

What to do, in case someone is drowning -

1. Call for help and tell someone to call for ambulance with medical help along with salvage section and Port Control Station to send any craft available thereat to rescue person.
2. Do NOT attempt to rescue the drowning person by entering the water if you have not been trained, as you will be endangering yourself.
3. Throw a flotation device such as a life buoy and life jacket, or rope or extend a long pole/bamboo or any hook tied with rope or hook of crane or rope tied to the mast or fork of forklift.
4. If these are not readily available, then improvised use of household items like JERRY CAN with properly sealed caps/covers or well-sealed empty plastic DRUM /BARREL or inflated rubber tube or empty plastic water bottles (cold drink or water bottles), etc. can be of help to the drowning person to hold onto until necessary help arrives. Details are given in attached sheet.
5. Once the drowning person hold the device firmly then assure him that necessary help is arriving.
6. Keep constant watch on the person and keep him assuring. Watch for his/her signs of drowning as given below.
7. If person is holding by rope, then tell him to entangle in his hands so that rope end will not slip through his hand.
8. If possible, try to pull up person with the help of rope anchored to some fixed object or equipment. Be cautious while pulling as sudden swing will cause injury.
9. Once the drowning person is on dry land, begin resuscitation/CPR if there is no spontaneous breathing or pulse.
10. Watch for any injury and keep him/her in comfortable position.
11. Keep person's head and neck very still in case of spinal, neck, or head injuries.
12. Keep the person under blanket or clothes and try to bring person's body temperature back to normal.
13. Send him to hospital for receiving further medical attention.

HOW TO KNOW A PERSON IS DROWNING? (POINT NO. 5 ABOVE)

Following are some of the signs that a person may be drowning:

- The person is barely able to call for help.
- The person tries to push him upward in the water.
- The body of person stays in an upright position.
- The person does not make leg kicks.
- The person is completely limp in the water.

The above information is to make aware the respondent about possible course of action in case of drowning. However, the respondent may improvise or modify as per the requirement or site exigencies.

Use of Improvised Devices during Exigencies at Dock Basin (Point No. 4 above)

Identifying commonly available materials available inside docks suitable for survival.

1. Empty containers with a provision of securely closing its opening (airtight):

- a) Water Bottle
- b) Jerry can
- c) Drum/ Barrel
- d) Any other suitable container

2. Commonly used packaging materials:

- a) Wooden Blocks/ Logs
- b) Bamboo Sticks
- c) Any other plastic/ wooden material of suitable size

Application illustration:



Reference: The source of above improvised devices are taken from the National Disaster Response Force (NDRF)'s publication on the 'Standard Operating Procedure on Life Saving Devices made of Household Articles'.