- Push the MOB button.
- Have somebody push it again and hold it to make sure.
- Slow the boat down by heading up or down, as appropriate for the point of sail.
- Take the time to do the following carefully and properly. If sails get fouled in the rigging and can't be dropped, or if lines get in the prop, the outlook for the MOB is much worse.
- Sock/furl/drop the spinnaker and headsails.
- If the AIS MOB beacon is visible on the chart plotter use that range/bearing instead of the location where the MOB button was pressed, which will also be visible on the chart plotter.
- Sail by the MOB, close aboard, under mainsail alone, and drop the JonBuoy and Type 4s right next to the MOB to make sure that the MOB has flotation. It's ok to slow down but DO NOT STOP. Note that most MOBs who die are killed by the bow drifting over them and pounding on their head. Don't do that.
- Sail approximately 10 boatlengths away to avoid the possibility of the boat drifting over the MOB.
- Check for lines overboard.
- Start the engine and power slowly upwind (under autopilot if only one person left onboard).
- If the engine is working, drop the main.
- If the MOB has climbed into the JonBuoy raft, then pull alongside the raft, hook a halyard to the pylon D-ring, and hoist the raft and MOB aboard.
- If the MOB isn't in the JonBuoy raft, deploy and tow the Lifesling.
- Circle the MOB motoring slowly (with all sails down). As usual in water skiing, don't motor over the floating Lifesling line.
- When the MOB has the Lifesling, stop the boat in a location where it won't drift over the MOB, engine in neutral or stopped, helm hard over, and let the boat drift, slowly towing the MOB from the stern.
- Snap a halyard shackle around the Lifesling line, outboard of the lifelines, so that it can slide along the Lifesling line. Leave the Lifesling line dead-ended at the transom.
- Hoist the halyard with the Lifesling line running through the halyard shackle, making a 1:2 disadvantaged tackle. The MOB will end up outboard of the shrouds as they get hoisted.
- By the time that the MOB is alongside the boat the MOB will be pulled vertically enough so that
 the MOB will not be able to slip under the bow and have the bow pound their head. The
 objective of this approach is to make it impossible for the bow to pound on the head of the
 MOB.

For the above to work, the Lifesling line is just shorter than twice the mast-height and the spinnaker halyard is long enough to reach the stern.

The extra-long spinnaker halyard is similarly useful for recovering a person dragging overboard on a tether, using a similar technique. To recover a sailor attached by a tether: slow the boat, hook the halyard shackle around the tether outboard of the lifelines so that it can slide along the tether. DO NOT disconnect the inboard end of the tether. Hoist. This approach is far easier than trying to connect the halyard shackle directly to the MOB's harness. The MOB's harness is hard or impossible to reach.