



# 101 Critical Days of Summer

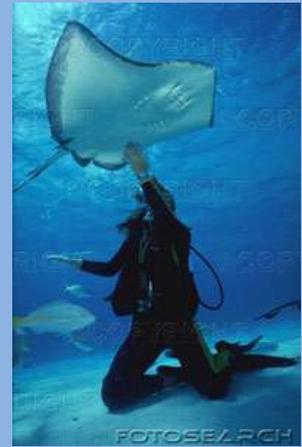


## Safety Tip #4 - Scuba Diving Safety

Scuba diving is, by nature, a dangerous sport. But, you can have a safe, fun and accident free dive by following a few safety rules.

- + Take lessons and get qualified by a certification agency before participating in SCUBA diving.
- + Get a medical examination from your doctor and take a swim test before learning SCUBA diving. You don't have to be an olympic athlete, but you do need to know some basic swimming skills.
- + Once certified, do not dive in dangerous waters or in an environment for which you are not qualified/certified, such as: ice, cave, and shipwreck diving. They all require special training. One can easily get lost or trapped and run out of air.
- + Never dive by yourself. Find a buddy.
- + Listen to and follow the rules set forth by the person in charge of the dive.
- + Check your equipment carefully and check how the equipment functions, especially if you are renting the equipment. Make sure everything fits and works properly.
- + Remember to **plan your dive and dive your plan**. There's nothing down there that's worth running the risk of running out of air or having issues with residual nitrogen after the dive.
- + Don't dive too deep!! Enjoy the aquatic life in shallow water where there's better ambient light. Keep in mind that the deeper you dive the smaller a period of time you can stay there. Shallower dives allow you to stay underwater for longer periods of time, and that's a good thing!
- + Know local weather conditions before you go on a dive. Make sure the water and weather conditions are safe. Water conducts electricity. Stop swimming, boating or any other activities on the water as soon as you see or hear a storm. Getting struck by lightning isn't pleasant and heavy rains can make certain areas dangerous.
- + When you are on or near the water, protect your skin by wearing a waterproof sunscreen with a sun protection factor containing a high rating such as 15.
- + Drink plenty of water regularly and often even if you do not feel thirsty. Your body needs water. Know the signs and symptoms of dehydration.
- + Know the signs and symptoms of heat exhaustion and emergency treatment if you are diving in hot weather.
- + Know the signs and symptoms of hypothermia and emergency treatment if you are diving in cold weather.
- + Wear sunglasses to protect your eyes against the sun's damaging rays. Choose sunglasses that absorb at least 90 percent of UV sunlight.
- + Tell everyone where you are going and what you are going to do. This may not seem like a big deal, but it is a good precaution to take and will ensure someone knows where you are. Telling someone what your plans are will make you accountable to either call them and tell them something went wrong so you won't be back when you planned on, or come back from your scuba diving trip on time.

This is not an all inclusive list. There are many [more](#) things you can do to be safe while on a dive. Use your common sense.



## Are You a Responsible Diver?

<ul style="list-style-type: none"> <li>• <b>Be aware, check your air</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>When in doubt, just get out</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Let's respect it, not collect it</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Diving Safety is no accident</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>The best regulator on the market is common sense.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Never dive deeper, than the depth of your experience.</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Diving education doesn't end with certification.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Just because you are certified, doesn't mean you are qualified.</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>A diver in poor health may be moments away from no health.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Be a reef lover, always hover.</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Only fools stretch the rules.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Coral reefs hate standing ovations.</b></li> </ul>
<ul style="list-style-type: none"> <li>• <b>Living reefs are dying <u>not</u> to be touched.</b></li> </ul>	<ul style="list-style-type: none"> <li>• <b>Don't blow it; have your tank checked out at least once a year.</b></li> </ul>

Here are some sites to dive into when you get a chance:

<http://ygraine.membrane.com/enterhtml/live/scuba/safety.html>

<http://familydoctor.org/online/famdocen/home/healthy/physical/sports/156.html>

<http://www.vbs.vt.edu/scuba/Safety/Emergency.html>

<http://nsgd.gso.uri.edu/nhu/nhug89001.pdf>

<http://faculty.washington.edu/ekay/>

<http://www.lakesidepress.com/pulmonary/books/scuba/quiz.htm>

Take only **pictures**, leave only **bubbles**, and **kill** only **time!!!**

Dive Safely, your Risk Management Staff.

