

## **SALVAGE FOR ALL**

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When a person is in danger of drowning, his psychological situation is concrete and consequently his reactions are foreseeable for the educated Lifesaver. For all the other it is an emergency which is created front in their eyes perhaps and for the first time in their life and automatically they panic with result not helping for rescue, instead they increase the danger. Naturally an individual can be drowned for a lot of reasons: it can be that he/she doesn't know how to swim or his swimming abilities don't allow him/her to face even a simple cramp, or the fact that he/she has eaten, or being drunk, etc. The brain of the victim, depending on the case, stops thinking logical, so he panics and it accelerates drowning'. Because in deed it does not step somewhere regularly, specifically if it does not know how to swim, it feels that the entire universe sucks him under. This makes him have unverifiable behavior and it will begin to use anything that floats- living or inanimate - found in front of him, without discriminations. He will grasp anything and he will press it under, so that he can balance, support him self and breathe. And if this "'anything' 'is an object, it has well. If it is however a person and in particular without salvage knowledge, things take other turn. Because then, it is very easy for the terms to be reversed and both play also first role in the tragedy. And all these happen hardly few centimeters under the surface of the water. Concretely we report from the statistics drowning that are recorded each year, that many times we have double and triple drawings' from the volunteers "lifesavers" that hurries without knowing or possess salvage knowledge in order to save some victim from an imminent drowning. With these simple words we tried to draw the profile of a drowning in the sea, or in a swimming-pool, or anywhere that water exists. We hope you were convinced that the arbitrary movements in some proportional incident can happen unforeseen in front of you, and your spontaneous eagerness for help, is precisely that what you should not make. The instructors of Greek Lifeguard Academy - E.N.AK., propose to you eight alternative ways of rescue that do not require knowing how to swim or having Salvage knowledge - but can very well help you save a life. However, let's see what you can make with simple, but right energies.

### **CASE 1** Rescue with cast of life preserver

**SPACE:** Swimming-pool - Ship - Boat - Jetty.

**ENERGY:** When somebody is in danger, we seek around the walls or spaces for a life preserver. If it exists, we through it to the person that is drowning and we shout to him very hard to grab it. Right thing is the life preserver to have also a rope of (roughly 25 meters), in order to be able to firstly, through it again to the victim in case we miss, and second, as soon as he grabs the rope to tow him in the constant point where we are.

### **CASE 2** Rescue with extent of our hand.

**SPACE:** Swimming-pool - Boat - Jetty.

**ENERGY:** When somebody is in danger and is found near the end of constant point, we lay down leaning all our body down. Then we shout that we came to help him and to we propose, literally, a hand help, in order to pull him in the point that we are.

### **CASE 3** Rescue with extent of our leg.

**SPACE:** Swimming-pool - Boat - Jetty.

**ENERGY:** When somebody is in danger and is found near the end of constant space, we hold our self from a constant point, or we lay down. Then we shout that we came to help him and we stretch our leg in order for him to grab it so that we can pull him outside.

**CASE 4** Rescue with the help of a boat hook, an oar or a towel

**SPACE:** Swimming-pool - Boat - Jetty

**ENERGY:** When somebody is in danger in a relatively near distance from us and we cannot reach him by extending our hand or our leg, we seek for a boat hook, or a board, or anything that can help us reach him by holding it in our hand, even if this is a small branch. If we are in a boat, we use the oar, the helm or shove (hook). (ATTENTION in the shove: it should be given contrarily and not with the hook to the victim, because it can wound him). If we simply sunbathing, we can use a sea towel by making it a bobbin, which it would be good to keep it robustly in order not to lose it from our hands. In the pool centers a special hook exists.

**CASE 5** Rescue with a tyre of the car.

**SPACE:** Sea - Lake.

**ENERGY:** When somebody is in danger in deep water, the car tyre is the ideal to use. Even if it has metal disc on it, it floats marvelously and you can swim to the victim and give it to him, without being in danger from a potential attack from the victim against you. Then, from distance of safety you encourage the victim to swim to the shore.

**CASE 6** Rescue with cast of objects.

**SPACE:** Sea - Lake - Swimming-pool.

**ENERGY:** When somebody is in danger and you have nothing around you capable to help, you seek objects that float and you give it to the victim - as e.g. a board, a plastic container, a can etc.

**CASE 7** Rescue with the help of a boat

**SPACE:** Sea - Lake.

**ENERGY:** When somebody is in danger in deep water, and near us is a boat, we approach him with a lot of attention in order not to hit him and we leave him to be touched from the boat. When he calms down, if we cannot pull him up in the boat, we tow him in the coast or the jetty, after we are certified that he is holding the boat well.

**CASE 8** Rescue with human chain

**SPACE:** Sea - Lake.

**ENERGY:** When somebody is in danger in waters that do not deepen abruptly and there are also enough people around us, we can create a human chain, by approaching him and pulling him outside.

The above article is course from the education of Professional Lifesaver. For more information appeal at the **GREEK LIFEGUARD ACADEMY - ENAK**. A Recognized Faculty from the Ministry of Commercial Shipping.

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Με αυτά τα απλά λόγια προσπαθήσαμε να σχεδιάσουμε το προφίλ ενός πνιγμού στη θάλασσα, ή σε κάποια πισίνα, ή οπουδήποτε υπάρχει νερό.

Ελπίζουμε να πειστήκατε ότι οι αυθαίρετες κινήσεις σε κάποιο ανάλογο περιστατικό, που μπορεί να συμβεί απρόσμενα μπροστά σας, δηλαδή η αυθόρμητη προθυμία σας για βοήθεια, είναι ακριβώς ό,τι **δεν** πρέπει να κάνετε.