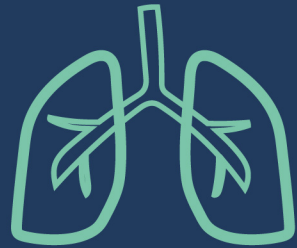


1-10-1

Cold water survival principle

1 minute

to control your breathing



10 minutes

to exit the water using
the self-rescue steps



1 hour

before hypothermia causes
loss of consciousness

