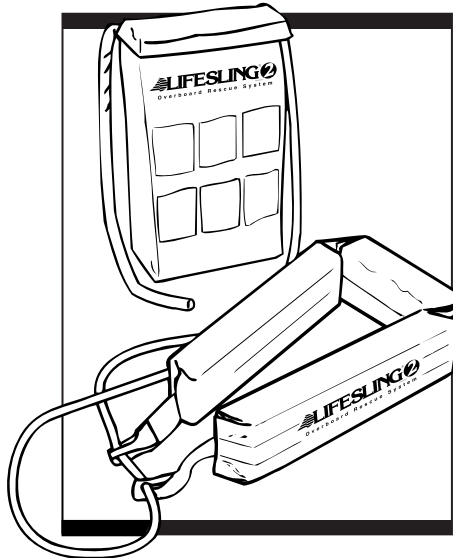


LIFESLING[®]2 Overboard Rescue System

Instruction Manual

Important! Read this manual before installing the Lifesling2; practical knowledge of the system's use is essential before an emergency requires its use. Repack the Lifesling2 to be assured of proper deployment.



The keys to effective rescues with the Lifesling System are:

- Follow and **PRACTICE** the recommended Lifesling rescue techniques as written in this manual
- Before each trip, familiarize crew on how to use the Lifesling2
- At least two crew persons should be familiar with boat handling, basic seamanship and emergency procedures
- Stay close to the person in the water
- Do not lose sight of the person in the water

Read This Manual Carefully!

Someone's life may depend on it. Retrieval of a person overboard (POB) can be very difficult especially in rough or cold water.

Lifesling2 Overboard Rescue Instructions

The Lifesling2 procedure may not be effective without prior practice. The rescue method may vary according to size and handling characteristics of your vessel. Keep the victim in sight! The POB (person overboard) can be quickly lost from view in any kind of sea. Post an available crew member to keep an eye on the POB and maintain as little distance between the vessel and the POB as possible.

Option 1:

IMMEDIATELY circle the POB while deploying the Lifesling2 astern of the vessel as if picking up a water skier. (fig.1)

The Lifesling2 will trail behind the boat at the end of the floating retrieval line. Practice has shown that the Lifesling2 or retrieval line should reach the POB within the first or second circle. Do not run over the retrieval line and avoid hitting the POB.

Note: This method is preferred for single-handed rescues but is also reliable for fully crewed boats. It is simple in execution and does not require the more precise maneuvering used in Option 2.

Option 2:

IMMEDIATELY initiate your pre-planned maneuver to get back to the POB. (fig.2)

Carefully approach 6-10 feet from the POB, keeping stern and propeller area away from POB and throw the Lifesling2 when POB is close by. Do not throw the Lifesling2 if the POB is more than 10' away: tangles and misses could delay the rescue. Do not throw into the wind.

Note: This method may be faster than Option 1, but may require more skill in boat handling. It is not preferred over Option 1 if the pick up is single handed or if in rough seas.

When the Lifesling2 reaches the POB, stop the boat immediately (sailboat drops sails, powerboat stops engine). (fig.3)

The POB places the Lifesling2 under the arms. The strain on the retrieval line will close the bolsters around the POB. Built-in 20 lbs flotation supports the POB. Do not tow POB behind boat. The POB could be pulled under the water.

Turn off the engine(s) as soon as the POB has acquired the Lifesling2. Remember that the propeller presents a constant danger as long as the engine is running.



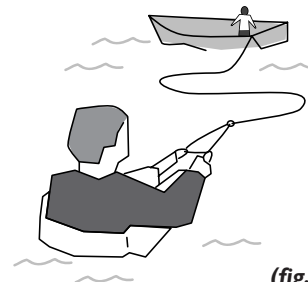
(fig.1)

Deploy the Lifesling2 and circle the victim until contact is made, or...



(fig.2)

Carefully approach the victim and throw the Lifesling2 when close by

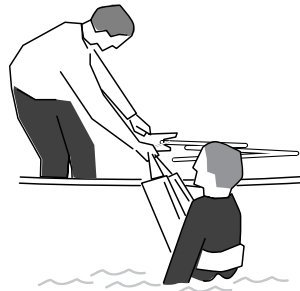


(fig.3)

STOP THE BOAT! Shut down engine(s)

Pull the POB alongside.

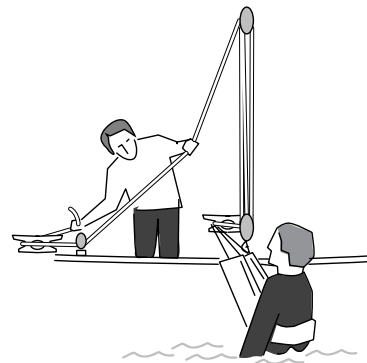
The POB may be more comfortable by rotating the Lifesling2 180 degrees and floating on his/her back, but once alongside, make sure that the POB is rotated back so that he is facing the retrieval line. Maintain tension on the retrieval line so the POB will not slip out. Once alongside, guide the POB to a ladder or swimstep and assist in getting POB out of the water. Do not put yourself in dangerous positions and fall in the water yourself. Use a harness when necessary.



Pull victim to boat. Assist using ladder or swimstep to get out of the water

If the POB is unable to get out of the water, lift POB up as far as possible and tie the retrieval line to a cleat.

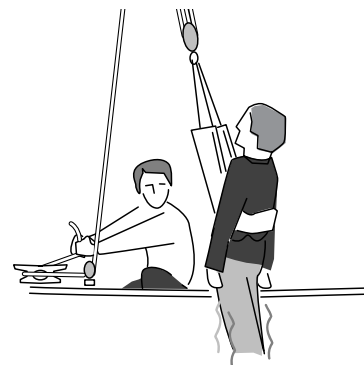
The POB is secured out of immediate drowning danger while preparations for lifting aboard are made. Rig a hoisting tackle (optional) or other lifting device with the lifting point high enough above the deck so that the POB will clear the rail. Attach one end of the tackle to either the retrieval line loop that runs through the two webbing loops ends of the Lifesling2 or the loop that is tied three feet from the webbing loops. Determine the proper lifting device for your boat before using the Lifesling2!



If victim is unable to help get aboard, secure victim alongside boat and rig hoisting tackle

Hoist POB aboard.

If unable to bring POB aboard, radio or signal for help. Remember, once the person is alongside, you will not lose them and there is time to summon help.



Hoist victim aboard. If unable to retrieve, call or signal for help

Additional Sailboat Lifesling2 Instructions:

Crew overboard maneuvers, whether downwind or upwind, need practice and an understanding of how to sail. The helmsperson needs to know the boat, how fast it turns, and how much momentum it carries in relationship to its windage. The skipper and crew need to try all maneuvers until they find the one that works best for them and their boat; then practice that maneuver until it becomes instinctive.

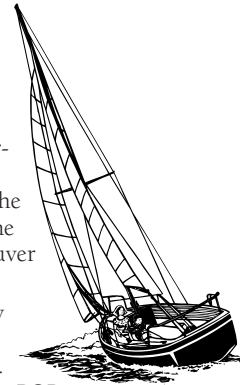
- If the boat is flying a spinnaker, round the boat up immediately to reduce the distance traveled away from the victim. When the boat nears head-to-wind, let the spinnaker halyard run free. Gather the spinnaker. Sheet in the mainsail and beat back to the POB (person overboard) or use auxiliary engine.
- If the boat is running with a whisker pole, let the genoa sheet run. Beat back to the POB or, if need be, use auxiliary engine.
- Use of auxiliary power should be avoided but may be necessary in light air, if boat has no headsail up, or has little ability to go to weather.

Before turning the engine on, WATCH FOR TRAILING LINES THAT WILL FOUL THE PROPELLER.

- **Once POB reaches Lifesling2, engine should be shut off.**

- Methods of getting the POB back aboard such as ladders can be used with the assistance of the Lifesling2 only when the POB is non-hypothermic and uninjured and the seas are calm. Be aware of the violent motion of the stern of a boat. Injuries can result in the up-and-down motion of a transom ladder or transom scoop.
- Because of hypothermia and fatigue, getting back to the POB fast means that the POB will be more able to aid rescuers by using ladders or other methods. Using a block and tackle is slower and more complex but a more certain method. It is the alternative when faster methods are unworkable (for more information about hypothermia, see inside back cover).
- To be able to hoist the POB out of the water, we highly recommend having a separate 3:1 block and tackle on board (West Marine Model 561100 / LIFE#W-TACKLE 3:1). However, if your boat has large 2-speed self-tailing winches and a long halyard tail, you can connect the halyard directly to the figure-eight loop of the retrieval line of the Lifesling2, lead the other end through a lead block and to the winch, and hoist up. The retrieval time will be reduced. But try it out having the weakest person lift the heaviest person. It is surprising how hard it is to hoist a heavy, water-soaked person. Know how to rig your lifting rig before you need to use it...then test it!

For more information on hoisting, see page 7.



Additional Powerboat Lifesling2 Instructions:



It is extremely important to always be aware of the inherent danger of your boat's propeller(s) when approaching the POB. When the POB is attached to the Lifesling2, we suggest that you **turn off the engine(s)** before pulling the POB (person overboard) alongside the boat. If your boat is in danger of drifting into shore or into other boats, we suggest that you drop your anchor before pulling the POB to your boat.

Depending on the varying characteristics and designs of powerboats, there are a number of ways to get the POB back on board.

- Some boats may have swim platforms or ladders and, in moderate conditions, these may work fine in getting the POB out of the water, especially if the POB is not hypothermic or fatigued. If other crew members assist from the swim step, make sure they are connected to the boat with harnesses or some means of attachment.



Be aware of the violent motions of the swim platform in rough seas.

Injuries can result in the up-and-down motion of a stern swim platform.

The Lifesling2 is designed to lift the POB on board in rough conditions with the use of a variety of lifting devices which must be supplied by the user.

- Boats with a superstructure such as a flybridge, or strong tower can use a lifting tackle to hoist the victim aboard. For block and tackle, we suggest using at least a 5:1 using large sheaves and 3/8" or thicker line for ease of handling (West Marine Model 595720 / LIFE#C-TACKLE 5:1). Be sure to practice and familiarize yourself with this equipment
- Larger yachts and commercial vessels can use power-assisted hoists, cranes, powerblocks, or whatever is available.



For more information on block and tackle hoists, see page 7.

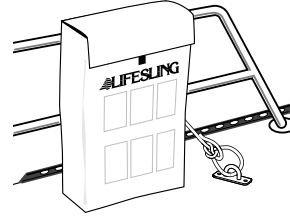
Do not use other than the recommended techniques without thorough testing with someone in the open water. It is up to you, the skipper to figure out what lifting method works for your boat...then try it out to make sure it does work.



Setting Up The Lifesling2

Mount the Lifesling2 on a rail using the three velcro straps attached to the bag to mount the bag inside of the stern railing or pulpit. For added strength, make sure to have the velcro completely overlap each other.

When installing the Lifesling2, tie and seize the nylon-covered end of the polypropylene retrieval to any strong point on board. Seizing is necessary to prevent knots in the Lifesling2 line from coming undone. The Lifesling2, similar to an anchor, will be useless if the end of the retrieval is not fastened to the boat! Do not remove the nylon cover. It is there to protect the polypropylene line from degradation from the sun. Make sure that none of the retrieval line is exposed to the sun or it will weaken.



Retrieval Line Storage

Remember, your Lifesling2 is like a parachute...it works only when you pack it correctly!

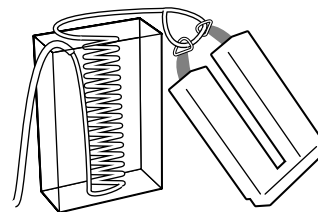
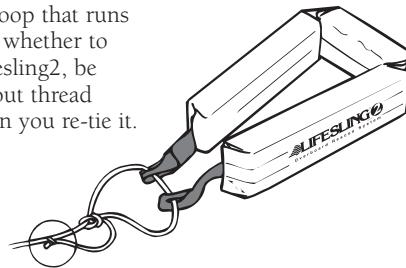
1. Your Lifesling2 has been packed so that it is ready for use.

However, we strongly encourage you to remove the Lifesling2 and retrieval line and re-pack it so that you and your crew will understand proper line storage and be assured of proper packing.

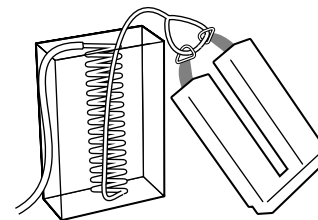
2. To repack the Lifesling2: The nylon covered end of the line will remain outside of the case or bag. Stuff the line into the pouch of the bag beginning with the portion nearest the nylon covered end and finishing with the Lifesling2 end. **STUFF, DO NOT COIL** the line twelve inches at a time. Continue until you reach the Lifesling2. Place the Lifesling2 into the case with its front bolsters on either side of the pouch of stuffed line. Do not make the mistake of starting at the sling end when stuffing the line in the pouch of the bag. Do not coil the line before stowing it or it will jam in the container.

3. **Make sure that the nylon covered end of the line is securely tied to a strong point on the boat.**

If there is a need to undo the retrieval line loop that runs through the webbing loops of your Lifesling2, whether to adjust the size of the loop, or to repair the Lifesling2, be sure to permanently seize the bowline with stout thread exactly as shown here to prevent slipping when you re-tie it.



Correct



Incorrect

Hoisting Tackle Instructions

The Lifesling2 is designed to lift the POB on board in rough conditions with the use of a variety of lifting devices which must be supplied by the user.

STORAGE: If you use a block and tackle, we recommend that you “two-block” and fake the line bitter end first in a small storage bag to reduce the chance of fouling and to ease the line running through the blocks (Fig. 1).

PROCEDURE: At dock, or even better, at sea, practice rigging and know the proper leads. Improper handling can cause tangling, and delay rescue.

1. Pull the victim to the boat and secure the retrieval line
2. Grab the block and tackle and snap the bag onto the lifelines next to the victim

For 3:1 block and tackle:

(WM Model 561100 / LIFE#W-TACKLE 3:1)

3. Open the sack and pull out the block with the carabiner and snap it to the loop that runs through the webbing loops of the sling.
4. Secure the top block outside of the life lines to any convenient halyard.
5. Hoist the top block at least 10 feet above the deck. The stuffed line should pull right out of the sack (Fig. 2).
6. Lead the tail of the hoisting line through the boat's jib lead block or other fair-leading deck block to a winch.
7. Using the power of your winch plus the mechanical advantage of your 3:1 hoisting tackle, haul the victim aboard (Fig. 3).

For 5:1 block and tackle:

(WM Model 595720 / LIFE#C-TACKLE 5:1)

- 3(a). Open the sack and pull out the 2-blocks. Fasten the block with cam cleat (top block) to a strong lifting point around 6-10 feet off the deck (if to a halyard, hoist block around 10 feet above the deck).
- 4(a). After releasing the rope from the cam cleat, pull the bottom block away from the 2-block position, lead the bottom block outside the rails, and snap the block's carabiner to the loop of the retrieval line of the sling.
- 5(a). Pull on the tail of the hoisting line...make sure the line is wedged in the cam cleat so that if your hands let go, the victim will not fall back into the water. Hoist the victim aboard (Fig. 4).

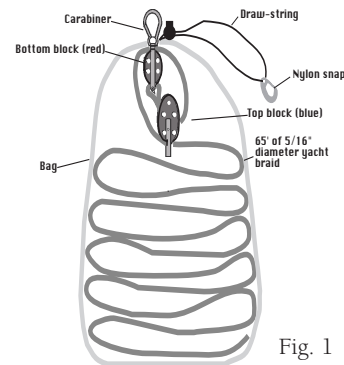


Fig. 1

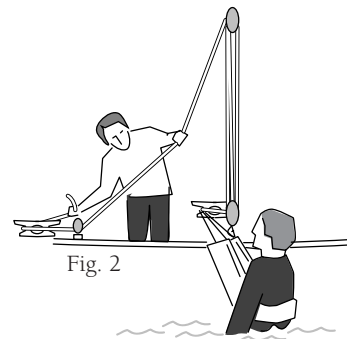


Fig. 2

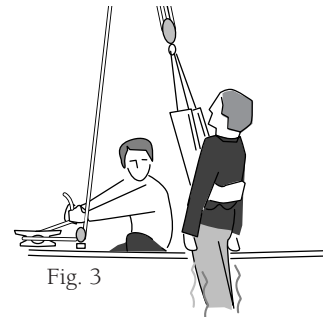


Fig. 3

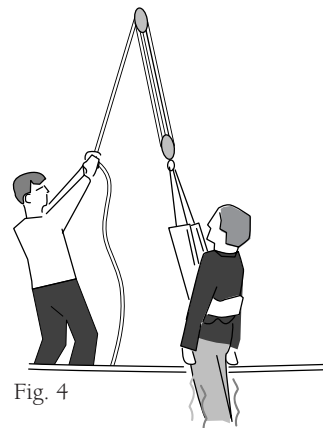


Fig. 4

ACCESSORY LIST:

Storage bag, white	WM Model 595704 / LIFE#B-BAGII-WH
Block and tackle, 3:1	WM Model 561100 / LIFE#W-TACKLE 3:1
Block and tackle, 5:1	WM Model 595720 / LIFE#C-TACKLE 5:1

Hypothermia or rapid cooling of the overboard victim accounts for many fatalities at sea, even in temperate climates. A decrease of less than 10 degrees F (5 degrees C) in body core temperature can occur within 15 minutes resulting in confusion, incoordination, weakness, hallucination and coma - all complicating rescue efforts. Treatment of moderate hypothermia requires immediate measures: dry victim thoroughly, passive heat transfer from others' body heat, pile with blankets, insist on immobility and warming long after victim feels normal. No liquids, stimulants, alcohol or hot foods. Assess for injuries. Inform emergency facilities - evacuation and hospitalization may be advised. Ref: Current Medical Diagnosis and Treatment.

The skipper is legally responsible for the safety of the people on board. Conditions differ, therefore these instructions should be taken as suggestions which cannot cover every circumstance.

WEST MARINE, manufacturer of this LIFESLING2 device, warrants that if used and stored according to directions, it will be free from defects in material and workmanship for a period of twelve (12) months from the date of its retail sale. This warranty shall be limited to the repair and, as necessary, replacement of parts, and any necessary labor and services required to repair or replace any parts, necessary to render the device free of defects. The sole obligation of WEST MARINE shall be the repair or replacement of LIFESLING2, and under no circumstances shall WEST MARINE, its agents, or successors, be liable for any direct, consequential or other damages arising out of any claimed defect in the device or the method of its use.

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