

# Safety Sheet (Polaris)

- ❓ The life jackets are located in the vinyl headliners throughout the boat.
- ❓ Crew members only need to wear the life vests if they step outside of the mahogany handrails.
- ❓ If a captain is unable to drive, turn the boat toward the middle of the lake and slow the boat to a forward idling speed. Then call Jeremy 847-409-4951 or Jack 262-215-2197. (*The steering works basically like a car, but the boat's reaction is delayed. The speed is controlled by the small throttle lever located on top of the steering console, while the gear shift is the large lever that passes through the deck to the right of the steering console. THE THROTTLE MUST BE IN IDLE BEFORE SHIFTING GEARS.*) To slow the boat pull the small throttle lever back as far as possible. To stop the boat, shift into neutral by moving the large gear shift to the upright position...wait 3 seconds, then pull back to shift into reverse. The farther you push the small throttle lever forward the sooner the boat will stop and begin moving backwards. When stopped, pull the throttle as far back as possible and push the gear shift into the upright position of neutral. It's important to remember that you will have no steering control unless the boat is moving forward.
- ❓ The life rings with strobe lights are located on the starboard side of the aft deck.
- ❓ Announce "Man overboard!" and mark the spot of the person in the water. The floating strobe light makes the best marker, day or night as its location in the water is least affected by the wind. Throw flotation devices such as a life ring or life vest into the water for the person to hopefully swim to while the boat is maneuvering back to the spot. The crew member must communicate immediately to assist the captain in locating the victim and coming alongside.
- ❓ The fire extinguishers are located at the bar, engine bilge, and pilot's station.
- ❓ In case of a fire, immediately alert the captain and follow his instructions. The crew should bring all extinguishers to the fire. Move all passengers and non-essential crew to a clear distance from the fire. If the fire is in a bilge, have at least one extinguisher ready while opening the bilge. If you enter, you must have an extinguisher and a crew member at the opening of the bilge to assist or hand more fire extinguishers. To use a fire extinguisher, pull the pin, point the hose at the base of the fire closest to you (you should be 8 feet away from the fire). Squeeze the trigger and use a sweeping motion to extinguish the fire from the nearest point to the back of the fire.

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? The first aid kit is located on the doghouse (bilge) shelf.

? Call 911 and alert the captain.

□ **Breathing** - \*\*If the person is conscious but not able to breathe or talk, give up to 5 blows between the shoulder blades with the heel of your hand. \*\* If the person is still choking and is not pregnant or obese, stand behind the person and wrap your arms around the waist. Place your clenched fist just above the person's navel. Grab your fist with your other hand. Quickly pull inward and upward. Continue cycles of 5 back blows and 5 abdominal thrusts until the object is coughed up or the person starts to breathe or cough. Take the object out of his mouth only if you can see it. Never do a finger sweep unless you can see the object in the person's mouth. \*\*If the person is obese or pregnant, do high abdominal thrusts: Stand behind the person, wrap your arms them, and position your hands at the base of the breast bone. Quickly pull inward and upward. Repeat until the object is dislodged. Give CPR (if you are trained), if the obstruction comes out, but the person is not breathing or if the person becomes unconscious. \*\*When emergency medical personnel arrive, they will take over and may do CPR or take the person to the hospital, if needed.

□ **Heart Attack** – Symptoms include chest discomfort that may last more than a few minutes or go away and come back. Pain or discomfort in the upper body, including arm, left shoulder, back, neck, jaw, or below the breastbone. Difficulty breathing or shortness of breath (with or without chest pain). Sweating or "cold sweat." Indigestion, heartburn, nausea, or vomiting. Light-headedness, dizziness, or extreme weakness. Anxiety or rapid or irregular heartbeats. Ambulance personnel can start care as soon as they arrive. If there is no history of aspirin allergy or bleeding, emergency response may ask the person to chew one 325 mg aspirin slowly.

□ **Heatstroke/Heat Exhaustion** - \*\*Get the person out of the heat and into a cool environment. If air-conditioning is not available, fan the person. Apply cool towels. \*\*If their temperature is high do not give them anything to drink. \*\*If their temperature is near normal, give them a cool non-alcoholic, non-carbonated drink as long as they are alert.

□ **Bleeding** - Apply direct pressure on the cut or wound with a clean cloth, tissue, or piece of gauze until bleeding stops. If blood soaks through the material, don't remove it. Put more cloth or gauze on top of it and continue to apply pressure. If the wound is on the arm or leg, raise limb above the heart to help slow bleeding. Wash your hands again after giving first aid and before cleaning and dressing the wound. Do not apply a tourniquet unless the bleeding is severe and not stopped with direct pressure. Gently clean with soap and warm water. Try to rinse soap out of wound to prevent irritation. Don't use hydrogen peroxide or iodine, which can damage tissue. Apply antibiotic cream to reduce risk of infection and cover with a sterile bandage.