Man Overboard Drill (MOB) Checklist

- **Throw a life ring**
  - As soon as you realise that a crew member has gone overboard, throw a life ring into the water. This can be used to mark the search area in case recovery isn’t immediate.

- **Raise the alarm**
  - Alert crew members and the skipper to the MOB situation. Inform the coastguard by using DSC distress and voice mayday procedure (detailed opposite).

- **Return the vessel to the MOB**
  - Depending on the status of the vessel, consider the best route to return to the casualty. It may be quicker to recover or jettison the gear prior to, or whilst manoeuvring alongside the MOB. Ensure your position alongside MOB is safe and provides the best chance of rescue.
  - Whilst returning to the MOB, crewed vessels should ensure that the following recovery equipment is gathered:
    - Boat hook
    - Recovery device e.g. cage, sling, scoop, ladder, net etc.
    - Throwing line/coiled rope
    - Life raft and abandon vessel equipment

- **Recover the MOB**
  - In the first instance, you should launch the life raft for recovery. If for any reason this is not possible, use your chosen piece of recovery equipment to rescue the MOB. If the MOB is unconscious or unable to help themselves, a crewed life raft should be used to implement rescue.

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**Mayday procedure**

- **Mayday, Mayday, Mayday**
- This is [VESSEL NAME] [spoken three times]
- Mayday [VESSEL NAME] and [MMSI* or call sign] [spoken once]
- My position is [provide lat and long or bearing and distance from charted object]
- Nature of distress is man overboard
- Immediate assistance is required
- Number on board [total crew including those in water + the skipper]
- Other information [for example if you’re attempting rescue]
- Over

**Cold water shock phases**

- **Phase 1**: 0 - 3 minutes. MOB will become incapacitated from cold water shock.
- **Phase 2**: 3 - 15 minutes. Period of useful consciousness where the MOB may be able to assist the rescue effort.
- **Phase 3**: 15 - 30 minutes. MOB will experience peripheral shut down; limbs will stop working etc.

**REMEMBER**: More than 30 minutes of immersion could lead to hypothermia.

**First aid**

- If the MOB is rescued in less than 30 minutes, treat on board for cold water shock and immersion related complications.
- If the MOB is in water for more than 30 minutes, consider lifting and moving horizontally (to prevent hydrostatic squeeze) and wrapping in plastic to stop evaporative heat loss.
- If MOB is not breathing, begin CPR immediately.