

The HELP and Huddle Positions

Heat Escape Lessening Posture (HELP): When you are alone, this position protects the body's three major areas of heat loss (groin, head/neck, and rib cage/armpits). Wearing a lifejacket or PFD allows you to draw your knees to your chest and your arms to your sides.



Huddling With Others: Huddling with other people in the water lessens the loss of body heat and is good for morale. Also, rescuers can spot a group more easily than individuals.

