

How to Get Out of Broken Ice, Alive!



What should you do if you fall through a piece of thin ice? Anyone who does anything on ice, such as ice cutting, fishing or skating, are in danger and should know how to escape if they fall through the ice.

1. Do not panic.

The water that you will land in will be freezing. In fact, it will probably take your breath away. You must force yourself to breathe steadily.

2. Turn in the direction from which you came.

Most likely the strongest ice is on the side that you came from. If you try to get out on a different side, the ice might crumble under you.

3. Lift yourself onto the edge of the hole.

Hold yourself there, and let as much water as possible drain out of your clothes. Remember to continue breathing steadily.

4. Get a firm grip on the ice.

Reach out as far as possible onto the solid ice. Use anything that you have available, such as keys or knives (You always carry one, right?), to dig into the ice.

5. Kick your feet while you pull.

Do not try to get out by pulling only. Instead, kick your feet, like you are swimming, while you pull with your arms.

6. Roll away from the danger zone.

Do not stand up. Rolling distributes your weight more evenly, making the ice less likely to break.

7. Change your clothes and get warm.

You should change your clothes immediately. Staying in your wet, cold clothes will increase your chance of hypothermia. You must have someone check whether you have hypothermia or any other dangerous condition. If you do, you should get medical attention as soon as possible.

A manly man should know how to protect himself and his loved ones in a dangerous situation. Learning to escape from broken ice will help you toward that goal.