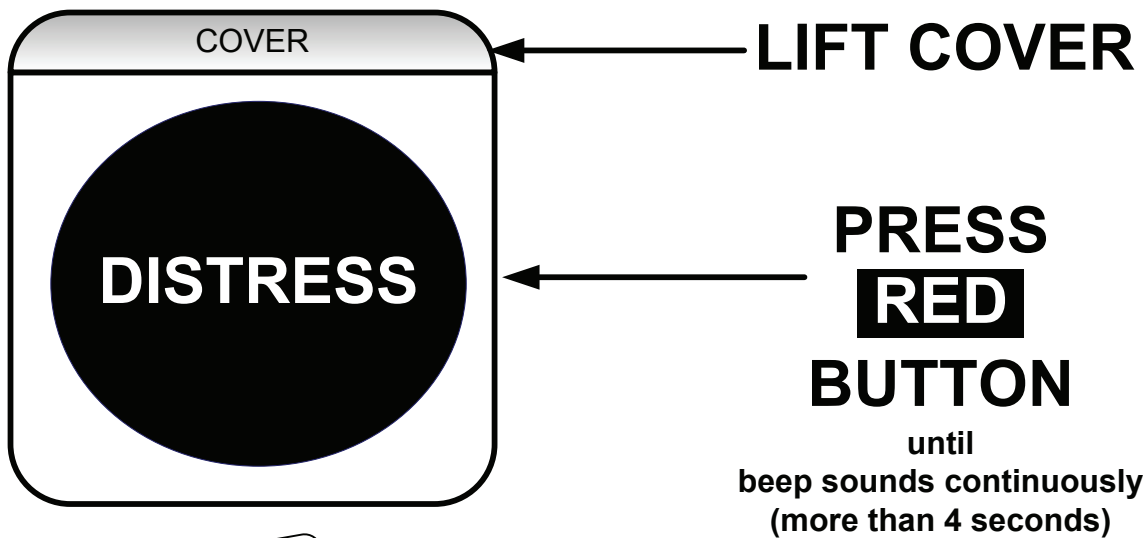


GUIDANCE ON DISTRESS ALERTS



Use the HANDSET for voice calling

MAYDAY-MAYDAY-MAYDAY

THIS IS

NAME – NAME – NAME

CALLSIGN
or other IDENTIFICATION

MMSI
(if the initial alert is sent by DSC)

OWN ID

SHIP'S NAME;

CALL SIGN;

MMSI;

MAYDAY

NAME of the VESSEL in distress
CALLSIGN or other IDENTIFICATION
MMSI
(if the initial alert is sent by DSC)

POSITION
given as latitude and longitude
or
If latitude and longitude are not known
or if time is insufficient,
In relation to a known geographical location

NATURE of distress
Kind of ASSISTANCE required
Any other useful INFORMATION

DISTRESS and COMMUNICATION FREQUENCIES

	DSC	Radiotelephony	NBDP
VHF	Channel 70	Channel 16	-----
MF	2187.5 kHz	2182 kHz	2174.5 kHz
HF4	4207.5 kHz	4125 kHz	4177.5 kHz
HF6	6312.0 kHz	6215 kHz	6268.0 kHz
HF8	8414.5 kHz	8291 kHz	8376.5 kHz
HF12	12577.0 kHz	12290 kHz	12520.0 kHz
HF16	16804.5 kHz	16420 kHz	16695.0 kHz

Remember to use the correct HF-procedures
Don't forget your EPIRB is the secondary means of alerting