
Dr. Michael [REDACTED] presentation - Helicopter EUBS

Helicopter EUBS

Professor [REDACTED]

University of Portsmouth

UK

Cold Shock Summary

Respiratory

Gasp Response → Decreased Breath Hold Time
Inspiratory Shift → Dyspnoea
Hyperventilation → Tetany

Cardiovascular

Peripheral Hypertension
Vasoconstriction → Increased Cardiac Workload
Tachycardia → Arrhythmias
Noradrenaline/Adrenaline

Helicopter Underwater Escape

Time required for successful, controlled
escape 40-60 seconds

UK Coastguard, MOD, Oil Operators, Survival Trainers

Cold Shock Protection

- Underwater breathing device
- Enter water slowly
- Habituation
- Aerobic fitness
- Protective clothing
- Psychological Skills Training
- Auto-inflating lifejacket

RECOMMENDATION

Integrated Survival System Helicopter Passengers

Inflatable Immersion Suit: Advance
anti-hypothermia protection

Asymmetric
Lifejacket

Underwater Emergency
Breathing System

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Rebreather or Compressed Air

Tipton (1993) The concept of an "Integrated Survival System" for protection against the responses associated with immersion in cold water. Journal of the Royal Naval Medical Service 79: 11-14.