# PREPARE FOR A SAFE BOAT TRIP

**Before You Go:**

File a FLOAT PLAN with a responsible person who will miss you if you do not return as scheduled. Include:

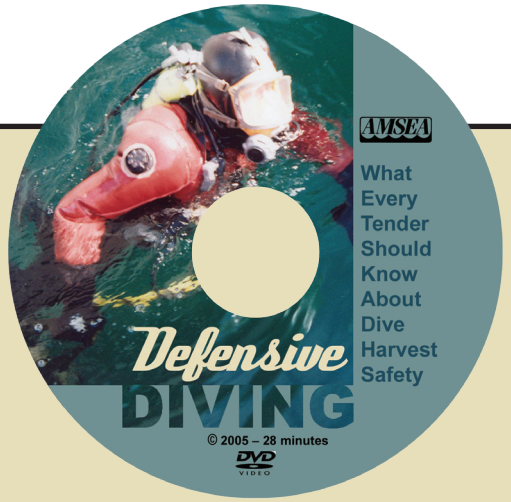
- Who is going
- Where you are going
- What route you will take
- What survival equipment you have
- When you will return

Check the WEATHER.

Dress warmly and carry enough supplies to spend an unexpected night on the beach.

Make sure all onboard wear personal flotation devices (PFDs).

Do not overload the boat.




**Defensive Diving: What Every Tender Should Know about Dive Harvest Safety** introduces dive tenders to vessel safety, basic dive operations and dive emergencies.

This 28-minute DVD, produced in 2005, is available for purchase for $20.00 from AMSEA.

# KNOW WHO TO CALL IN AN EMERGENCY

## Everyone Onboard Should Know How To Make An Emergency Distress Call

**To contact the U.S. Coast Guard:**

- **Call on VHF channel 16**

**Tell them:**

- **Vessel name and description**
- **Your location**
- **The problem**
- **Number of people onboard**

## Hyperbaric Chambers Located in Alaska Hospitals

Bartlett Regional Hospital – Juneau
907-586-2611

Alaska Regional Hospital – Anchorage
907-276-1131

# SAFETY TRAINING & INFORMATION

**Alaska Marine Safety Education Association**
907-747-3287 or www.amsea.org

**Southeast Alaska Regional Dive Fisheries Association**
907-874-3110 or www.sardfa.org

**Divers Alert Network**
800-446-2671 or www.diversalertnetwork.org

**State of Alaska – Dive Emergency Guidelines**
907-465-3027 or
www.ems.alaska.gov/ems/Downloads/

# RESPONDING TO DIVE EMERGENCIES

# IN ALASKA

PRODUCED BY

AMSEA
Alaska Marine Safety Education Association

# DIVING IN ALASKA IS CHALLENGING

**Alaska's cold, harsh conditions and remote dive locations present many challenges. Careful planning and preparation enable divers to meet these challenges and enjoy the natural beauty and abundant resources beneath Alaska's waters.**

## THINGS TO REMEMBER WHEN DIVING IN ALASKA

- Dry suits or extra thick wet suits are required for thermal protection.
- Cold water increases the body's demand for air.
- NAUI tables recommend using the next greater bottom time when diving in cold water.
- PADI tables recommend adding 4 meters to depth calculations when diving in cold water.
- Remote locations mean help may be hours away. At least two individuals on each dive trip should be trained in CPR, oxygen delivery and first aid.
- Oxygen should be available on board every dive vessel.
- Never dive under a boat to clear a net or line without the engine secured and a back-up diver ready to assist.

# EMERGENCY GUIDELINES

Dive emergencies such as moderate or severe hypothermia, air emboli, decompression sickness and air impurity can quickly become life-threatening without proper treatment. Emergency response begins with recognizing the symptoms associated with these conditions and providing the necessary on-scene treatment.

## MODERATE OR SEVERE HYPOTHERMIA

### Signs/Symptoms

A person feels cold AND exhibits any ONE of the following symptoms:

- Altered level of consciousness
- Slurred speech, staggering gait
- Decreased mental skills, not responsive to verbal or physical stimuli
- Depressed breathing or pulse
- Body core temperature less than 90°F
- No shivering (This sign may be unreliable and altered due to alcohol intoxication)

### On-Scene Treatment

- Call for immediate help and medical advice
- Treat gently
- Remove wet clothes
- Provide skin-to-skin rewarming or place heat packs on patient's neck, sides, armpits and groin
- DO NOT give food or water
- DO NOT provide a hot shower or bath

## DIVE EMERGENCIES

### Signs/Symptoms

A person has been diving in the past 24 hours and exhibits one or more of the following symptoms:

- Sharp pain
- Numbness
- Paralysis of extremities
- Rash, itching
- Nausea, headaches
- Frothy red blood in the mouth
- Difficulty breathing
- Uneven chest movement
- Dizziness

### On-Scene Treatment

- Call for immediate help and medical advice
- Administer oxygen – high flow, high concentration
- Keep victim warm
- Start CPR, if necessary
- Monitor closely, noting changes in level of consciousness and/or paralysis
- Transport dive gear, dive computer and logs to treatment facility with patient

The above is a summary of State of Alaska emergency guidelines and should not be relied upon as a replacement for the actual guidelines. The complete guidelines are available at 907-465-3027 or www.ems.alaska.gov/ems/Downloads/

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