



# The Sea Survival Manual

*Frances Howorth, Michael Howorth*

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**The Sea Survival Manual** Frances Howorth, Michael Howorth

*The Sea Survival Manual* is **the definitive book on the subject for anyone aboard a yacht of any size**. It is aimed at the yachtsman or seafarer who is likely to proceed to sea out of the sight of land, whether for pleasure or professional reasons.

Fully compliant with the IMO (International Maritime Organisation) resolutions and MCA (Maritime Coastguard Agency) regulations it embodies Sea Safety checks issued by the MCA and RNLI and is completely international in its appeal.

Includes chapters on safety and survival equipment, Global Maritime Distress and Safety Systems (GMDSS), liferafts, grab bags, medical equipment and advice, first aid and emergency treatment, abandoning ship, survival in a liferaft and rescues at sea.

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