

10 Scuba Diving

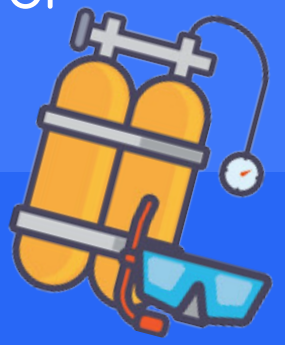
Safety Tips



1

Check Your Equipment

Before diving, ensure all your gear is in proper working condition. Inspect your regulator, buoyancy control device (BCD), mask, and fins for any damage or malfunctions.



2

Buddy System

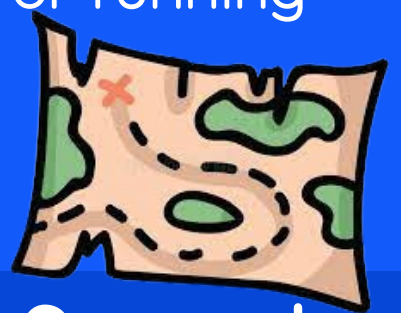
Always dive with a buddy. Keep an eye on each other throughout the dive and be ready to assist if needed.



3

Plan Your Dive

Create a dive plan outlining your depth, time underwater, and intended route. Stick to the plan to avoid getting lost or running out of air.



4

Monitor Your Air Supply

Keep track of your air gauge and plan to surface with enough air remaining for a safety stop. Ascend slowly and maintain proper buoyancy control.



5

Equalize Ears

Equalize your ears often, especially during descent, to prevent discomfort or injury. Descend slowly and stop if you experience any pain or pressure.



6

Stay Hydrated

Drink plenty of water before and after diving to stay hydrated. Dehydration can increase the risk of decompression sickness.



7

Be Mindful of Marine Life

Respect marine life and avoid touching or disturbing underwater creatures. Some species can be dangerous or easily stressed by human contact.



8

Know your limits

Dive within your training and experience level. Avoid diving in conditions beyond your skillset or comfort zone.



9

Emergency Procedures

Familiarize yourself with emergency procedures such as buoyant ascent, sharing air with your buddy, and signaling for help using dive flags or surface markers.

10

Post Dive Care

After diving, rest and rehydrate to minimize fatigue. Monitor yourself for any signs of decompression sickness or other diving-related illnesses.

