

MAN OVERBOARD TRAINING AND DRILL— NCDMF SAFETY WEEK 2025

5 STEPS TO RECOVER MOB

- 1) SIGNAL/NOTIFY CAPTAIN AND CREW
- 2) COMMUNICATION WITH CREW AND COAST GUARD
- 3) LOCATE AND APPROACH MOB
- 4) DEPLOY RESCUE DEVICE (LIFE RING, ROPE, LADDER, SLING)
- 5) ASSESS VICTIM, EMERGENCY ACTION PLAN

4 ROPE TECHNIQUES

- OVER-THE-SHOULDER TOSS
- STIRRUP LADDER
- CLEAT-LADDER LOOP
- PARBUCKLE

3 STEPS IF YOU ARE MOB

- 1) STAY CALM, STAY AFLOAT
- 2) ASSUME HELP POSITION, MAKE SELF BIG AND LOUD WHEN NEEDED
- 3) POSITIVE MENTAL STATE!

MOB STATS

50% of MOB fatalities happen when the fall is unwitnessed (NIOSH)

2000 — 2014: 210 fatal MOBS, none had PFDs (NIOSH)

2020—2022: 1,500 deaths in US while on watercraft (CDC, 2024)

