

# **HEED 3**

## **TECHNICAL / USER MANUAL**

### **Swiftwater Breathing Apparatus**

#### **300SWBA SERIES**



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WWW.

*THE LEADER IN SELF-RESCUE BREATHING SYSTEMS*

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### **GENERAL PRECAUTIONS & WARNINGS:**

- HEED is packaged fully assembled and is ready to use after it has been filled with air. User needs to purchase a Refill Adapter – see refill section for options. Refill adapters are available on the Submersible Systems shopping cart – [www.heed3.com](http://www.heed3.com) – click on Purchase Direct.
- To ensure safe and effective use of the Swiftwater Breathing Apparatus (SWBA):
  - follow the Good Practice Guideline: Swiftwater Breathing Apparatus and meet the minimum training requirements for SWBA operators.
  - Obtain necessary training and certification from official SWBA® approved training providers.
  - Visit [www.swba.tech](http://www.swba.tech) or scan the QR code below for further information.
- Consult your local occupational safety regulator for additional requirements.



### **PRODUCT BRIEFING:**

Helicopter Emergency Egress Device (HEED) is a high-quality emergency breathing system produced and tested by people with more than four decades of manufacturing experience. We use the finest quality materials and techniques in the construction of this product. Enjoy the peace of mind that having HEED brings.



**First Stage Regulator** - The first stage reduces the high pressure within the cylinder to an intermediate pressure utilized by the second stage.

**Serial Number** - Both First and Second Stage Regulators are assigned serial numbers, located on the back side of each.

**Pressure Indicator** - Dial Gauge Pressure Indicator has an easy to read, color coated display for at-a-glance pressure check in psi and bar.

**Refill Port & Cap** - Refillable from an air compressor, hand pump or full scuba tank.

**Mouthpiece** - High quality silicone mouthpiece.

**Purge Button** - Clears the regulator and empties the cylinder.

**Second Stage Regulator** - The second stage provides air at ambient pressure and normal breathing rate through the mouthpiece. Can be used in any orientation, even upside down.

**On/Off Knob** - Twist valve to turn the air supply on and off.

**3000 PSI Aluminum Cylinder** - Original manufacture date is stamped on the neck. The cylinder should be hydrostatically tested every 5 years based on this date.

**VIP Sticker** - Month and year of the last cylinder visual inspection, required every year when refilling at a dive shop. (check with local regulator for inspection requirements)

**Burst Disc & Plug Assembly** - Protects the product in the event of over pressurization

### **OPTIONAL ACCESSORIES SOLD SEPARATELY – Go to [heed3.com](http://heed3.com) to order:**



P/N 920C – Air Compressor Refill Adapter



P/N 910C – Scuba Tank Refill Adapter



910D – DIN Scuba Tank Adapter

**Optional accessories:** Inline LP on/off valve, 360 LP hose swivel, replacement cylinder decals (as per good practice guideline), suggest adding low volume mask

*Note: Only accessories supplied or approved by Submersible Systems may be fitted to this device.*

## **REFILLING HEED FROM FILL STATION USING #920C ADAPTER:**

(Use a high-pressure, breathing air quality air compressor designed to fill air systems.)

**WARNING:** If the HEED Check Valve Refill Port or Refill Adapter threads are damaged or worn these parts will require replacement. Continued use may cause injury.

**CAUTION:** DO NOT stand directly over HEED regulator while filling.

**CAUTION:** Ensure the regulator is firmly attached to the cylinder (hand tight, no tools required).

**NOTE:** If line is pressurized over 3200 PSI, adjust the line pressure to 3200 PSI.

1. Unscrew black cap from Check Valve Refill Port.
2. Apply small amount of food grade silicone grease to Refill Port threads with your finger.
3. Screw Refill Adapter onto Refill Port until finger tight. **NOTE: DO NOT apply a wrench or otherwise overtighten.**
4. Attach the yoke from the compressor to the Adapter.
5. Turn the On/Off Knob on HEED counter-clockwise until it is completely open/on.
6. Turn the valve on your compressor ON.
7. Refill the cylinder to 3200 psi initially, after cooling down the pressure will be approximately 3000 psi. Regulate the flow so that it takes approximately 45-60 seconds to fill the cylinder.  
**NOTE: Filling too fast can generate heat and will result in an incomplete fill after the cylinder cools.**  
**NOTE: Fill cylinder slowly and DO NOT OVERFILL to protect the safety burst disc inside the regulator from rupturing. If it ruptures, a new 3300 psi burst disc must be installed before unit can be filled.**
8. When the cylinder is full, turn the compressor or fill station valve OFF.
9. Turn the On/Off Knob on HEED clockwise until it is completely closed/off.
10. Depress the 2<sup>nd</sup> Stage Purge Button until air flow can no longer be heard and the hose is depressurized.
11. Open bleed knob to release pressure in compressor line. Remove Adapter from compressor yoke.
12. Remove Adapter from HEED and replace black cap on Refill Port.
13. Check the Pressure Indicator. If the tank is full, the Dial Gauge will read 3000 psi.

## **REFILLING HEED FROM FULL SCUBA CYLINDER USING #910C ADAPTER:**

**WARNING:** If the HEED Check Valve Refill Port or Refill Adapter threads are damaged or worn these parts will require replacement. Continued use may cause injury.

**CAUTION:** DO NOT stand directly over HEED regulator while filling.

**CAUTION:** Ensure the regulator is firmly attached to the cylinder (hand tight, no tools required).

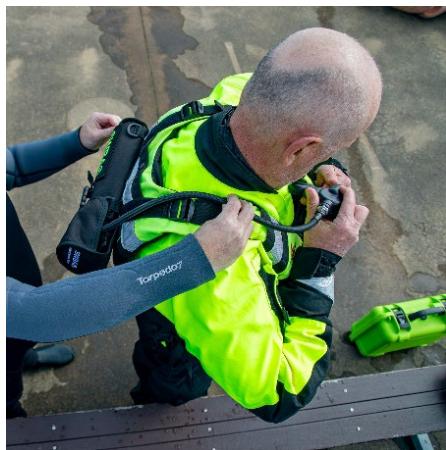
**NOTE:** Twice a year lightly lubricate the Bleed Screw o-ring using silicone grease.

1. Unscrew black cap from Check Valve Refill Port.
2. Apply small amount of food grade silicone grease to Refill Port threads with your finger.
3. Screw Refill Adapter onto Refill Port until finger tight. **NOTE: DO NOT apply a wrench or otherwise overtighten.**
4. Turn Bleed Screw clockwise to close (do NOT overtighten). **NOTE: Stop if bleed screw does not move and troubleshoot.**
5. Attach Refill Adapter to SCUBA cylinder valve.
6. Turn the On/Off Knob on HEED counter-clockwise until it is completely open/on.
7. Open SCUBA cylinder valve very slowly just until you can hear air passing from one cylinder to the other.  
**NOTE: Filling too fast can generate heat and will result in an incomplete fill after the cylinder cools.**
8. When at least 2 minutes have elapsed, and air can no longer be heard flowing from the cylinder, turn the cylinder valve completely open to ensure maximum fill.  
**NOTE: SCUBA cylinder must be filled to 3000 psi at beginning of refill procedure in order to fill to recommended full capacity.**

9. Close SCUBA cylinder valve.
10. Turn the On/Off Knob on HEED clockwise until it is completely closed/off.
11. Depress the 2<sup>nd</sup> Stage Purge Button until air flow can no longer be heard and the hose is depressurized.
12. Turn Bleed Screw ½ turn counterclockwise to relieve pressure in the adapter. **NOTE: You will not be able to remove the Adapter from Refill Port until this is done.**
13. Remove Adapter from SCUBA cylinder and HEED.
14. Replace black cap on Refill Port.

## **MOUNTING INSTRUCTIONS:**

1. Affix the mounting system to the rear of the PFD using MOLLE and/or using cable ties to fasten the mounting system.
2. Place cylinder into the mounting system. Orient hose in upward direction.
3. Run regulator hose over shoulder and secure with a Velcro sleeve.
4. Affix clip to PFD (suggested in chest area) and clip in regulator.
5. Secure mounting system zips and close the flap buckle.



## **PRE-USE CHECK:**

1. Check for obvious physical damage, broken or loose parts. Do not use if damaged. Carefully inspect the hose for any blisters or cuts.
2. Turn the system on by turning the On/Off Knob counter-clockwise until it is completely open. Units with optional In-line LP On/Off Valve: Start in the Off position.
3. Visually check Dial Gauge for needle to be within green zone. Refill if necessary.
4. Push Purge Button down and release 1 time only QUICKLY. Purge Button should move up and down freely. To maintain full pressure do not purge unnecessarily.

## **USING SWBA**

Certified user training is available from [www.swba.tech](http://www.swba.tech). The below is only a brief instruction and should not be used in substitute for certified SWBA® operator training.

1. Always use while wearing a PFD – do not use weights/weight systems
2. Unclip regulator.
3. Place regulator in user's mouth. Units with Optional In-Line LP-On/Off Valve: Open Valve
4. If the system is used underwater press purge button lightly or exhale sharply to expel water from the regulator prior to inhalation.
5. **CAUTION:** Failure to purge the SWBA regulator before inhaling will result in swallowing water.
6. Take small, slow, steady breaths to maximize duration of air supply.

6. When done using system or flying, turn the On/Off Knob clockwise to turn off. Depressurize the air remaining in the hose by pressing the purge button on the 2<sup>nd</sup> stage Regulator.

**CAUTION: If HEED is used until completely empty underwater, it should be referred for Overhaul service.**

## **TRAVELING:**

*NOTE: When transporting product (not using) on commercial aircraft, cylinders must be **VISIBLY empty** and removed from regulators.*

1. Purge until empty of air.
2. Remove regulator from cylinder (regulator is attached hand tight) by turning counter-clockwise. Leave o-ring on the regulator.  
**CAUTION: Do not force regulator on or off cylinder. Excessive force may damage threads. If regulator does not remove easily, soak in a 1 to 1 vinegar & water solution for 3 hours to loosen any corrosion.**
3. Place HEED in a protective container (plastic bag or box) to keep unit clean and to secure loose parts.
4. Pack in your check or carry-on luggage.
5. When you reach your destination, reassemble (hand tight) and fill the cylinder. Lightly lubricate the tank o-ring with a small amount of silicone grease – never use a hydrocarbon based oil. DO NOT force regulator onto cylinder.

*NOTE: Replace o-ring after product has been disassembled and reassembled 3 times, or o-ring shows signs of wear or air leakage.*

## **SERVICE INFORMATION:**

- Ensure HEED is always pressurized whenever it is submerged to prevent water from entering system. If HEED has been emptied of air underwater it should be referred for Overhaul Service.
- If a leak or damage is found at any point the unit should be referred for Overhaul Service.
- No matter how often the unit has been used, or even if the unit has not been used at all, the HEED requires tank inspection and regulator overhaul every 5 years.
- Service intervals are from the Date of Manufacture found on the cylinder neck
- Service record for each serial number should be maintained by user and record the date of the Annual Check and Overhauls as they are performed.

## **BASIC MAINTENANCE ITEMS TO BE REPLACED AS NECESSARY** (performed by user- all parts available for purchase on [www.heed3.com](http://www.heed3.com)):

1. Check Valve Refill Port – P/N 030CK-2S – Refill port may become damaged during filling, hex key needed
2. Dial Gauge Pressure Indicator – P/N 003DG-2 – wrench needed
3. External O-rings – Common O-rings P/N 015 SET (for Dial Gauge Pressure Indicator and Check Valve Refill Port), Tank O-ring P/N 027 SET
4. Burst Disc Set – P/N H1-11 SET – wrench needed

## **ANNUAL CHECK (performed by user):**

1. Visually check Dial Gauge for needle to be within green zone. If it is not, perform a leak test to determine if the HEED is actually leaking or if it just needs to be filled.
  - a. Completely submerge filled unit into a tub of water.
  - b. Shake the unit back and forth several times so that all trapped air is released.
  - c. Hold the unit still and watch for any leaks for 60 seconds (spend 20 seconds at each of the following: mouthpiece opening, side ports, and tank o-ring areas).
- NOTE: A leak is defined as a continuous bubble at a constant rate.**
- d. If leak is detected, refer unit for Overhaul Service.
2. Look for obvious physical damage, such as broken or loose parts. Check openings of diaphragm cover for presence of foreign objects or punctures of blue diaphragm. Check that all parts are clean and securely attached.
3. If unit is filled at a Dive Shop they will require that the cylinder is visually inspected annually by them and receives a fresh VIP sticker.

## **OVERHAUL & CYLINDER SERVICE (to be performed by repair facility / manufacturer):**

1. Regulator Overhaul Service: Recommended for the HEED every 5 years when not used underwater or in a training environment. Service includes: Overhaul of regulator, replacement of all worn parts, visual inspection of cylinder and labor. Cylinder will receive a new VIP (visual inspection) sticker with the date marked.
2. DOT 3AL cylinder: Hydrostatic testing is required every five years. Any cylinder exposed to fire or heat in excess of 250°F, or shows signs of corrosion, pitting or damage should be evaluated further. CE marked cylinder - Refer to local country regulations for how often hydrostatic testing should occur.

## **HEED SERVICE OPTIONS:**

### **OPTION 1 - Return to Manufacturer for Service -**

- Visit [www.heed3.com](http://www.heed3.com) to download Service Form. Submersible Systems, Inc. provides both Overhaul and Hydrostatic Testing at our facility in Huntington Beach, California, USA.

### **OPTION 2 - Inhouse Maintenance by Corporate Customer**

- Inhouse maintenance may be conducted by personnel that have a background on servicing SCUBA equipment or EBS.
- Manufacturer will provide appropriate parts, tools and manuals as needed.

### **OPTION 3 - In-country 3<sup>rd</sup> party repair center or dive maintenance company**

- Please contact Submersible Systems, Inc. for a list of centers.

## **UNITS USED IN TRAINING ENVIRONMENT:**

1. HEED used frequently in a water environment or for training purposes will need extra care:
  - a. After each in-water use, rinse and soak pressurized HEED for at least 30 minutes in warm, fresh water.
  - b. Rigorously shake and/or utilize a steady stream of water to dislodge any debris (salt, mineral deposits, sand, etc.).
  - c. Gently shake to drain water and wipe dry with a clean towel.
2. HEED may require Overhaul Service more frequently depending on the amount of use it receives and the environmental conditions it is used in.

***NOTE: Use in chlorinated swimming pool water will accelerate the deterioration of most rubber components and require more frequent service than in other typical conditions.***

## **ROUTINE CARE & STORAGE:**

1. For general cleaning, use a mild dish soap or Simple Green / biodegradable solution.
2. To clean mouthpiece, use a product such as Sterisol germicide or other food-grade disinfectant.
3. Keep the threads on both the Refill Port and Refill Adapter clean and lubricated. Use high-quality, non-toxic, food grade silicone grease for best results.

**NOTE: NEVER use a hydrocarbon based oil (i.e. household oil or motor oil), petroleum based substances to clean or lubricate. Do not expose the regulator to aerosol spray, as some aerosol propellants attack or degrade rubber and plastic.**

4. Store HEED full or with some positive pressure to prevent contaminants from entering the cylinder. Store in a clean, dry environment with optimum temperatures of 50-75°F for best product performance. Avoid direct sunlight, automobile trunks or other areas subject to temperature extremes. Avoid storing where it may be exposed to an electric motor which produces ozone. Prolonged exposure to extreme heat, ozone, chlorine and ultraviolet rays can cause premature degradation of rubber parts and components.

**NOTE: Industry guidelines recommend replacing air in cylinders annually.**

### **HEED 3 SPECIFICATIONS**

<b>MODEL #</b>	<b>300-003A-SW</b>
Cylinder Capacity	3 cu ft / 85 liters
Service Pressure	3000 psi / 207 bar
Length	14" / 35.5 cm (excluding hose)
Diameter	2.5" / 6.4 cm
Weight	2.55 lbs. / 1.16 kg
Duration of Air*	57 breaths
Cylinder Material	Aluminum – black anodized
Regulator	Piston, Downstream Demand Valve
Hose Length	36" Flexible Braided Hose
Pressure Relief	Integrated in Regulator
Operational Temperature	-22°F / -30°C < +158°F / +70°C
Cylinder Rating	DOT 3AL 3000 or ISO Marked
Duration of Breathing	Approx. 4-7 minutes. Varies upon user's lung capacity, physical exertion, depth of usage in water and several other factors.

\*Based on 1.5 liters per breath