

Attachment “H”

Helicopter “10 & 10s” Procedures

- 1) When doing 10 & 10’s, 2 rescuers are required. When Rescuers approach the helicopter, make sure the heavier Rescuer is on the port side (opposite side) of the Pilot.
- 2) Attach the Rescuers so that they stand as close to CG as possible using a rated strap with a carabiner. Attach to an appropriate rated attachment point on the ship.
- 3) After Rescuers are in place on the skid, the Crew Chief will confirm that their carabiners are locked and Rescuers are ready (proper PPEs, no loose straps, etc.). Use the “ok” sign to make sure that they are ready for flight. The Crew Chief will then communicate to the pilot, readiness for flight. Use of the “ok” sign can be used during flight to confirm Rescuers condition and readiness.
- 4) During approach to the drop off site and having confirmed with the pilot, the Crew Chief will give the “unhook your carabiner” sign, to the Rescuers, by twisting your hand together in a clockwise/counter-clockwise rotation. The Rescuers will remove their connecting carabiners and hand them to the Crew Chief who will secure Rescuer’s straps and carabiners in a safe place inside the ship. The Rescuers will await the signal to position for insertion.
- 5) At final approach to the drop site, the Crew Chief will give the signal for the Rescuers to turn around and face the water, by pointing both of your pointer fingers in the air and rotating them – similar to a “talley-ho” sign.
- 6) When you are ready to insert the Rescuers, go to “hot mike” so that you can use your hands at the same time that you are talking so that the Pilot will know the timing of the insertion.
- 7) Counting out loud over the “hot mike”, “1...2...3”, while pounding your right fist (with the correct amount of fingers showing) into your left hand. Try to have your fingers perpendicular to the Rescuers, so that they can see the number of fingers that you are showing. The Rescuers shall insert on the #3 count.
- 8) Once Rescuers are in the water the Crew Chief will observe the Rescuers, watching for the O.K. sign and confirming that the Rescuers are OK.

General Notes:

- 1) The skids on the H2 flex more than H1. Make sure the Rescuers have enough slack in their attachment straps so that they are comfortable once the skids are in the air, and still able to undo their carabiners.
- 2) Rescuers may find it more comfortable to face the rear of the helicopter immediately prior to doing insertions.
- 3) Rescuers should remember to hold their helmet, eye protection, PFD, etc. immediately prior to entering the water.
- 4) Rescuers should gently “step off” the skid, not jump.