

# DISTRESS PROCEDURE - DSC

## You are in DISTRESS if:

There is GRAVE AND IMMINENT DANGER to Person, Vessel, Aircraft or Vehicle AND IMMEDIATE ASSISTANCE IS REQUIRED

## What you must do

- Press the **RED** button once
- Press and hold the **RED** button down for 5 seconds
- Wait for 15 seconds

Speaking SLOWLY and CLEARLY into the microphone say:

Mayday, Mayday, Mayday

This is..... (repeat name of vessel 3 times)

[pause]

Mayday

..... (name of vessel spoken once)

MMSI.....

My position is.....  
(lat & long or true bearing and distance from a charted feature)

I am..... (nature of distress)

I require immediate assistance

..... persons on board

Other VITAL information

Over

Release the transmit button and wait for an acknowledgement.

**KEEP LISTENING ON CHANNEL 16 FOR INSTRUCTIONS  
IF ACKNOWLEDGEMENT IS NOT RECEIVED REPEAT THE DISTRESS CALL AND  
MESSAGE**