

Dive Rescue



Recognition Of The Problems

- Be able to recognize symptoms in yourself as well as your buddy.
- Personal symptoms: cramps, tired, cold, trouble breathing, rapid and shallow breathing.
- Buddy symptoms: signs of tiredness, of cold, cramps, wide open eyes, erratic movements, discards the mask or the regulator, gasping for breath, heavy, panting breathing.

STAR

When things start to happen -

- Stop
- Think
- Act
- Recover

Locate Lost Buddy Procedure

- Look around for 30 seconds max
- Ascend 10 feet and look around for 30 sec
- Ascend to surface and wait 30 sec
- Signal for help

Buddy Help

- When you observe a problem with your buddy, don't wait until asked for help
- In many instances, it is sufficient to establish contact and provide advise
- When on surface establish positive buoyancy, inflate BC, drop weight belt
- Signal for help and get to shore or the dive vessel

Buddy Rescue

- Never stray from the dive plan and good dive practices
- Order of Priority
 - Self Safety
 - Remove the Victim from immediate danger
 - Begin First Aid if necessary

Out of Air Ascent

- If breathing gradually becomes difficult
- Try to ascend as a buddy team by buddy breathing or using buddies octopus
- If you cannot ascend with your buddy, keep your regulator in your mouth, exhale continuously as you ascend, and periodically try for a breath of air from your regulator -

WHY

Uncontrolled Ascent

- As a last resort - you can make an uncontrolled ascent by dropping your weight belt.
- **THIS IS A LAST RESORT ASCENT**
- Release your weight belt
- Hold it out to the side to avoid tangles
- Drop the weight belt
- Remember to Breathe OUT
- About 20 feet from the surface flare out to slow your ascent - **WHY**

Signs of Panic / Action

- Rapid movement of arms
- No mask (panic = claustrophobic)
- Wide eyes
- Stay a safe distance away and talk to victim

Actions for Dealing With Panic

- Have them obtain positive buoyancy by inflate BC, drop weight belt
- If calmed down, approach from rear and begin towing to safety
- To get away swim backwards using your feet to ward victim off or descend
- Underwater get the victim to make controlled ascent - keep out of reach

Diving Practices

- There is more to being a good diver than good training and skills
- It also involves a lot of good common sense
- Think about what you are doing and then think about the consequences
- The most common cause of accident is diver error

Best Practices

- Look carefully immediately before entering entering the water
- While in the water, do not casually wave to anyone
- When on the surface, do not remove or push your mask up
- Take only pictures and leave only bubbles

Best Practices

- Your dive float can be used for several purposes
 - Carries your dive flag
 - Carries tools or equipment
 - Can hold your fish when spear fishing
 - May be used as an emergency buoyancy device
- Your dive float should not replace swimming ability

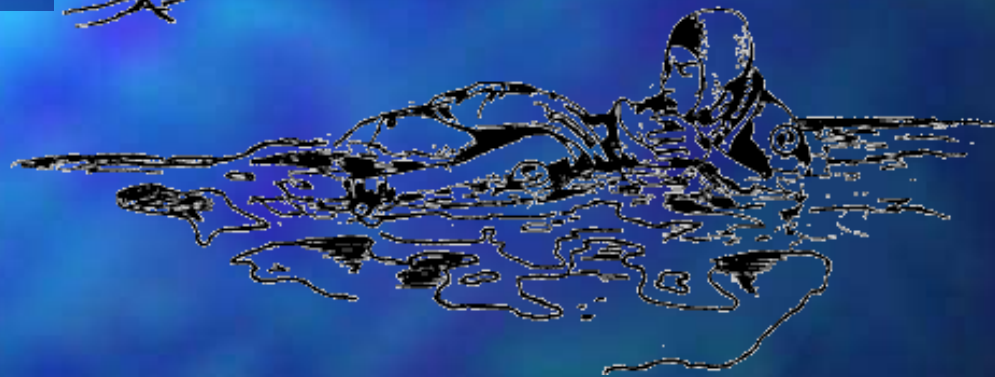
What do you do?

- If you arrive at the dive site and do not feel mentally and physically ready for the dive?
- If you become cold during the dive?
- If you become tired during the dive ?

Best Rescue

- Remember the best rescue is the one you did not have to make
- Because:
 - You planned your dive
 - You dove the plan
 - You used good diving practices

First Aid



Accident Prevention

- A good adage says “its better to prevent than to cure” and this is a great truth, especially when talking about diving.
- It is much better to make plans to avoid circumstances that can provoke an accident, than to try to solve its effects when it happens.

First Aid Courses

- We do not have time to give a first aid course
- Suggested Courses
 - Aquatic Emergency Care
 - First Aid Course
 - CPR
 - Specialist Courses e.g. ACUC Oxygen Provider

Accident Prevention

- Eating and Drinking Before Diving
 - Avoid gases foods
 - Avoid alcohol before diving
 - Hydrate yourself before diving
- Medications may respond differently at pressure
- Pre-Dive Review
- Dive Planning

Pre-Dive Review

- Know your own and your buddies equipment
- Plan the dive and dive the plan
- Review the hand signals
- Agree on Emergency Procedures
- Agree on Lost Buddy Procedure
- Agree on Out of Air Procedure

Emergency Numbers

- 0 - Will get an operator who will transfer you to the appropriate agency
- 911 – Will get emergency services or an operator
- DAN - 1-919-684-8111
- Moose Jaw Hyperbaric Chamber –
Moose Jaw Union Hospital – 306-694-1515

When calling for EMS

- Identify Yourself
- Give the exact location
- State you have a SCUBA DIVING ACCIDENT
- Give details of the injury

BASIC STEPS OF FIRST AID

- Do primary survey ABC
- Maintain breathing - Perform CPR
- Control bleeding
- Administer O² if trained
- Treat for shock
- Prevent possible complications
- Obtain medical assistance

Your Obligations

- Once you start giving CPR/AR you must continue
- When do you stop giving CPR/AR once you have started?
 - The victim starts breathing on their own
 - Someone relieves you
 - You are physically unable to continue

Symptoms of Shock

- Glazed Eyes
- Dilated Pupils
- Cold Clammy Pale Skin
- Weak Rapid Pulse
- Irregular Shallow Breathing

Barotrauma

What do you do for -

- Ear Squeeze
- Chest Squeeze

Treatment:

- If on Descent, ascend and try again slowly or abort the dive.
- If on Ascent, go slowly, stopping frequently

Air Embolism Problems

What should you do for –

- AGE – Arterial Gas Embolism
- Mediastinal Emphysema
- Subcutaneous Emphysema

Treatment:

Lay victim down, administer O², treat for shock, transport

Never recompress by taking the victim back under water as air and medical aid is limited.

Decompression Sickness Treatment

- Administer Pure Oxygen
- Get the injured diver to a recompression chamber ASAP
- The dive companion should **ALWAYS** accompany the victim - **WHY**
- Never attempt recompression in the WATER
- Call DAN - Divers Alert Network

Other Potential Problems

- Cramps
- Swimmers Ear
- Sunburn
- Sunstroke
- Hypothermia
- Frostbite
- Air Impurity
- Cardiac Arrest



Thank You

and

SAFE
DIVING