

DISTRESS PROCEDURE CARD

Name of Vessel..... MMSI..... Callsign.....

**DISTRESS ALERTS** are be made only when **IMMEDIATE ASSISTANCE IS REQUIRED**

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Check that the main battery is switched on.

Switch on the VHF/DSC radio

Open the cover to the **RED** distress button

Press the **RED** button quickly once

If time permits select DISTRESS TYPE ie, SINKING, FIRE etc.

Press and hold the **RED** button down for 5 seconds.

Wait for 15 seconds then **DEPRESS THE TRANSMIT BUTTON** on the hand microphone.

Speaking **SLOWLY** and **CLEARLY** into the microphone say:

**MAYDAY, MAYDAY, MAYDAY**

**THIS IS** ..... (Repeat name of vessel three times)

**MMSI** ..... **CALL SIGN**..... (see above)

**MAYDAY THIS IS**.....(Name of vessel once)

**MMSI** ..... **CALL SIGN**..... (see above)

**MY POSITION IS** .....(Latitude and Longitude or true bearing and distance  
from a charted feature)

**NATURE OF DISTRESS**.....(e.g. Sinking, On fire, etc.)

**I REQUIRE IMMEDIATE ASSISTANCE**

**NUMBER OF PERSONS ON BOARD & OTHER USEFUL INFORMATION**

**OVER**

Release the transmit button and wait for an acknowledgement.

Keep listening on Ch16 for instructions.

If an acknowledgement is not received repeat the voice distress call and message.