Dangers of doing diving

The last 10 years diving has become very popular, both abroad and at home. But diving is not without its dangers. It is vital to attend a recognized diving school for training, and subsequently make sure that you keep your skills updated.

Diving has to be planned and carried out in a responsible manner, making sure that all equipment and relevant documents are at hand and any incident should take place. Finally, it is important to know the signal of decompression sickness and to be able to give first aid to the diver who has been affected. Before doing dives, make sure that you are trained in resuscitation. Diving is an activity that resembles a sport or in some cases a way of life. If you are really interested in diving then you should be prepared to take care of yourself.

What is decompression sickness?

Decompression sickness.

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