



HEED 3

SHORT TERM EMERGENCY BREATHING DEVICE

QUICK REFERENCE GUIDE

1

REMOVE DEVICE FROM HOLSTER & MOUTHPIECE COVER

2 PUT MOUTHPIECE IN MOUTH

IF USED UNDERWATER
PRESS PURGE BUTTON LIGHTLY OR EXHALE SHARPLY TO EXPEL WATER PRIOR TO INHALATION

3

BREATHE NORMALLY
TAKE SLOW, STEADY BREATHS
DO NOT HOLD BREATH

4 PUT ON NOSECLIP OR MASK (OPTIONAL)

SPARE AIR
THERE WHEN YOU NEED IT