

# Chapter 41

All chapters, full text, free download, available at <http://www.divingmedicine.info>

# TRAINING & SAFETY CHECKLIST

## SAFETY INFORMATION AND BACKUP

- Diving manuals and library (see Appendix A).
- Diving medical and safety manuals and texts (see Appendix A).
- Diving medical organisations (see Appendix B & D).
- Medical Insurance — DAN has organised this for North Americans, world wide.

DAN.AP covers the area from the eastern Indian ocean to the western Pacific ocean

BSAC arranges insurance from the UK/Europe.

Most diving shops and organisations advise on the relevent local contacts.

## DIVER TRAINING

- Physical fitness – 200 metres unassisted swim in less than 5 minutes.
- Medical examination fitness for diving by a qualified diving physician.  
Includes pure tone audiogram and expiratory spirometry.
- Entry level diving certificate. Qualified by a diving instructor from a reputable training organisation.
- Advanced level training, specialty courses such as buoyancy training.
- Diving rescue and resuscitation training.
- Specialised courses for the specific diving environments (cave, deep, etc.).

## **DIVE PLAN**

- Boat operator's safety and equipment check.
- Dive plan — includes terrain information, navigation and emergency plan, maximum depth, air supply, ascent rate, safety and decompression stops.
- Basic diving equipment check and maintenance.
- Dive responsibility, documentation and buddy system.
- Diving rescue equipment — includes BC, emergency air supplies, alarm signals, etc
- Lost diver strategy, including EPIRB in open ocean.
- Diving rescue plan - includes boat / buoy / diver backups.
- First-Aid kit and resuscitation equipment. (See Chapters 39 and 40).
- Emergency contact numbers (local and elsewhere).

## **FOR DIVE OPERATORS**

- Register trip plan with local maritime or port authority
- Rescue and resuscitation equipment and training
- Onboard observer and recorder (diver in/out times)
- Communication system. Satellite phone, radio etc
- A good lawyer!

## **CHECK LIST FOR DIVING ACCIDENTS**

INFORMATION NEEDED if reporting a DIVING ACCIDENT.  
for both reporter and recipient

### Check List

- NAME of informant
- NAME AND AGE of victim
- TELEPHONE NUMBER to return call, or if disconnected
- Geographical LOCATION ( + any local RCCs)
- CASE HISTORY
  - Initial SYMPTOMS, including time of onset
  - Description of clinical symptoms + progress
  - Signs of illness
- NEGATIVE FINDINGS (symptoms that are NOT present)
- FIRST AID given (including oxygen, amount, method and time)
- DIVE DETAILS Profile, gases, deco, (+ recent dives)
- PERSONAL HISTORY
  - Diving
  - Illnesses – diving and general
  - Medications and surgery
- Any other persons injured
- First aid FACILITIES and/or medical personnel available on site
- Follow up ADVICE and ARRANGEMENTS
- Possibility of medevac

n.b You may think that you have read this before, in Chapter 39. You have. In emergencies, either chapter may be accessed.