

8 US Navy survival tips that can save your life someday

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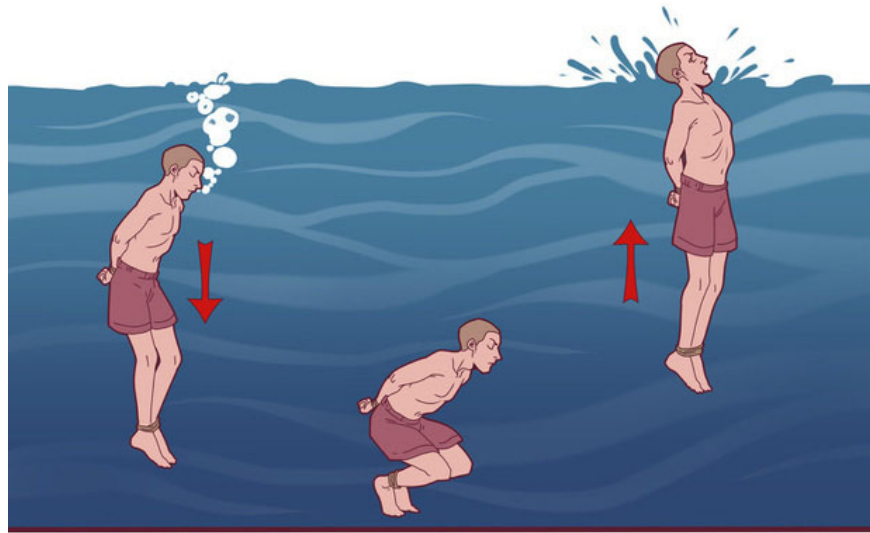
In this world, what the hell can happen, and although undesirable, anyone can fall into danger at any time. Therefore, equipping yourself with a few secrets of survival will never be redundant, even they can save your friend one day.

Here are 8 survival tips of the Navy SEALs, US special task force, helping them increase the survival rate on duty so you absolutely can safely learn to follow.

1. When tied under water

If you think a person is thrown into the sea with his hands and feet bound, he will be dead. However, after reviewing the naval handling of SEALs below, you will know how to survive in such a dangerous situation.

Specifically, in that situation, you need to dive straight to the bottom of the boat to jump to the surface. Once you've reached the surface of the water, bend your knees and bend your back to keep the head afloat to maintain the ability to float. Stay calm, control your breathing so that more air gets into your lungs, helping your body become a natural buoy.



Bật nhảy

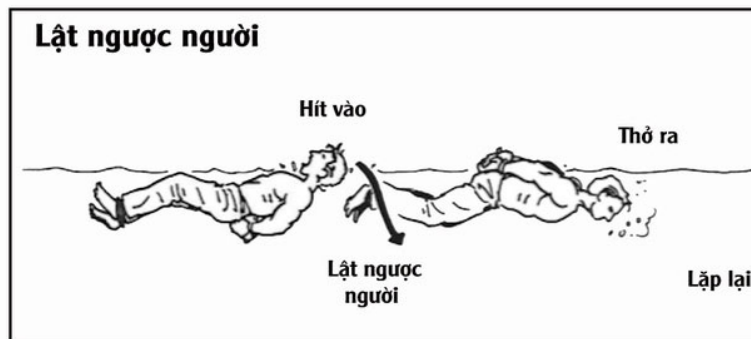
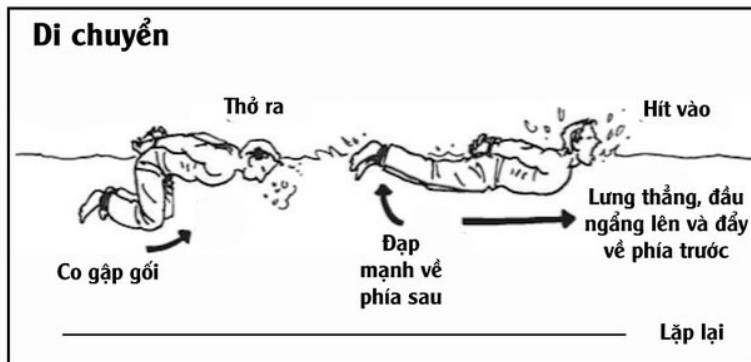
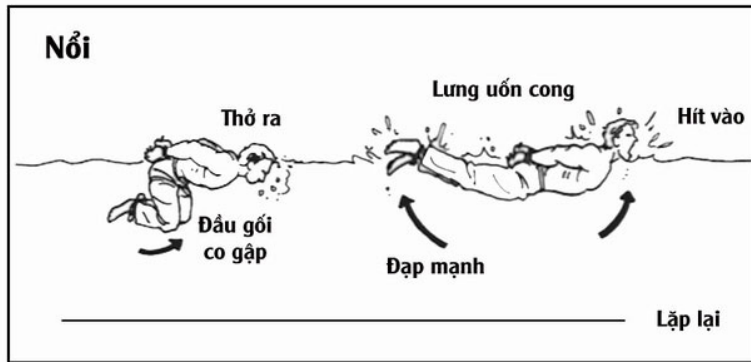
Thở khí ra, duỗi thẳng chân để chìm xuống.

Cúi thấp người rồi bật nhảy mạnh.

Hít vào.

... Lặp lại.

A diagram illustrating the water jump cycle. It shows a man standing at the surface with bubbles above his head and a downward arrow. Below the surface, he is in a crouching position. Above the surface, he is jumping with an upward arrow and a splash of water. The text labels describe each stage: exhaling and straightening legs to sink, crouching and jumping, and inhaling.



2. When you fall into a swamp or have to swim through a mud-filled lagoon



In this situation, it will be very difficult to swim normally. To be able to move in that environment, you should keep your posture bent back, head up to get air faster and accumulate them in the lungs more.

3. How to find clean water when you get lost in the mountains



If you are in the situation, get lost in the mountains with no drinking water. At that time, one of the most important things was to find water. To find water, go down the slope, which is the direction of the water.

4. Do not light a fire in the cave



You may have seen a lost person find a small cave, gather firewood and light a cozy shelter. However, if you do so in real life, you may have to pay. When burning a fire in the cave, the ceiling of the cave will become hot, causing it to expand and cause landslides. If you find a cave the size of a building, you should light a fire inside. To set fire, find an open space outdoors to ensure safety.

5. When you get lost, look for gutters, small streams



Small ditches and streams will flow into larger rivers. Following it, you will probably find areas inhabited.

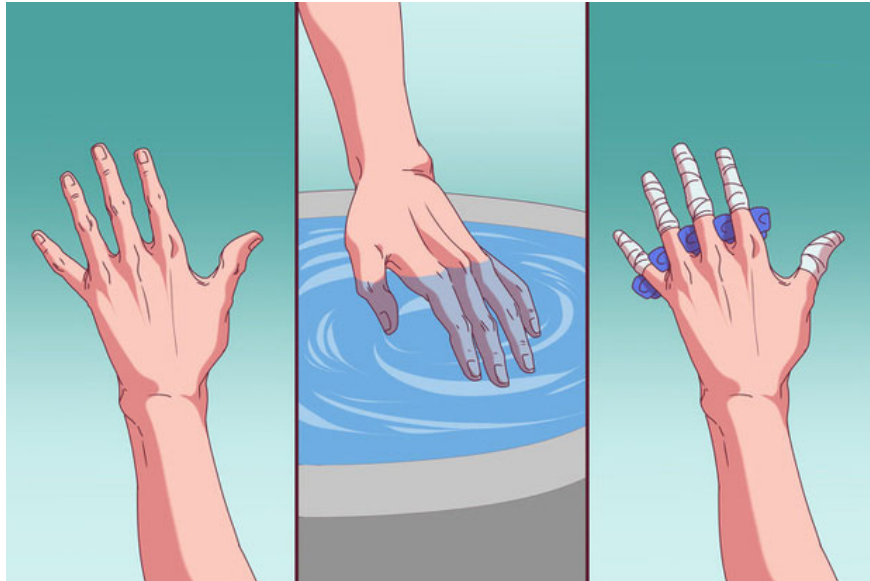
However, this secret of survival when lost is not always applicable. Depending on the length of the river, it can take weeks to find a place to live. The best way to handle when you are not sure about the geography of the area is to stay where you are and wait. It was the first location the rescue team searched for.

6. When the bomb explodes



The war has ended long ago so facing a bomb is something most people never thought of. However, if you encounter such a situation, what you should do is to lie on the floor, legs crossed, hands covering the head and especially wide open mouth. If an object falls on you, such a posture will increase your chances of survival. Open your mouth wide to reduce pressure, helping your lungs and eardrum to avoid bursting from the blast.

7. How to handle cold burns



"Frostbite" - injured tissues when a part of the body is exposed to very low temperatures. If severe, cold burns can cause the affected part to become necrotic, leading to subsequent removal. How to handle cold burns is to warm the surrounding area first, then use a cloth soaked in warm water and gently apply to the burned area. Never immerse the affected area directly in warm water, which will make you worse.

8. Always carry a wax matchbox at the beginning



Fire is extremely important in critical situations and should always be a top priority when navigating SEALs. Ideally, matches in metal cans, or waxed at the top of each stick if it were paper or plastic boxes to make sure they didn't get wet if they fell into the water.

1. 17 vital survival skills you need to know in order to save yourself
2. If you are suddenly trapped in an elevator, you need to remember these things!

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