



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

BREATH
NORMALLY
TAKE SLOW,
STEADY
BREATHS
DO NOT
HOLD
BREATH

4 PUT ON NOSECLIP
(OPTIONAL)