



KINGDOM OF PEACE AND JUSTICE CENTER

**Civil Training Program: Risk Management
and Emergency Preparedness**

GUIDE THE IMPORTANCE OF THE WHISTLE



Educational document for the general public
in Latin America and the United States

Edition 1 - 2026

EDUCATIONAL DISASTER MANAGEMENT GUIDE:
THE IMPORTANCE OF THE WHISTLE
How to call for help when your voice isn't enough

| First edition · September 2026

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- SCOPE:

This module is intended for any person, family or group wishing to know how to call for help with a whistle or with signals during an emergency.

It is intended for educational and preventive purposes. It does not replace local civil protection regulations, the judgment of the relevant authorities, or the specialization in search and rescue.

In an emergency, always follow the instructions of the authorities in your country and the search and rescue teams.

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THE IMPORTANCE OF ALWAYS CARRYING A WHISTLE

Words by Dr. José Benjamín Pérez Matos - President of the KPJC

And, for example, something really simple: you take it with you everywhere... (and now even kids have) cell phones, you're always carrying your cell phone. And if you're in the car and you've already left home, and you realize you left it behind, don't you turn around to go get it? Or when you're somewhere, and you leave it on a counter, or at a doctor's office, or somewhere else, and you realize you've left it there: you turn the car around to go back and get it. That is, it's already something... we've all experienced firsthand.



Dr. José Benjamín Pérez Matos - President of the KPJC · Cayey, Puerto Rico · August 2026

One of the things that is really simple: always keep a whistle, in your pocket, hanging around your neck, or wherever, with you; carry a whistle with you just like you would your cell phone, as if it were the cell phone you left behind, make it a priority. And if you can clip it or attach it to your cell phone, believe me, you'll take it wherever you take your cell phone, because you'll never leave it behind. In fact, you might leave your watch behind, or even your glasses, but your cell phone is always with you.



“Always carry it with you.”

Words by Dr. José Benjamín Pérez Matos - President of the KPJC



You could attach it to your phone, with something like Velcro or something, or clip it to your neck. There are cases that come with a spot to hold your phone, and you carry the case around; but sometimes you leave the case behind, yet the phone is always with you, you put it in your pocket.

It would be a very good idea to implement, for kids to have a whistle even at school. Look, they shouldn't just leave it in their backpack; I think they should clip it to their pocket or hang it around their neck, so they always have it with them.

So all of that is about prevention; because if something happens, it's easier for rescuers to hear you if you're underneath. In other words, that will make it easier for rescuers to hear you.

Now, we can see that we're already facing all these atmospheric events, earthquakes, and things like that, where it's going to gradually increase.

Dr. José Benjamín Pérez Matos - President of the KPJC
Saturday, August 15, 2026
Cayey, Puerto Rico
The Third Pull of the Seventh Seal



“The whistle, to announce that you are there.”

Words by Dr. José Benjamín Pérez Matos - President of the KPJC

These past few days there was also talk about the whistle, which is one of the simplest ways to let people know you're there.

Yesterday Reverend Daniel Jurado sent me an article he found online, that the whistle is more functional in those types of disasters. And notice, he sent me this information, regarding which I told him: “Hey, we'll come up with a subject on this.” I even told him: “We're going to use that subject for tomorrow's chat.” Now, notice what he sends me; it says:*



«In a situation of emotional distress or crisis, blowing a whistle is much easier, more efficient, and more effective than shouting for help.

The following explains the technical and physiological reasons why a whistle is the best option:

Physiological and emotional block

- **Paralysis of the vocal cords:** Emotional impact activates a “fight, flight or freeze” response. Fear or extreme shock often causes motor inhibition, which literally “closes” the throat, preventing sounds from being produced (the phenomenon of being “left speechless”).
- **Less mechanical effort:** Blowing a whistle requires a basic and reflective respiratory mechanism. Shouting requires complex coordination of the vocal cords and significant lung capacity, which is lost during a panic attack due to reduced sound efficiency.

Sound efficiency

- **Muscle fatigue:** The human voice becomes exhausted and strained after just a few minutes of continuous shouting. A whistle can be blown intermittently for hours with minimal effort.



* Information obtained from a query made by a user on Google and supported by information published in: (2026, May 27). Guía de silbatos de seguridad y emergencia para protección civil. El Blog de Bioseguridad & Bioprotección. <https://seguridadbiologica.blogspot.com/2026/05/guia-de-silbatos-de-seguridad-y.html>

“No one is exempt.”

Everyone on planet Earth should have one; because no matter who you are, most people live under a concrete roof, or are in a medical office, or are in a building visiting a relative... In other words, no one is exempt...: “No, I don't live in - I live in a camper,” for example. Yes, but when you go to pay the electric or water bill, or go shopping, or go somewhere? In other words, no one is exempt from an earthquake happening while you are in a place where what is above you may fall.

Now:

“A whistle can be blown intermittently for hours with minimal effort.

- **Range and penetration:** The high-pitched, high-frequency tone of an emergency whistle travels much farther than a human voice. It also cuts through ambient noise (traffic, wind, rubble) far more easily.
- **Universal recognition:** a shout can be confused for play, excitement or an argument. The repetitive sound of a whistle is universally associated with an alert or distress signal.”

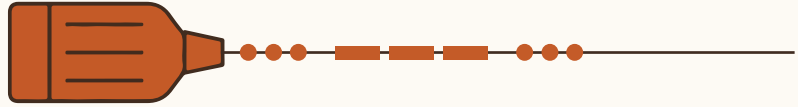
Dr. José Benjamín Pérez Matos - President of the KPJC
Sunday, August 23, 2026 (First post)
Cayey, Puerto Rico
The Light and the Whistle of the Anointed One for Salvation



1.1 · THE DISTRESS CODE (SOS)

Do not blow continuously or without control, as you will run out of air quickly and lose energy. You should use the emergency Morse code (SOS), which is understood by any rescue team (boats, helicopters or ground crews).

The code consists of
3 short blasts,
3 long blasts
and 3 short blasts:



01



Short (---):
3 quick blasts of
1 second each.

02



Long (---): 3 sustained
blasts of
3 seconds each.

03



Short (---):
3 quick blasts of
1 second each.

04



Pause: Wait 3 to 5 seconds
and then repeat
the complete sequence.



1.2 · WHEN AND HOW TO BLOW EFFICIENTLY

01



Save your energy: Do not use the whistle in a consistent way if you are alone on a roof and cannot hear anyone around you.

02



Act on cues: Start blowing the whistle hard as soon as you hear a boat engine, helicopter rotors, the voices of rescue crews, or see flashlight beams in the distance.

03



Blowing technique: Take a deep breath through your nose and blow through the whistle with the full force of your lungs. Because these are pealess, these whistles need the air to enter with strength in order to produce maximum volume.

04



The official international Morse code for using a whistle in a catastrophe is SOS. This pattern is universal, and any rescue team, fire department or aircraft will recognize it immediately as a call for urgent help.





1.3 · HOW TO SIGNAL THE SOS CODE WITH THE WHISTLE

Here is the technical guide to correctly signal without exhausting yourself physically:

- **Pause and listen:** After finishing the complete sequence, remain completely silent for 30 to 60 seconds. This is essential in order to hear whether rescue crews are responding to your call, whether boats are approaching, or whether someone nearby is also calling for help.
- **Repetition:** If you hear no response, begin the full cycle again.



1.4 · TECHNICAL GUIDELINES FOR EMERGENCY BLOWING



01

Blow from the diaphragm: Do not rely solely on the air in your cheeks.
Breathe in deeply through your nose and push the air up from your stomach.
High-output, pealess whistles (such as the Fox 40) require a strong, steady airflow to reach their maximum output of 115 decibels.



02

Do not blow aimlessly: Blowing the whistle continuously and desperately will only cause you to hyperventilate, get dizzy, and will quickly leave you without energy. The rhythmic SOS pattern stands out immediately above the chaotic noise of the storm or of engines.



03

Prioritize the cues: Blow the whistle harder as soon as you hear helicopter rotors, a boat engine, rescue dogs barking, or see flashlight beams in the distance.

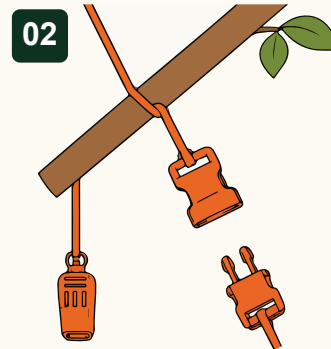


1.5 · POSITIONING THE WHISTLE FOR HANDS-FREE USE



01

Attaching it to the chest or shoulder: Clip the whistle to the shoulder strap of your life vest or emergency backpack. It should sit close enough to your mouth that you can grip it with your teeth and tilt your head to blow it without needing to use your hands. This is essential if you need your arms free to hold on to a sloped roof or to carry a child.



02

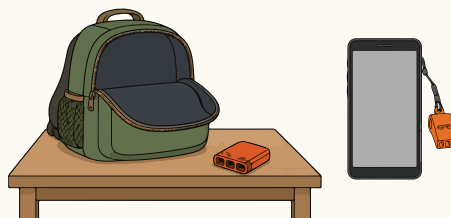
Breakaway lanyard: If you wear it around your neck, make sure the lanyard has a breakaway clasp that releases under pressure. If the current drags you and the lanyard catches on a branch, the cord will release on its own and prevent you from choking.

The two final technical guides are presented below, to help optimize your communication and make sure your rescue tools work perfectly at the moment of crisis.



1.6 · MAINTENANCE GUIDE FOR SURVIVAL WHISTLES

Although pealess plastic whistles are extremely durable, storing them in emergency backpacks for long periods or using them in floods can build up saliva, bacteria, mud or fungus that block the air channels.



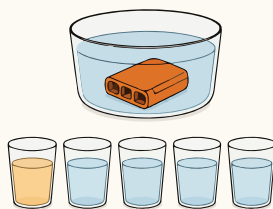
Periodic cleaning (Every 6 months or after each use)

01



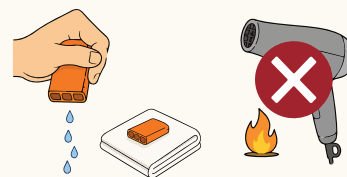
Basic washing: Soak the whistle in warm water with neutral dish soap for 10 minutes. Use an old toothbrush to clean the inside of the air chambers and remove dried saliva or dust.

02



Deep disinfection: Soak the whistle for 5 minutes in a mixture of 1 part white vinegar to 4 parts water (this kills fungus and bacteria without damaging the plastic). Rinse it with plenty of clean water.

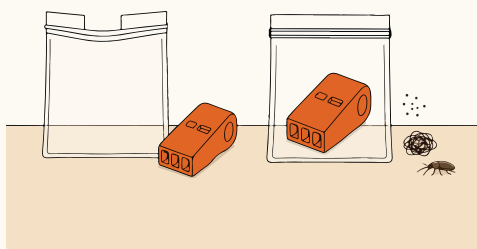
03



Drying is essential: Shake the whistle vigorously to expel the water from the internal chambers. Let it air-dry on a clean towel. Never use hair dryers or expose it to fire, since extreme heat deforms the internal plastic chambers and ruins the tone of the sound.

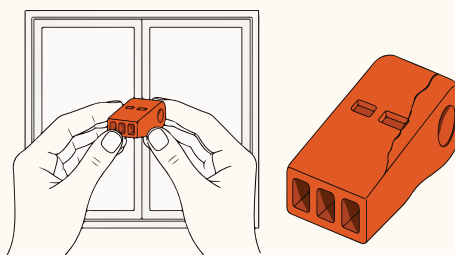
Correct storage

01



Airtight bag: Store each dry whistle inside a small Ziploc-type bag before putting it in the emergency backpack or securing it in the upstairs kit. This keeps out dust, lint and insects.

02



Visual inspection: Check periodically that the plastic has no cracks from drying out or from impacts. A cracked whistle loses pressure and drops sharply in decibels.



1.7 · VISUAL ARM SIGNAL CODE (AIR AND MARITIME RESCUE)

When a helicopter or a rescue boat approaches, the noise of the engines is usually so deafening that the whistle or shouting becomes inaudible. Pilots and rescuers use a visual code based on the position of the arms.



Yes

Signal 1: "I NEED HELP / RESCUE" ("YES" signal)

- How to do it: Raise both arms so that your body forms the letter "Y" (from the English word YES). Keep your legs steady and your arms stretched up to the sky without moving them.
- Meaning: Tells the pilot unmistakably that your group is trapped and needs immediate evacuation.



No

Signal 2: "I DO NOT NEED HELP" ("NO" signal)

- How to do it: Raise one arm and lower the other, holding them against your body to form a diagonal line (from the English word NO). You can also cross your arms in an "X" over your chest.
- Meaning: This tells the rescuers that you are safe and that they can carry on searching for other people in the area.





Signal 3: “WE ARE HERE” (Locating a moving position)

- How to do it: Raise both arms and move them slowly from left to right above your head, crossing them in the air, like a pendulum.
- Meaning: Helps the pilot visually pinpoint your exact position when visibility is poor, rain is heavy, or you are surrounded by vegetation. You can reinforce this signal by holding up the bright tarp or a lit flashlight.



1.8 · CRITICAL SAFETY RULE AROUND HELICOPTERS



- Never wave with one hand to greet them: pilots can mistake an ordinary wave for a friendly greeting, meaning “NO.” If you need rescue, always raise both arms and hold them still.

The “Acknowledged” code (Letter R: · — ·)



1. **One short blast (·):**
Give one quick, firm blast lasting exactly 1 second.



2. **One long blast (—):**
Right after, give one sustained blast lasting exactly 3 seconds.



3. **One short blast (·):**
Finish with one quick blast of 1 second.



1.9 · PROTOCOL FOR COMMUNICATING WITH RESCUERS

01



Wait for the rescuers’ signal: Once rescue teams hear your distress signal (SOS) they will give one long continuous blast, or bursts of light with their flashlights, to let you know that they are looking for you.

02



Reply with the “Acknowledged” code: At that point, stop the SOS and blow the Short-Long-Short pattern (· — ·) once or twice. This confirms to them that you are conscious, that you received their message, and that you are waiting in your position.

03



Then remain silent: After sending the acknowledgement code, remain completely silent. This lets the rescuers give you instructions by voice or by megaphone as they approach your building or roof.

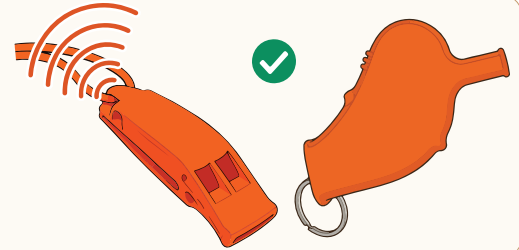




1.10 · WHICH WHISTLE TO USE

The best whistle for facing a catastrophe or a flood is the pealess marine whistle made of high-strength plastic, such as the Fox 40 Classic or the Storm Safety Whistle. Neither devices jam with mud, work underwater, and produce a deafening sound of between 115 and 130 decibels, capable of cutting through the noise of storms, helicopters and heavy machinery.

Next, is how to use it correctly, to give yourself the best chance of being rescued:



1.11 PURCHASING GUIDE · WHISTLE OPTIONS

Before you look at brands, learn the rule. There is only one, and it decides everything:

If it has a rattling little pea inside, it is no good for a catastrophe.

The pea jams with mud, sand and dust, and it drowns when the whistle gets wet. A PEA-LESS whistle has no moving parts: there is nothing that can jam. Shape is not the deciding factor: there are pealess whistles that look completely different from one another, and all of them work.

Any whistle that meets the rule will do. The following are well-known examples, in order by what each one handles best. They are not the only ones:



LEVEL	WHISTLE	OUTPUT	EFFORT	AVAILABILITY
<i>Very low cost</i>	Generic plastic, pealess, 2 chambers	Usually advertised at 110–120 dB *	Generally easy	Very high throughout Latin America
An option for people with limited resources, family backpacks and community distribution. Since there is no single manufacturer guaranteeing its output, it is recommended to test EACH unit, dry and wet, before handing them out.				
<i>Reliable budget option</i>	Fox 40 Mini	109 dB (manufacturer's figure)	Easy	High
Compact, fits in a pocket. Three chambers, pealess. The manufacturer states that it self-clears after being submerged. For personal safety, outings and noisy places.				
<i>Best balance</i>	Fox 40 Classic	115 dB (manufacturer's figure)	Easy	Very high across the continent
Three chambers, pealess; the manufacturer presents it as its standard model for rescue and safety professionals. NOTE: it has the curved shape of a referee's whistle, but it does NOT have a pea. Shape is not the deciding factor.				
<i>Highest output</i>	Fox 40 Sonik Blast	120 dB (manufacturer's figure)	Very easy	Medium / high
For very noisy places, rescue, boating and outdoor emergencies. The manufacturer states that it cannot be "overblown" and that its chambers expel water.				
<i>Water emergencies</i>	Storm Safety Whistle	118–120 dB MEASURED in laboratory	Easy, but it is larger	High in the USA; low in Latin America
The only one on this list with a verified laboratory measurement. The manufacturer states that it works wet and underwater, and that it can be heard through water, glass and some structures. For floods, boating, diving, search and rescue.				
<i>Good value as a pack</i>	LuxoGear Emergency	Up to 120 dB advertised *	Medium effort	High in the USA and Puerto Rico; imported in Latin America
Two chambers, pealess, waterproof ABS plastic, reflective lanyard and clip. For kayak, boating, hiking, camping and emergency backpacks.				
<i>Good value as a pack</i>	HIPAT Emergency	Up to 120 dB advertised *	Easy to moderate	High in the USA and Puerto Rico; imported in Latin America
Two chambers, pealess, floating body. For life vests, kayak, boating, camping and family emergencies. CAUTION: do not confuse it with the sports model from the same brand, which DOES have a pea inside.				





1.12 HOW TO CHECK IT YOURSELF, IN THE STORE

You do not need to know anything about acoustics, and you do not need to take an advertisement's word for it. With the whistle in your hand, these four checks are enough. Do them before you buy, and again before you hand them out.

1

**Shake it next
to your ear**

Shake it vigorously, several times. If something rattles loose inside, it has a pea: take it back. If nothing rattles, it is pealess.

2

**Look through the
mouthpiece
against the light**

You should see clear, straight channels running through the body. Nothing round, nothing that moves.

3

**Wet it and
blow it wet**

Under running water. It should sound just as loud and at the same pitch. If it gurgles, drowns or changes pitch, it is no good for a flood.

4

Blow it gently

With half the air you would normally use. If it still sounds loud, that whistle will work for a person who is trapped, injured or without strength. This is the most important of the four tests, and no advertisement answers it.

Remember:

The best whistle is the one you carry on you. A simple one, on your keyring or around your neck every day, is worth more than an excellent one left sitting at home.

Prices and availability change from country to country and from year to year. If none of the examples on the previous page can be found where you live, apply the rule and the four checks to whatever you can find.

* The Kingdom of Peace and Justice Center does not sell whistles, does not endorse any brand, and receives no payment of any kind from the brands mentioned in this guide. They are references only as well-known, verifiable examples of the rule explained above. What you choose to buy is each person's own responsibility.





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