

# Five minutes which can save your life

## Before going out to sea

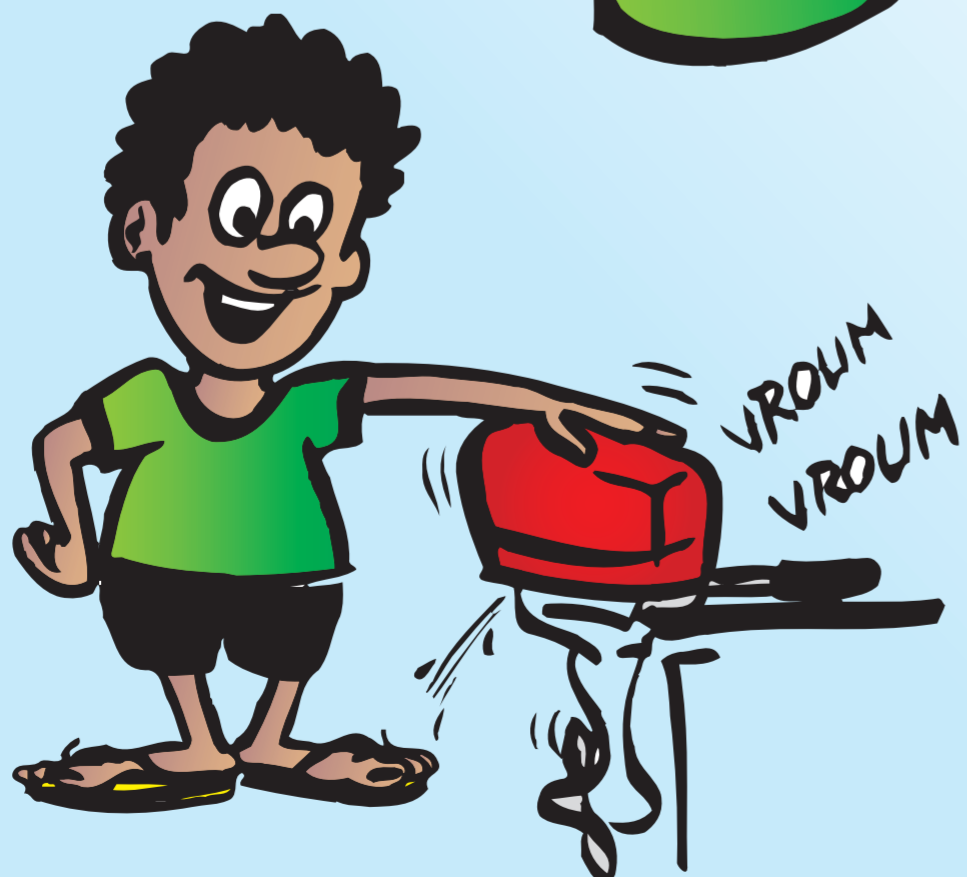
check the  
**WEATHER FORECAST**



**TELL SOMEONE** who cares  
where you are going and  
when you plan to return



Make sure all  
**SAFETY EQUIPMENT**  
is on board



Make sure your **ENGINE**  
is working well