

TALK



**VOICE CONTACT**

It may be sufficient simply to calm the subject and encourage him/her to move to safety. Voice contact is an essential ingredient in the simple techniques described here as it is assumed that in almost all cases the subject is conscious and must be reassured that rescue is close at hand.

REACH

**REACHING RESCUES**

Here, the rescuer should lie prone on the ground, to avoid being pulled into the water. The reaching hand may grasp the subject or be grasped. This simple reaching rescue may also be used from a position in the water. To ensure his/her own safety, the rescuer should use his/her free hand to hold on to a firm support such as a tree branch and so enable himself/herself to draw the subject firmly to safety. An article of clothing, a branch, a plank or an oar can be used to extend the reach of the rescuer. Voice contact is essential to enlist the subject's co-operation.



THROW



**BUOYANCY AIDS**

Should the subject be out of arm's reach, it is possible to give him/her temporary support by pushing or throwing a buoyant object to him/her. While this may support him/her, rescue still has to be effected but, at least, he/she is safe while the rescuer has time to consider his/her next action. Voice contact with the subject should be maintained in order to reassure him/her or even encourage him/her to 'kick' his/her way to safety while supported by the buoyant aid.

Free-floating supports may be used with great caution. The support or buoyancy aid must reach the subject at the first attempt, and he/she must be sufficiently calm to grasp and maintain a firm hold as instructed by the rescuer. Such support is useful in stabilising a dangerous situation until a positive rescue action is initiated.