

DIVING EMERGENCY CARD



Serious symptoms

- Pain
- Serious skin trouble
- Vertigo
- Visual, hearing and/or speech trouble
- Serious exhaustion
- Paralysis
- Numbness
- Breathing trouble
- Any symptoms which appear when under water
- Decreased consciousness
- Unconsciousness
- Nausea

Mild symptoms

- Unusual tiredness
- Itching


Austrian Water Rescue Federation (ÖWR)

Current version on <http://lowr.at/TU>
Despite most exact inquiries, the ÖWR cannot assume liability.

No symptoms

... but clear disregarding of decompression rules or ascent speed

1. ● **Apnoea:**
→ start resuscitation (CPR, 30:2)
(100 % O₂, if possible)
- **Unconscious:**
→ recovery position
- **Conscious:**
→ supine position if possible
2. Admin. of 100 % oxygen instantly
3. Calm the patient

 **Emergency call:**
112 Europe / 911 USA, Canada

Contact responsible **decompression chamber:**

 _____ : + _____
_____ : + _____

For questions, consult **diver hotline** (24 h, free of charge):

 DAN-Hotline (Europe) + 39 06 4211 5685
 DAN-Hotline (America) + 1 919 684 9111
_____ : + _____

- Continue administration of 100 % oxygen
- If fully conscious, give water (0,5–1 L, free of alcohol and caffeine)
- Protect diver from cooling down or overheating
- Prepare landing place for helicopter if needed
- Fill out dive accident documentation and give to paramedics together with divers log and computer

1. Admin. of 100 % oxygen instantly
2. Calm the patient
3. Avoid unnecessary stress

1. Admin. of oxygen recommended
2. Give water (0,5–1 L, free of alcohol and caffeine)
3. Calm the patient
4. Avoid unnecessary stress
5. Observe for at least 24 h

Consult responsible decompression chamber / diving doctor
When symptoms get worse
see *mild / serious symptoms*

- **In-water recompression (IWR) not recommended** (only in complete absence of emergency infrastructure)!
- **All buddies** of the diver should undergo a medical check
- Even a correctly performed dive can lead to problems!
- Symptoms can appear **delayed** (> 24 h)!