

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

- complete 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
- sign 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