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MYLAR EMERGENCY BLANKET

A Survival Blanket can Save your Life.



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How do emergency blankets work to keep me warm?

Commonly known as emergency thermal blankets, space blankets are a staple of emergency first aid personnel, wilderness rescue responders, search and rescue teams as well as CERTs (Community Emergency Response Team). As they are capable of a multitude of other uses, the blankets make the must-have list when putting together 72-hour and first aid kits.

It is important to understand how we are losing body heat naturally all the time. Sometimes it is a good thing, as when we're trying to cool off during a hot summer's day, but sometimes our body can't keep up with what we're losing and escapes us when we'd rather have it warming our cold fingers during the biting frigid temperatures of winter.

We lose body heat in different ways:

Convection

When wind blows against the skin or wet clothing, it helps speed up the processes of evaporation, making the person become much colder (often described as the wind chill factor). Technical under-layers that "keep the skin dry" help block this factor. A mandatory waterproof-breathable (Gore-Tex) outer layer breaths perspiration and keeps your insulating layers dry.

Conduction

Heat will be lost through contact with wet surfaces at a lower temperature than that of the body. Technical under-layers that "keep the skin dry" help block this factor. A mandatory waterproof-breathable (Gore-Tex) outer layer breaths perspiration and keeps your insulating layers dry. You must carry a lite 6 oz. insulating pad to shelter on snow or wet ground.



Radiation

Heat is lost through radiation from all over the body. This is the least significant factor. Your clothing, hats and gloves help block radiation.

Evaporation

Heat is lost through the body's natural cooling system (perspiration) which evaporates from the skin and clothing wet with sweat, melted snow, rain, stream crossings and more. Technical under-layers that "keep the skin dry" help block this factor. A Gore-Tex waterproof-breathable outer layer breaths perspiration and keeps your insulating layers dry.

Respiration

The only other way in which heat is lost is through respiration (breathing), and this should



be attended by covering the mouth and nose area with a wool scarf or a special mask. You may need to stop, stay in one sheltered place and limit your heat loss from heavy breathing while trying to find your way.

But as these blankets are not insulative, they do not prevent heat loss by conduction (heat-transfer).

They can, however, be used very effectively against heat loss through convection. Wrap the blanket around exposed skin and you have a wind breaker to keep that breeze from blowing across your skin and whisking the heat away.

How to use emergency blankets?

In their principal usage, space blankets are included in many emergency, first aid, and survival kits because they are usually waterproof and windproof. That, along with their low weight and ability to pack into a small space, has made them popular among outdoor enthusiasts and emergency workers. Space blankets are often given to marathoners and other endurance athletes at the end of races, or while waiting before races if the weather is chilly. The material may be used in conjunction with conductive insulation material and may be formed into a bag for use as a bivouac sack (survival bag).

In order to function properly, the body must maintain a constant temperature, but certain situations can disrupt this process so badly that the temperature falls and hypothermia sets in. Hypothermia can result from remaining too long in cold water, from falling unconscious in the open or from a long stay in a cold environment. The rescue blanket is an ultra-thin foil blanket with a reflective layer on both sides. It was originally designed for the NASA space program.

The blankets can be folded very small so that they're easy to store. They're strong, often strong enough to carry an average sized person. But the most important thing is that they offer good protection against hypothermia. According to American and Australian studies, 70% of accident victims die of hypothermia and not of their physical injuries. The rescue blanket offers victims a good shelter against the wind – which is the most significant cause of rapid hypothermia, even on warm days!

The reflective layer makes sure that the heat that radiates out from the body is reflected back to it. Make sure to leave a bit of space between the body and the rescue blanket – not too tight! This space creates a non-conductive layer between the body and the blanket. The rescue blanket can also be spread over the victim as a sunscreen, to keep them out of direct contact with the bright sunlight.



Most rescue blankets on the market have a silver side and a gold side. It was always assumed that the silver side was better for keeping the body temperature at the right level, and the gold side was better for lowering the body temperature in case of overheating. Studies have shown, however, that the temperature difference between the two sides is less than 1 degree Celsius. It really doesn't matter how you use the blanket, as long as you do use it!

50 uses for an emergency blanket

1. Use as an extra layer in sleeping bag for warmth.
2. The obvious – wrapping in it for warmth.
3. Stringing up as a signal device – not too tight – so it creates movement in the wind and increases your chance of being seen.
4. Place it on the ground as a signal device and fold in different patterns to communicate a message.
5. Melt snow by placing small amounts on space blanket in the sun and funnel into a container.
6. Small rain shelter: create buttons by looping a slip knot over the corners of blanket.
7. Use as material to write on, given you have a marker.
8. Twist for extra rope material.
9. Build a horseshoe pack to carry small items.
10. Twist and loop it through pants, and tie to make a belt.
11. Tie off ends to create air space for an improvised flotation device.
12. Cut off small pieces as part of lure to catch fish (they like shiny materials).
13. Use sticks and foil to create a cup and boil water. Hold over the flame but not so close that it burns the foil. (The melting point of Mylar is listed at 254° C).
14. Use blanket as aluminum foil to warm food near the coals of a fire.
15. Create a sling.
16. Use as a tourniquet.
17. Use as a compression bandage.
18. Put in your kids' backpack carrier to give them additional warmth.
19. Use as gaiters, by wrapping around leg – secure with duct tape.
20. Using as a pack liner (inside) or cover (outside) to keep clothes dry in rainy weather.
21. Twist into an antenna to boost cell phone, radio, or TV reception.
22. Improvised survival lingerie – be creative.
23. Use with a rubber band to improvise a condom.
24. Use as a strip to tie splints for broken or sprained bones. (Note: this was placed directly after the previous two for a reason).
25. Use as cushion material for improvised splints.
26. Improvise a scarf.
27. Wrap around head to create a hood.
28. Use as a water carrying device.
29. Use as a fire reflector to maximize heat toward your direction.
30. Use to reflect sun onto tinder to build a fire.
31. Use to reflect the sun to heat water.
32. Build a mini hammock.
33. Improvised tanning bed.
34. Stuff with clothing for use as a warm pillow.
35. Improvise a light by redirecting light from a full moon, sun or flashlight.
36. Line feet inside boots to keep socks dry.
37. Build an outdoor refrigerator by wrapping food inside as a ball, tying off, then placing in a creek. (Weigh down the end of bag with rock to prevent from floating away).
38. Cut into strips and tie to trees for marking a trail.
39. Improvise a Survival TV by building a wood frame then staring at it while you imagine your favorite shows.
40. Improvise a sea anchor for a raft.
41. Use in a shallow creek in a forest fire to make an air pocket to breath while the fire passes over. If you don't think this works read Big Burn, read it either way cause it's one of the best outdoor books I've ever read.

42. Cut into 10-inch squares then tie off ends after filling with nuts, berries, or other handful of small items you'd like to carry.
43. Cut into 3-inch squares wrap stones to create a weight that's easy to tie off for fishing.
44. Fill with sand, snow, or dirt and ties off to end to create an anchor or deadman. (NOT for climbing or rappelling).
45. Use as a cleaning device in lieu of clothing or rag, to scrub a pan, for instance.
46. Use to reset a broken arm (when solo) by tying one end to a tree then placing your wrist in other end with slip knot and using body weight to reset the bone.
47. Spread it over a large rock or picnic table as a makeshift tablecloth.
48. Use to improvise a knife sheath.
49. Use to make a food/bear cache by wrapping food in the blanket, tying with rope, tossing rope over a high branch, hoisting up, then tying off the other end.
50. Create a funnel by tying 4 sides and placing a container under to collect rain water. Place a rock at bottom to keep a steady stream.

Features:

- Wind and water resistant.
- An Outdoor Life Adventures rescue blanket reflects up to 90% of the body's heat.
- The material remains flexible, even in freezing cold temperatures.
- The strong and lightweight material is suitable for repeated usage.
- Measurements: 52" x 82" (laid out).
- Measurements: 5" x 3" x 0.5" (folded up).

Bonus:

Emergency whistle (EN ISO 12402-8 NATO SOLAS Emergency Distress Whistle)

Get help more quickly with the Outdoor Life Adventures complimentary whistle.

These emergency distress whistles are a vital piece of kit to carry when you are at sea, out Hiking, Camping & Canoeing.

The non-corrosive, safety whistle emits a high-pitched sound that is significantly louder than a conventional ball whistle. It is capable of producing over 100 decibels of sound, more than enough, to alert help in emergency situations.

The whistle is equally useful at sea, on a mountain, or anywhere as a personal protection accessory. It is a lightweight and non-corroding whistle which will float in sea water. Meets ISO 12402-8 safety standards. This patented emergency whistle can be used either with a lanyard or clipped directly onto an application.



About us:

We are family run business, dedicated to enjoying life and supporting our customers and the community with the best products for an active, outdoor lifestyle. We create and co-create, connect, support each other and bring joy to peoples' lives.

Outdoor Life Adventures will never sell poor quality goods, and we will strive to keep our products competitively priced to insure our customers are happy with their purchase and the experience they have using our products.

Please feel free to contact us with any questions you may have.

More Outdoor Life Adventures products on <https://outdoorlifeadventures.com/>

SAFETY FIRST! BE RESPONSIBLE AND HAVE FUN.



Make sure to snap and IG yourself with an Emergency blankets in your favorite spot to show off to your followers as well #OutdoorLifeAdventures

Resources:

Ali Alami+. (2013). Seattle Backpackers Magazine. <http://seattlebackpackersmagazine.com/?s=emergency+blanket>

http://www.mcrmedical.com/faqs/product_info/emergency_blanket.html

<http://www.isurvive.nl/Emergency-blanket>

http://www.traditionalmountaineering.org/FAQ_SpaceBlankets.htm