This three-hour discussion with maritime safety expert Mario Vittone provides rescuers and emergency response personnel a practical introduction to the effects of cold water immersion on the human body and the realities of hypothermia. Misconceptions and myths surrounding the effects of cold water can lead to inappropriate responses by the general public and rescuers alike. Course attendees will learn the truth about cold water and the realities of surviving an accidental cold water immersion. Rescue personnel will also learn advanced techniques and procedures for rescue and recovery or hypothermic victims of accidental cold water immersion.
Topics Covered:

- Basic Cold Facts
  - Misconceptions and myths
  - Cold water statistics
  - Survivability models
- Understanding the four phases of cold water immersion
  - The cold shock response
  - Cold incapacitation
  - Hypothermia
  - Circum-rescue collapse
- Cold water survival and self-rescue: 1-10-1
- Victim identification and evaluation—sizing up the rescue
- Rescue and recovery equipment
- Recovery techniques and procedures
  - High freeboard,
  - Moderate freeboard
  - RHIB and Inflatables
  - Beach rescue
  - Initial patient care and packaging for transport
- Transport techniques and procedures
- Triage and pre-hospital rewarming of hypothermic victims
- Case histories and review
Mario Vittone

is a former U.S. Coast Guard helicopter rescue swimmer and accident investigator and now directs the maritime division of VLinc Corporation. He is a leading expert on immersion hypothermia, drowning, sea survival, and safety at sea. His writing has appeared in *Yachting Magazine*, *The Washington Post*, and *Reader’s Digest*. During his career he was awarded the Distinguished Flying Cross for extraordinary heroism, was named as the U.S. Coast Guard Enlisted Person of the Year, and received the Alex Haley Award for Journalism.

To arrange this course for your team, contact VLinc Maritime at 757.995.5973