

### Man Overboard Drills

1. The United States Coast Guard requires Man Overboard drills to be performed as if it is an emergency, and your company safety program will specify frequency. We always recommend using a rescue dummy for drills, you should not have a crew member get in the water.
2. Someone immediately advises the wheelhouse that there is a rescue dummy in the water.
3. The wheelhouse sounds the general alarm, and 3 prolonged blasts on the ship's whistle. Manually push MOB on the chart plotter. Use the loud hailer to let the crew know there is a man overboard.
4. Stop the boat.
  - a. If applicable let traffic know your intentions on Ch. 13.
  - b. The deckhand goes on deck with PPE, a handheld VHF to a prearranged Ch., and directs the Captain to the rescue dummy, and gets the boat close.
  - c. While the boat is headed back to the rescue dummy, and you are keeping an eye on the rescue dummy is the time to ready the pole and lifting source.
5. While the boat is maneuvering back to the rescue dummy, put the C-Hero Rescue Davit onto the bitt, and deploy the davit and swing outboard.
6. Get the Rescue Pole ready, by checking the following:
  - a. The strap is loaded correctly
  - b. All connections are tight, including the connection of the two pole sections
  - c. The V-cleat is lined up with the Slide Buckle and holder
7. Deploy a life ring and use it to get the rescue dummy alongside if the boat can't get closer. Tie off the line on a bitt not being used.
8. Connect the lift line snap hook to the Rescue Pole triangle, then put the line into the V-cleat.
9. Deploy the Rescue Pole's strap and put it over the rescue dummy and under the arms, as close to the armpits as possible.
10. When in place, hold the lift line firmly, and push the pole towards the rescue dummy. Always stay inside the bulwarks for safety.
11. Remove the pole from the rescue dummy, then pull the slack out at the Rescue Davit winch. Make sure the line brake is closed, then winch up the rescue dummy.
12. On a 7 Series - Swivel series C-Hero® Davit, use the side handle to swing the rescue dummy to the side of the boat and bring it back aboard.
13. Discuss company protocol for shock, injuries, or hypothermia of a recovered person as if this were a real emergency with a PIW.