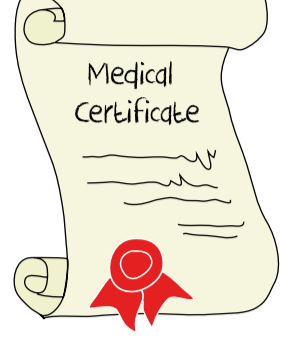


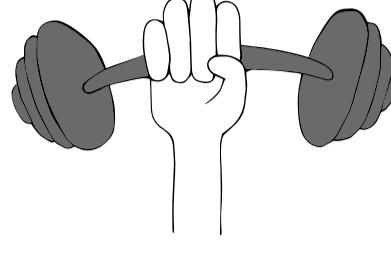
7 mistakes divers make & how to avoid them

1. Neglecting health and fitness

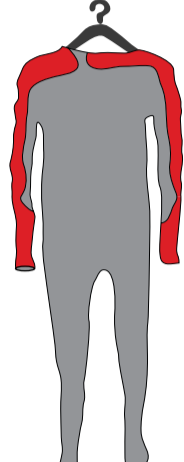


Make sure you are medically fit to dive

Stay fit and healthy



2. Neglecting proper gear maintenance

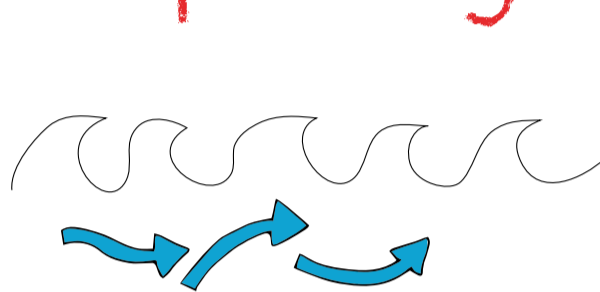
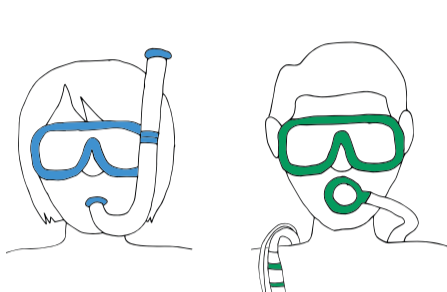


Rinse and dry your equipment after each trip

Service regularly, replace parts and monitor for wear and tear



3. Insufficient dive planning



Buddies must discuss:

- maximum depth and bottom time
- minimum air supply to terminate the dive
- contingency plan
- hand signals
- pre-dive equipment test

Check currents, boat traffic, environmental health concerns and surface support



Create an emergency action plan

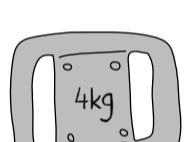
Tell someone - who is not joining your dive trip - what your dive plan is



4. Lack of buoyancy control

Avoid barotrauma, uncontrolled ascents, marine life injuries, increased air consumption and more by:

Calculating weight requirements (environment, cylinder size, exposure suit)



Pre-dive buoyancy checks

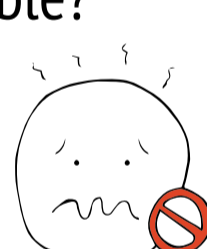


5. Diving beyond your training

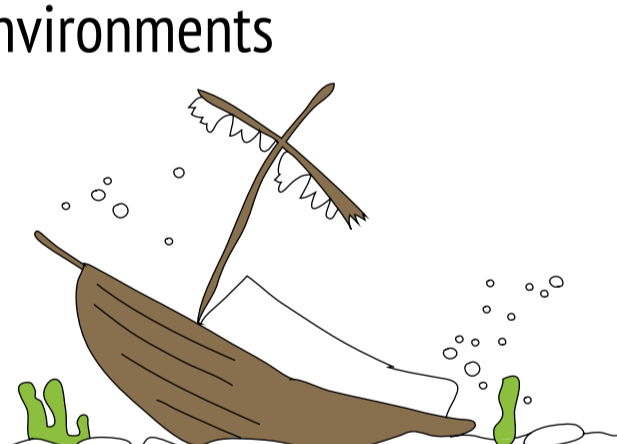
Dive within your diving abilities as per your training



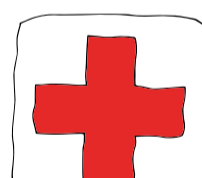
Not comfortable? Don't dive!



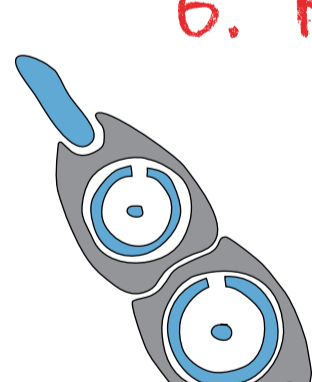
Seek training for new environments



Take a first aid course in case of an emergency

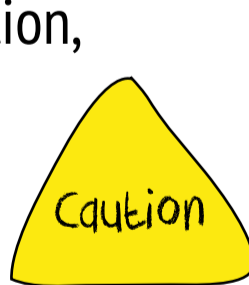


6. Running out of air



Monitor air supply

Beware that exertion, depth and stress affects your air consumption

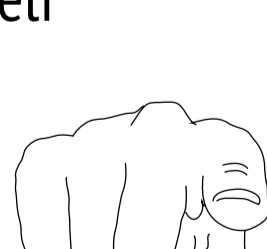


7. Not taking personal responsibility

Know your limits



Don't rely on others' experience. Be responsible for yourself



It's okay to call off a dive any time



DIVE SAFETY STARTS WITH YOU!

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