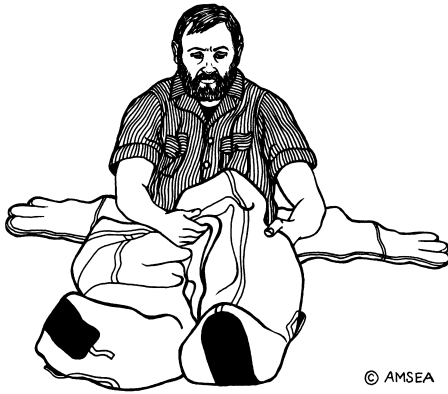


# DONNING IMMERSION SUITS

Your life may depend on your ability to quickly don an immersion suit in an emergency, so it makes sense to have done it before. Monthly practice should reduce your donning time from minutes to seconds.

Practice donning the suit while sitting on deck. Vessel movement or list often prevents donning while standing.



Sit on the deck and work your legs into the suit, leaving boots or shoes on if possible. Placing plastic bags over your boots or shoes may make suit donning easier. Wear or bring extra warm clothing if possible. Pull the hood over your head, then place one arm into each sleeve of the suit and reset the hood on your head.

**OR**

Place your weaker arm into the sleeve of the suit. Then reach up and pull the hood over your head with your free hand. Then place your strong arm into the sleeve of the suit.

Hold the zipper below the slide with one hand, and fully close the zipper by pulling on the lanyard. Then secure the flap over your mouth.



## WARNINGS

- To prevent possible injury, do not inflate the air bladder until you are in the water.
- Ease or lower yourself into the water. Jump only if necessary.
- Beware of snagging on gear.
- Keep the hood on – it could save your life.