

Surviving Being Buried Alive

By Joseph Parish

Let's be very realistic here at the very beginning of our article. In all probability if you are buried alive chances are, you will likely die. Sounds cruel and heartless to put it that way, but there is simply no sugar coating which could be put on it. In view of this fact, I will attempt to provide you with a possible means of escape.

Your first order of business is to conserve as much of your air supply as you possibly can. Assuming that you are being buried in the typical style coffin you may have sufficient air supply to survive for two hours at most. Always take deep breaths and hold them for as long as humanly possible prior to exhaling. Don't breathe in and swallow as that will quickly lead to hyperventilation. Never light a match or even a lighter as these will rapidly deplete whatever oxygen you may have in the coffin. If there were to be a flashlight in there with you then that would be fine to use.

Do not even bother to yell. First off yelling will cause you to panic, which will cause an increase in your heart rate and ultimately lead you to rapidly increase your breathing. Remember, you only have a limited supply of air in your coffin and this will quickly consume most of your air supply in a matter of minutes.

Try to position your hands on the coffin lid so that you can push up with them. If the coffin is one of the inexpensive "pine box" styles which is nothing more than chipboard or if it happens to be a recycled paperboard type coffin you will discover that there is some flexibility to it. In such case it will be fairly easy to break the lid. If you feel any flexibility in the coffin lid, then quickly remove your shirt. Now very carefully cross your arms above your chest. Next uncross your arms to enable you to bend your elbows while your hands are positioned on your shoulders. Slowly pull the shirt up and over your head, removing it from your shoulders. You will need to do a partial sit-up type of maneuver to allow you to toss the shirt over your head and eventually be taken off.

After the shirt has been removed tie its bottom into a knot. By now the shirt will have one huge opening at the neck. Insert your head through this neck hole with the knot located at the top area of your head. It is hoped that the shirt will save you from being suffocated from the falling earth.

Now it is time for you to break through the coffin lid using your feet. You should begin kicking at the coffin lid trying to break it into pieces. As we have mentioned the cheap coffins may have already begun to split from the resultant weight of the earth bearing down on it which would make your job a bit easier. Slowly break apart the coffin lid using your hands and feet, allowing the loose soil to drop inside.

As the dirt enters, you can use your hands to push the dirt down toward your feet. Use the space located at the bottom of the coffin to accumulate the dirt in. As more dirt drops in work quickly, but remain calm. As the lower portions of the coffin fills up with dirt push the additional dirt to each of your sides.

Sit up now and as you start to assume a seated position you will find that the loose dirt above will drop down to fill the space you previously occupied. Continue pushing the dirt into the coffin until such time as you are able to stand up.

Once you have been able to stand up you will be able to push the dirt that is above you out of your grave where you can then climb out of the grave.

Several important points that I would like to make here are one, with a recently placed coffin the dirt above it will be fairly loose and relatively easy for you to dig through. If it's raining it may be difficult to get out as the damp or wet soil as it will make digging just about impossible.

If the coffin you have been placed into is made of metal or it a hardwood coffin, it will be impossible for you to pierce it. In that case the only hope you will have is to signal somehow for help. You could use some sort of metal object such as a ring or a coin to signal the outside world that you are alive. Try tapping out an SOS signal and continue to do so until someone either hears you or you no longer have air to breathe.