

Continuing Education: Scuba Diving Hazards

You are a certified diver and are aware of potential ocean environmental hazards. Your safety is our highest priority, so these are the Scuba hazards we can prevent or minimise together:

Dive Fitness. To ensure you are healthy and fit enough to Scuba dive, you must:

Fill out your Medical Statement truthfully.

Burst Lung. You must:

1. **NEVER, NEVER hold your breath using Scuba.**
2. Breathe normally underwater and ascend slowly.

Drowning. You must:

1. Underwater - keep your regulator in your mouth and have air in your cylinder.
2. On the surface - keep your regulator or snorkel in your mouth and inflate your BCD.
3. On the surface - keep your mask over your face, to help prevent breathing difficulties and panic.

Decompression Sickness. To minimise the risk:

1. Your course will **NOT** dive into decompression time.
2. Ascend no faster than 18m per minute or obey your dive computer ascent warning indicator.
3. Complete a safety stop where possible.

Hypothermia. To minimise the risk:

You will wear suitable thermal protection but if you become uncomfortably cold, signal your instructor.

Cramp. To minimise the risk:

Use the *Cramp Removal* skill to remove the cramp.
If you need help, signal your instructor.

Running out of air. To minimise the risk:

1. Regularly check your air pressure gauge.
2. Regularly check your buddy's air pressure gauge.
3. You must signal your instructor if your air pressure drops to **70 bar**.
4. If you run low on air, locate your buddy's alternate air source and surface, orally inflate your BCD.

Separation. To minimise the risk:

1. Stay close to your buddy.
2. Watch your instructor for signals.
3. If separated, search for no more than one minute then surface and wait for your instructor.

Something is wrong. To minimise the risk:

1. If you need help, immediately signal your instructor.
2. If your equipment appears faulty, immediately signal your instructor.

Feeling unwell or unsafe. To eliminate any risks:

Immediately signal your instructor.

Dive sites. To minimise the risk:

1. Your instructor will select the safest suitable dive site for your sea dive(s).
2. Before each dive, your instructor will brief you on the dive site hazards and dive skills to be completed.
3. If you don't understand a briefing (or demonstration), ask your instructor to repeat it.
4. Complete a Pre-Dive Safety Check before every dive.

I am a certified _____ diver and fully understand the hazards involved in Scuba diving.

Student's name _____

Student's signature _____ Date _____

Instructor's name _____ Date _____