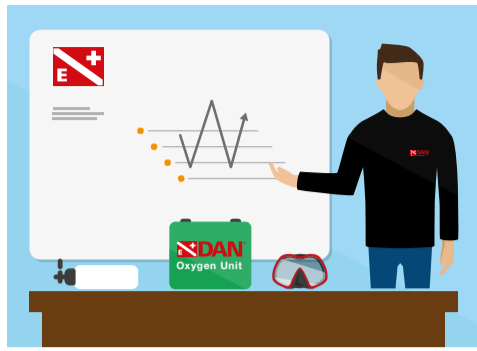


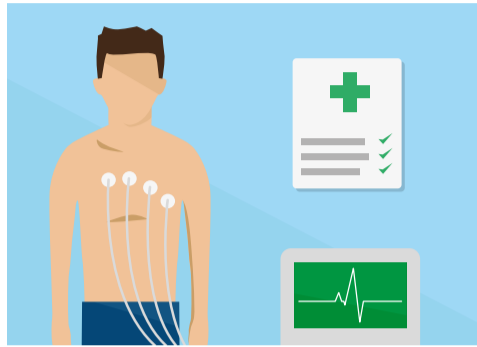
THE 10 SAFETY RULES

1



Attend diving courses, BLS, First Aid with Oxygen as well as upgrade courses with qualified instructors.

2



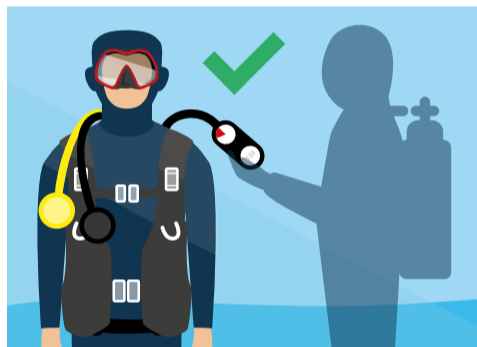
Undergo annual diving medical examinations (even after illness and injury or if you need to take medication).

3



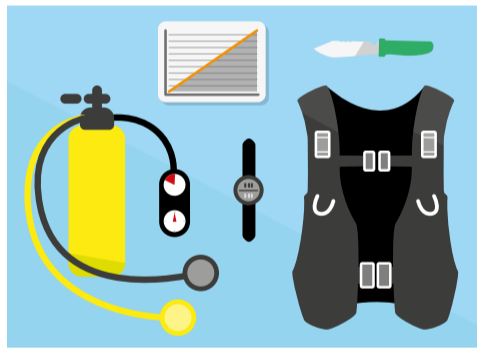
Stay hydrated by drinking water regularly. Avoid alcohol and heavy exercise, before and after the dive.

4



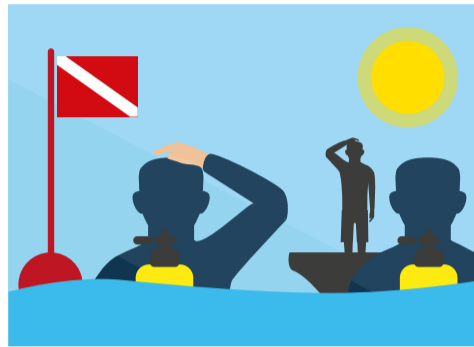
Always check the good and proper working condition of all the equipment, yours and your partner's. Make sure it is adequate for the planned dive.

5



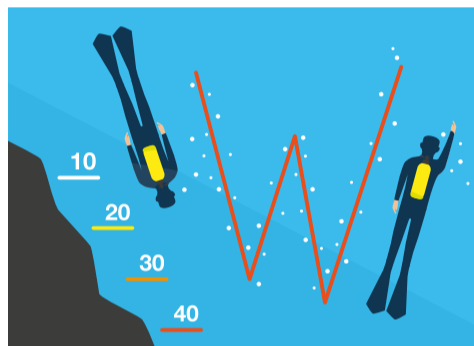
Wear a BC, double regulator, pressure gauge and knife; even if you use a computer, bring a depth gauge, watch and tables.

6



Always dive in favourable weather-sea conditions, with a buddy and always with adequate surface support. Use a surface marker buoy.

7



Dive within your certified training limits. Avoid "yo-yo" profiles and never hold your breath while ascending.

8



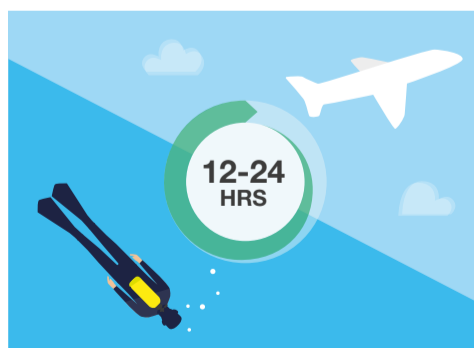
Ascend 9-10 meters per minute, using the most current decompression models and favour greater "conservative" levels.

9



In case of suspected DCI, immediately administer 100% oxygen with a suitable regulator, and for the necessary time. Do not attempt in-water recompression procedures. Call DAN!

10



Before flying, follow DAN recommendations: at least 12 hours after a single dive and at least 24 hours after repetitive dives and/or deco diving.

IMPORTANT

Ensure that first aid materials are readily available together with an adequate oxygen kit (such as the DAN Oxygen kit).

The onset of symptoms (even delayed) after a dive, requires immediate activation of specialized care. Call DAN!

In case of emergency, remember that only DAN members have access to the best worldwide care.