

## **Buoyancy Aids (BA's)/ Personal Flotation Devices (PFD's) supplied with a Chest Rescue Belt.**

**If your BA/PFD was supplied with a Chest Rescue Belt (50mm belt with cam-buckle made from car-safety-belt style webbing) it is very important that you know how to use it correctly. Please read all the instructions below.**

### **Overview**

The Chest Rescue Belt is not an integral part of the BA/PFD. It is not required for normal use and can safely be removed from the BA/PFD without any impairment of the BA/PFD's function. However, if kept in situ, it can be used by trained experts in a variety of rescue situations.

DO NOT attempt to use the Chest Rescue Belt unless you have been trained in its correct use and have practiced this in controlled conditions!

### **Instructions for Wear**

If you wear the BA/PFD with the Chest Rescue Belt in place we suggest you follow these guidelines closely:

~ Always ensure the fit of the BA/PFD is satisfactory by buckling and adjusting all the narrow compression straps before fastening the Chest Rescue Belt. The fit and security of the BA/PFD should not be compromised when the Belt is released in an emergency.

~ When fastening the Chest Rescue Belt, first make sure the buckle is secured in place near the front of the BA/PFD (either a Velcro fixture is included, or the BA/PFD design locates the buckle inherently, depending on type).

~ The Belt can be threaded either right- or left-handed – make sure it is in the orientation that suits you, with the flap of the buckle facing outwards as shown in the photos.

**Remember that if you are wearing the Belt and get into difficulties another person may assume your Belt is correctly threaded and located and may try to use it to rescue you. If your Belt is not correctly threaded and located this scenario could be extremely dangerous for everyone involved.**

~ Thread the loose end through the buckle as shown in the following photo (as seen by the wearer) so that it goes through one slot of the metal friction plate before passing through the plastic buckle.



Pull the Belt hard in both directions and ensure that the friction plate remains behind the cam buckle. If the friction plate can be pulled (to the left in the above example) across until the slot is in line with the plastic pivot pins of the cam there is too much slack in the Belt and it will need to be replaced or repaired – please contact the manufacturer or your dealer.

The purpose of the metal friction plate is to reduce the load on the plastic cam buckle so that it will not slip or break under load. The friction plate has been designed and located to provide sufficient friction to prevent slippage up to a force equivalent to at least 75kg. This is the amount of force at which serious injury to the torso may begin to occur. The friction plate will still allow the Belt to feed through and release when the buckle is opened. The typical force required to pull the belt through with the buckle open is equivalent to around 1.5kg.

~ Ensure that you can open the buckle easily by pulling on the yellow ball.

~ After closing the buckle firmly and checking it doesn't slip, we recommend you tuck the loose end of the Belt away to avoid accidental release.

~ If you use a cowstail or attach any other item to the Chest Rescue Belt you should be trained in the use of that item. Attaching a person to a line in moving water is very dangerous and should only be attempted by expert personnel.

~ Cowstails, Karabiners or similar should only be attached to the Chest Rescue Belt between the vertical webbing retainers and nowhere else, as shown in the following photo.



The height at which the Chest Rescue Belt is located on the wearer's body is critical in order to ensure correct posture and stability when held in fast moving water by any line attached to the back as indicated. If you wear a Chest Rescue Belt you must be trained in this, and use the adjustable shoulders of the BA/PFD in order to locate the Belt at the appropriate height.

~ DO NOT attach a Snap Gate Karabiner to the back of the Chest Rescue Belt because there is a serious risk of accidental hook-up as shown in the following photo. Always use an appropriate proprietary product – we recommend a locked Screw-Gate Karabiner.



~ If you use a Cowstail with a Karabiner and wish to locate the free end at the front of the BA/PFD there is a special device to help you do this. See following photo.



~ Thread the webbing retainer (may differ slightly from the one shown) onto your Karabiner as shown above, and slide it all the way around as shown by the arrows, leaving the press stud inside the karabiner and facing down as shown.

~ Next, insert the karabiner into the stretchy neoprene pocket with the gate upwards, and press the brass press stud into place. See below. This will keep the Karabiner in place in most situations but you can extract it by tugging sharply on the cowstail, retainer, or the Karabiner itself. If you snag the Cowstail on anything the Karabiner may be released from the pocket for your own safety.



~ The photo above shows a left-hand-side installation viewed from below. For right hand side installation simply reverse the horizontal orientations shown in the last two photos.

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If you have any queries or concerns about these instructions please ask your swiftwater rescue training provider or contact us by telephone +44 (0)1822 832 333 or email [xtreme@nookie.co.uk](mailto:xtreme@nookie.co.uk)