

# Life Saving Equipment



The St Helena Police Directorate is in the process of installing new life saving equipment and signs at Rupert's Bay, Lemon Valley and James Bay.

These pieces of equipment have been placed here for use by anyone in an emergency situation.

Here is some guidance on how and how not to use this equipment .

There are three pieces of life saving equipment on each board.

Torpedo Buoy

Throwing Line



Life Ring

**Note:** It is an offence to tamper with or use this equipment unless in an emergency

If you use this equipment, please report this to the Harbour Master on tel: 22287 or the Police Directorate on tel: 22626 so that it can be serviced.



# Throwing Line



This is a 'throwing line'.

It is best used for providing assistance to casualties further from the shore.



Lift the cover and remove. Instructions are printed on the device.



Secure footing, undo velcro and put strap on non-throwing arm.



Hold line by bright handle and throw to the casualty using an underarm throwing motion.



# Life Ring



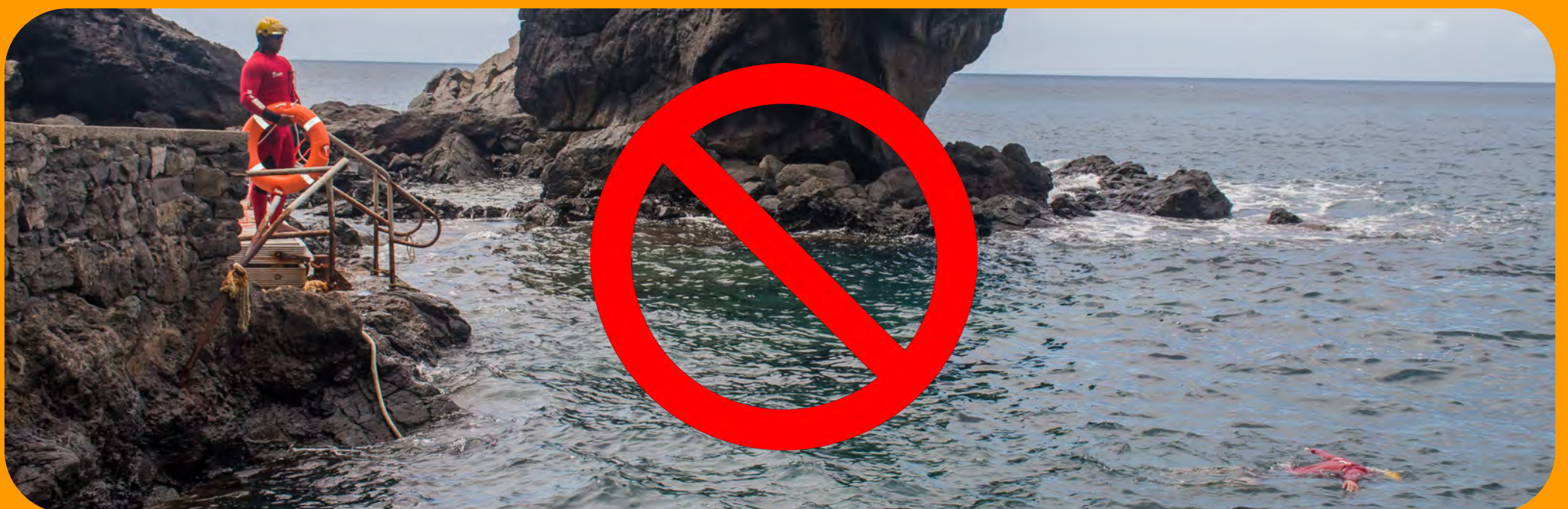
This is a 'life ring'. It is used when a swimmer in difficulty is within 5 metres of the shoreline.



Remove the lid and remove ring as shown.



Position yourself ensuring good footing. Be careful not to hit the swimmer with the ring.



Do not throw a life ring to an unconscious person.



# Torpedo Buoy



This is a 'torpedo buoy'. Remove it from the board.



Throw buoy to swimmer, taking care not to hit them.



As a **last resort**, and if and only if you are a competent swimmer and are aware of the potential risks, attach the strap and enter the water.



You MUST ensure that you position the buoy between yourself and the casualty, if not the casualty will instinctively grab you and could drown you.