
**Ships and marine technology — Inland
navigation vessels — Plate with
instructions for rescue, resuscitation
and first aid for drowning persons**

*Navires et technologie maritime — Bateaux de navigation intérieure
— Pancarte avec instructions relatives au sauvetage, à la réanimation
et aux premiers soins des noyés*





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Contents

Page

Foreword	iv
Introduction	v
1 Scope	1
2 Normative references	1
3 Dimensions and shape	1
4 Design	1
4.1 Material.....	1
4.2 Resistance against UV light.....	2
5 Contents	2
5.1 General.....	2
5.2 Emergency call.....	2
5.3 Self-protection.....	2
5.4 Using rescue aids.....	2
5.5 Rescue technique.....	3
5.6 Cardiopulmonary resuscitation (CPR).....	3
5.7 Further measures.....	3
6 Manufacturer's instructions	4
7 Designation	4
8 Marking	4
Annex A (informative) Example	5
Annex B (informative) Emergency call numbers	6
Bibliography	7

Foreword

ISO (the International Organization for Standardization) is a worldwide federation of national standards bodies (ISO member bodies). The work of preparing International Standards is normally carried out through ISO technical committees. Each member body interested in a subject for which a technical committee has been established has the right to be represented on that committee. International organizations, governmental and non-governmental, in liaison with ISO, also take part in the work. ISO collaborates closely with the International Electrotechnical Commission (IEC) on all matters of electrotechnical standardization.

The procedures used to develop this document and those intended for its further maintenance are described in the ISO/IEC Directives, Part 1. In particular the different approval criteria needed for the different types of ISO documents should be noted. This document was drafted in accordance with the editorial rules of the ISO/IEC Directives, Part 2 (see www.iso.org/directives).

Attention is drawn to the possibility that some of the elements of this document may be the subject of patent rights. ISO shall not be held responsible for identifying any or all such patent rights. Details of any patent rights identified during the development of the document will be in the Introduction and/or on the ISO list of patent declarations received (see www.iso.org/patents).

Any trade name used in this document is information given for the convenience of users and does not constitute an endorsement.

For an explanation on the meaning of ISO specific terms and expressions related to conformity assessment, as well as information about ISO's adherence to the WTO principles in the Technical Barriers to Trade (TBT) see the following URL: Foreword - Supplementary information.

The committee responsible for this document is ISO/TC 8, *Ships and marine technology*, Subcommittee SC 7, *Inland navigation vessels*.

Introduction

This International Standard stipulates a general concept for information plates, explaining the correct procedures for the rescue of drowning persons. The actions of rescue are to be explained in an easily understandable and descriptive manner on a weatherproof plate, which is intended to be placed on inland navigation vessels and at harbours, berth and other places.

Ships and marine technology — Inland navigation vessels — Plate with instructions for rescue, resuscitation and first aid for drowning persons

1 Scope

This International Standard specifies a plate with instructions for rescue, resuscitation and first aid of drowning persons. This plate is intended for use

- on inland navigation vessels;
- at suitable places on the shore of inland waterways, e.g. harbours, berths, locks, sluices, etc.;
- at other suitable places.

2 Normative references

The following documents, in whole or in part, are normatively referenced in this document and are indispensable for its application. For dated references, only the edition cited applies. For undated references, the latest edition of the referenced document (including any amendments) applies.

ISO 216, *Writing paper and certain classes of printed matter — Trimmed sizes — A and B series, and indication of machine direction*

ISO 2768-1, *General tolerances — Part 1: Tolerances for linear and angular dimensions without individual tolerance indications*

3 Dimensions and shape

General tolerances: ISO 2768 - c

Shape is typically rectangular, but may also be circular for installation at or in lifebuoy housings.

The recommended dimension is A3 according to ISO 216. Other suitable dimensions are A4 according to ISO 216 or circular with a diameter of 400 mm. If required larger sizes may be used.

4 Design

4.1 Material

The plate shall be of resistant material. This requirement is fulfilled if the plate is made of:

- PVC: hard PVC with a thickness of at least 1 mm, or
- Al: aluminium with a thickness of at least 0,5 mm, or
- IP: laminated paper or coated paper, or
- PVC F: PVC — as self-adhesive foil.

NOTE Polystyrene is not suitable, because it is not sufficiently resistant against cold impact.

Plates made of hard PVC or aluminium shall have suitable bore holes in the corners for mounting.

4.2 Resistance against UV light

Plates shall be sufficiently resistant against UV light. For example, this requirement is fulfilled if the plate is printed in screen printing technique with solvent colouring agents and finished with transparent coating.

5 Contents

5.1 General

The plate shall be designed using meaningful pictures and short texts. The message shall be easily comprehensible, regardless of the language. An example for a plate with instructions for rescue, resuscitation and first aid for drowning persons is given in [Figure A.1](#).

The order of the figures shall be as stated in [5.4](#).

5.2 Emergency call

A reference to the necessary emergency call shall be made. The standard emergency number of the relevant country, see [Annex B](#), shall be stated.

The following five questions shall be listed:

- Where did it happen?
- What happened?
- How many persons are injured?
- What kind of injuries? If applicable, also mention on-going cardiopulmonary resuscitation!
- Wait for further questions!

5.3 Self-protection

The priority of the rescuer's self-protection shall be clearly stated. For this purpose, the most important behavioural rules shall be listed or shown in the pictures.

- If possible, help the drowning person out of the water from land/from the boat by using ropes, poles or floating objects.
- If rescuing from a boat, wear a life jacket if possible.

If, despite these efforts, the rescuer decides to get into the water, he/she shall:

- a) remove any heavy clothing (e.g. overcoat);
- b) enter the water carefully, if possible, just glide into the water;
- c) grab the drowning person from behind; if the drowning person puts up a struggle, he/she has to be calmed down and the rescuer shall wait for a suitable moment to grab hold of the drowning person from behind.

5.4 Using rescue aids

Pictures shall show how a drowning person can be rescued without endangering the rescuer, such as

- throwing a life belt (if possible, with an attached rope) to the drowning person,
- handing over an object (e.g. grappling hook, branch, belt, scarf, or similar object) or

- by using a boat.

In addition, the plate may show someone gliding into the water so as to get closer to the drowning person.

5.5 Rescue technique

The picture shall show that the drowning person shall be rescued from behind.

Complex grips, used in cases where the drowning person struggles to get free, or grips only taught at aid organisations shall not be depicted.

5.6 Cardiopulmonary resuscitation (CPR)

Visual and text information shall explain the most important steps of resuscitation. These include:

- check if the victim is conscious;
- if not, check his breathing;
- if victim has ceased breathing:
 - tilt the head back, if necessary clear air passage;
 - chest compressions and artificial respiration shall be performed.

Information shall adhere to the latest guidelines recommended by ILCOR (e.g. see References^[1] to^[3] in the Bibliography).

5.7 Further measures

5.7.1 Injury treatment, recovery position

A direction for further measures, which possibly are necessary, shall be depicted.

5.7.2 Provisions against hypothermia

The necessary measures in cases of hypothermia shall be clearly stated with keywords on the plate, as follows:

- persons suffering from hypothermia shall be taken to a warm place;
- wet clothing shall be removed carefully;
- the victim shall be put into a fully relaxed position or, if necessary, into the recovery position and moved as little as possible;
- the victim shall be covered to prevent any further reduction in temperature (rescue blanket or woollen blanket);
- do not try to warm the victim;
- do not massage his limbs;
- if the victim is conscious: give warm drinks (e.g. tea), never alcohol;
- constant checks, whether victim lose consciousness; in case of unconscious: recovery position, in case of respiratory arrest: cardiopulmonary resuscitation.

6 Manufacturer's instructions

The manufacturer shall provide instructions, including at least the following information:

- instructions for mounting if necessary;
- the plate shall be placed at locations with a danger of drowning in a prominent position, e.g. wheelhouses or mess room of a vessel, at quays, public spaces near to a water space;
- the plate shall be mounted easily readable, preferably at eye level;
- on shore the plate should preferably be combined with a lifebuoy or the closest lifebuoy should be pointed at (e.g. with arrow and indication of distance).

7 Designation

For the designation the abbreviations according to [4.1](#) shall be used.

In case the format differs from ISO 216 or circular with 400 mm diameter, the dimensions have to be stated accordingly.

Designation of a plate according to this International Standard, made of aluminium (Al), format ISO 216-A3, (A3):

Plate ISO 18422 - Al - A3

Designation of a plate according to this International Standard, made of PVC-foil (PVC F), format circular with 400 mm diameter (400):

Plate ISO 18422 - PVC F - 400

8 Marking

The plate shall be permanently marked with the following information:

- a) ISO 18422;
- b) manufacturer or supplier;
- c) year of publishing.


Code of the provider is permissible, but shall not take more than 2 % of the area, or shall be placed outside of the plate.

Annex A (informative)

Example


Water Rescue of Drowning Person

Keep calm – pay attention to your own personal safety




Use a throw line or lifebuoy


Attempt to bring the drowning person in with lines, poles or floating objects to shore.
Do not put yourself at risk!
If you decide to enter the water, swim towards the drowning person always from behind.



Use pole or stick




Use a boat if available




Dial 112

Be prepared to answer:


- Where has it happened?
- What has happened?
- How many injured?
- What types of injuries?
- Wait for reply!




Mind your own safety, rescue from behind




Check consciousness
Touch, talk loud, shake




Check breathing
Make air ways free, bend head towards neck, lift chin



30 × cardiac massage alternately to 2 × breathing
Hands in breast middle, 5-6 cm from centre, 120 strokes per min



Help appropriate to the situation
i.e. first aid



Lay in recovery position

Measures for hypothermia

- Move hypothermic person to a warm place
- Carefully take off wet clothes
- Place victim in complete rest in the recovery position, move as little as possible
- Prevent further heat loss by covering (blanket or rug)
- Do not try to warm person
- Do not massage the limbs
- If victim is conscious: give warm, sweetened drinks (e.g. tea), not alcohol
- Constant supervision
- If unconsciousness: Recovery position
- Heart arrest: cardio-pulmonary resuscitation

Monitor consciousness and breathing

Figure A.1 — Example for a plate with instructions for rescue, resuscitation and first aid for drowning persons

Annex B (informative)

Emergency call numbers

Country	Emergency numbers
Austria	112
Bulgaria	112
China	120
Denmark	112
Germany	112
Greece	112
India	108
Israel	101
Italy	112
Japan	119
Korea	119
Netherlands	112
Portugal	112
Singapore	995
Spain	112
Sweden	112
USA	911
Ukraine	112
United Kingdom	112 or 999

Bibliography

- [1] *ERC Guidelines for resuscitation 2010* (from the European Resuscitation Council)
- [2] *2010 AHA Guidelines for CPR & ECC* (from the American Heart Association)
- [3] *JRC Guidelines 2010* (from the Japan Resuscitation Council)

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