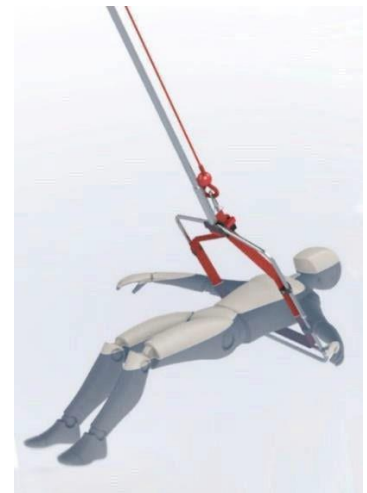
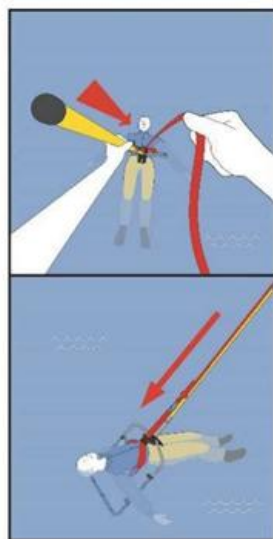


Image B11 Position the hoop up and under both armpits

Using the VR 14 – Lifting Strap to attach the strap to a Person in Water (PIW)

8. Hold the Rescue Pole hoop against the back of the PIW while maintaining the strap seated in the armpits. Take hold of the lift line and push the pole to the person. This is key as the pole pushes the one-way slide buckle to the PIW's chest.
9. Pull back on the pole in a quick and short (jerking) movement to release the Slide Buckle from the holder.
10. Remove the pole from the PIW and bring safely aboard.
11. We have found that using the rescue hoop only, on deck, with someone else helps with understanding how it works. Use the technique described in number 8 above but use your finger, instead of the lift line, on the steel triangle. Practicing in a controlled environment of a swimming pool or at the dock is the easiest way to master the Rescue Kit pole whether loaded with the standard Lifting Strap or the Manual Recovery Strap.



HOLD LINE AND PUSH POLE

Image A13

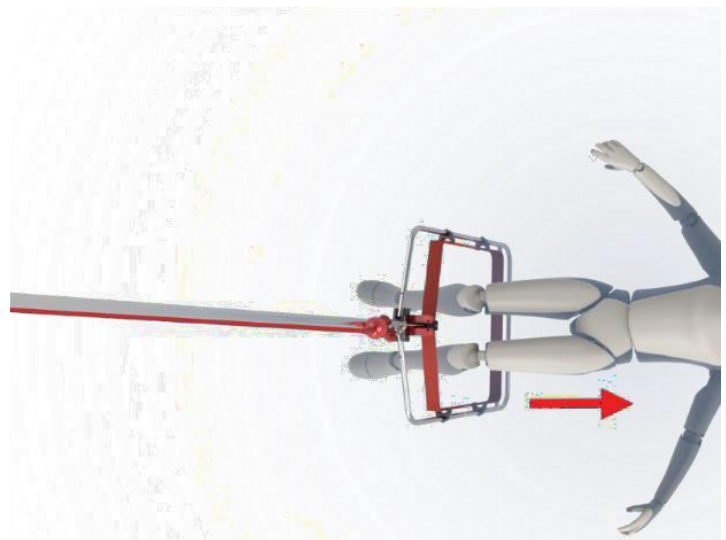


Image A14 If the PIW is floating in a horizontal position, it can be easier to work the hoop starting with the feet and legs. Be sure the lift line is facing toward the PIW's head, or the pole assembly will be coming up with the PIW.

NOTE: If you are using a block and tackle setup instead of a C-Hero Davit, take the Prusik Strap class next.