DIVING SAFETY

SafeTips from the Naval Safety Command

Scuba and freediving can offer exciting underwater adventures, but safety is key. Follow these tips to minimize risks, stay safe and enhance your diving experience.

- Always test water depth before diving. If you are unable to see below the water surface, don't dive.
- Never dive into rivers or other moving bodies of water. Keep your arms extended above your head when diving.
- Don't drink and dive. Drinking before a dive entails a number of risks, including nitrogen narcosis, heat loss and impaired judgment that affects reaction time, attention span and visual tracking.
- Don't smoke before diving. It's advisable to abstain from smoking at least 12 hours before your dive.
- Get medically assessed before attempting a dive. Some medical conditions are not compatible with diving. Even a common cold or sinus infection can prevent you from going under safely.
- Double-check your gear. Whether you own your gear or rent it, always do a safety check. Inspect the gear for wear and tear; look for faulty zippers, cracked buckles, straps or frayed areas that could lead to leaks. Your regulator and tank should also be checked regularly.

Naval Safety Command
www.NavalSafetyCommand.Navy.mil