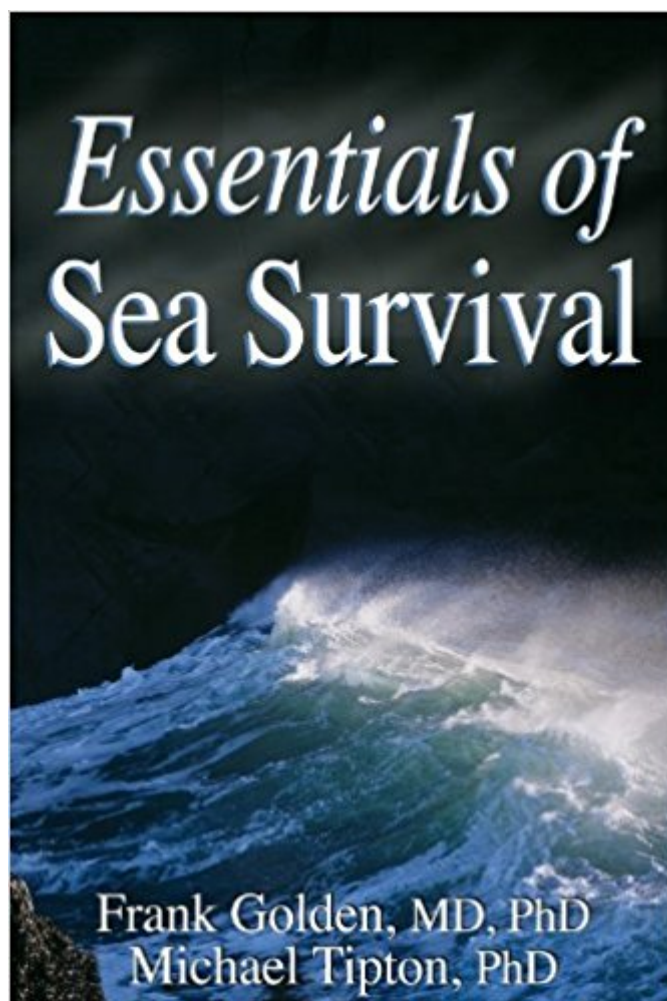


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# Essentials Of Sea Survival



## Synopsis

Each year, 140,000 water-related deaths occur worldwide. These deaths are rarely true "accidents," because most maritime incidents are caused by lack of preparedness. If you frequently participate in aquatic activities, have you stopped to consider the nature of the threat confronting you? What steps can you take to improve your chances of surviving in the water or on a survival craft? Is your knowledge of the basic principles sufficient to enable you to adapt, improvise, and survive? Reading *Essentials of Sea Survival* prepares you to avoid disaster, even in the worst-case scenario. The book is a compelling, informative, and comprehensive guide to open-water survival. Drawing on historical anecdotes as well as published scientific research, it examines the nature of the many threats confronting the survivor at sea and outlines, in lay terms, the methods you can use to prevent or minimize the dangers. Authors Frank Golden and Michael Tipton are internationally recognized experts in cold-water survival. In *Essentials of Sea Survival* they explain the scientific reasoning behind much of the conventional teaching on open-water survival, dispel many misconceptions about how and why people die at sea, and provide up-to-date information on sustained survival in cold water. The lessons they teach are drawn from classic maritime disasters and personal accounts of near-miraculous survival, as well as carefully controlled laboratory experiments. The first half of the book deals predominantly with the physiological and behavioral responses to cold, immersion, and drowning. The second half addresses techniques for survival and rescue, either in the water or in a lifeboat. You'll find detailed explanations of hypothermia, cold shock, drowning, and near drowning; well-researched information on the physiological responses to short- and long-term immersion and exposure; a commonsense approach to life jacket, flotation device, and survival gear selection; and step-by-step explanations of how to safely abandon ship, board a life craft, dispense water and rations, divide duties, conserve energy and strength, and proceed with a successful rescue. *Essentials of Sea Survival* is a fascinating blend of historical anecdote, scientific fact, and practical application. Historical examples put the scientific content into real-life context, making it understandable and memorable. You'll also appreciate the easily accessible chapter summaries and recommendations, helpful glossary of terms, and list of references for those who want even more information on the subject. No other book offers the scope and depth you'll find in *Essentials of Sea Survival*. Scientists and academic audiences will find the technical research of interest, and recreational water sport participants will enjoy the real-life scenarios as well as the practical advice on how to endure the elements at sea. *Essentials of Sea Survival* gives you a comprehensive and practical understanding of the dangers you face so that you can construct an informed survival strategy and maximize your chance of

open-water survival should disaster strike.

## Customer Reviews

"The mix of hard science, the authors' own extensive research, and examinations of real-life survival accounts, both historic and recent, provide intensely practical recommendations for all likely emergencies at sea. I've found no other source that combines the research, experience, commonsense and practical information found in "Essentials of Sea Survival," Everyone that uses open water for work or recreation should read this book." Dr. Ian Mackie Retired medical chairman International Life Saving Federation "If you are going to be on the water, you need a survival strategy. This book tells you just what you need for developing one, and how to make it work." B. Chris Brewster Former lifeguard chief Editor, The United States Lifesaving Association Manual of Open Water Lifesaving "Essentials of Sea Survival" clearly explains how the body reacts to the stress and shock of a sea accident. Knowing this information can help you formulate a risk assessment and survival strategy so that your chances of survival can be improved when you're faced with an unfortunate event at sea." Tony Mooney Technical manager, Australian Yachting Federation Member ORC Special Regulations Committee "From Living Aboard" "extraordinarily dense with interesting and useful information." "From The Mariner" Scientists and academic audiences should find the technical research of interest, and recreational water sport participants should enjoy the real-life scenarios as well as the practical advice on how to endure the elements at sea. "From California Diving News" Essentials of Sea Survival is a fascinating blend of historical anecdote, scientific fact, and practical application. "From Equipped.org" This is a must read for anyone interested in the subject of water survival."

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