

COLD WATER...

It can take your breath away!

Understanding the 1-10-1 Principle
can help prepare you to survive.
Don't panic and remember you have...

1 Minute to get your breathing under control

- **The Cold Shock Response** lasts approximately **1 minute**
- Sudden, involuntary gasping and rapid breathing (hyperventilation)
- Don't panic! Keep your head above water by wearing your lifejacket

10 Minutes of meaningful movement

- **Cold Incapacitation** takes approximately **10 minutes**
- Weakness, clumsiness and the inability to swim
- Caused by cooling of muscles and nerves
- When you can't swim anymore, keep your airway above water by wearing your lifejacket

1 Hour before you become unconscious due to hypothermia

- **Loss of Consciousness due to Hypothermia** can take **1 hour** or more
- If your airway remains above water, you can survive even longer
- Stay afloat while you are unconscious and waiting for help by wearing your lifejacket

Increase your chances of surviving an
accidental cold water immersion
...WEAR YOUR LIFEJACKET!

DON'T DROWN SURVIVE COLD WATER!

Wear Your Lifejacket

Keeps your head and airway above water, and keeps you afloat when you can't swim anymore

Stay Warm



- In water, you will lose body heat 25 times faster than in air at the same temperature
- Vigorous exercise, like swimming, will increase heat loss and cause faster body core cooling
- Use your boat or what is around you to pull as much of your body out of the water as possible

Help and Huddle

Nothing to climb onto? Try the **HELP** or **HUDDLE** position to reduce heat loss



HELP position

- To conserve heat loss through your armpits and groin, press your legs together and bring them to your chest. Then tuck your arms tightly to your sides



HUDDLE position

- With 3-5 people, extend your arms and pull the group together as tight as possible

Learn more @ [csbc.ca](https://www.csbc.ca)