

Plan your dive, dive your plan

Welcome to diving in Queensland. **Certified divers have an obligation to dive safely and responsibly** and to comply with the instructions provided during the dive briefing.

Your safety is important to us.

Pay particular attention to:

- dive site boundaries
- environmental conditions including expected marine life, depth, terrain, currents, and visibility
- location and roles of supervisory staff
- regularly monitoring breathing gas supply and the minimum content required for a safe ascent
- health and safety issues related to dive site entry and exit
- not diving to depths greater than to which you are trained or experienced
- emergency procedures such as recall, distress and rescue and the use of signalling devices
- diving in buddy teams

- completing a buddy safety check before the dive
- the health and safety risks from a build-up of nitrogen in the blood from multiple dives and ascents, or inadequate surface intervals
- the health and safety risks from nitrogen narcosis at depth and the need to ascend to shallower water if this occurs
- signing the dive safety log following return from the dive.

In addition divers should:

- be medically and physically fit to dive
- not dive if feeling unwell
- plan each dive conservatively and consistently using dive tables or a dive computer
- maintain adequate hydration before and after dives

- avoid diving to maximum no decompression limits
- ascend slowly
- do safety stops
- minimise exercise during and after diving
- maximise surface intervals
- be aware of current flying or altitude exposure standards after diving.

If intending to breath-hold while snorkelling, avoid hyperventilation and maintain buddy pairs with one buddy remaining on the surface observing the other while they dive.

Most importantly, have fun and dive safely.

**Diver Emergency Service
1800 088 200**

www.worksafe.qld.gov.au