

SCUBA BASIC LESSON 3

	Cause	Physiological Explanation	Symptom	Treatment & Prevention
Hyperventilation	Flushing CO ₂ from system (deep breathing)	CO ₂ levels drop to extreme limit taking it longer to reach the trigger point level. At same time excessive drop in O ₂ could cause unconsciousness	Rapid shallow breaths, dizziness, light headedness	Amin. O ₂ , Rescue breathing & 1 st aid. Limit number of deep breaths to 5-6 prior to breath hold dive.
CO₂ Excess	Allowing CO ₂ to build up to excess by fighting thru trigger point, re-breathing your exhale air over and over or skip breathing on SCUBA.	CO ₂ builds up to danger point of losing consciousness	Intense need to breathe, rapid breathing, and uncontrolled breathing.	Amin. O ₂ , Rescue breathing & 1 st aid. Know your limitations (breath normally on SCUBA): do not use re-breathers w/o proper training. Do not use excessively long snorkels.

Breath Hold Diving

