

SCUBA BASIC LESSON 5

Underwater communications:	Standard hand signals:	Basic safety rules:
<p>1. Visual signals: Hand signals Underwater slate Surface flags Lights</p> <p>2. Audible signals: Tank rapping (metal on metal) Recall alarm Clapping</p> <p>3. Tactile signals: Squeezing Tapping Line pulls</p>	<ol style="list-style-type: none"> 1. OK (surface & underwater) 2. Me, or watch me. 3. Hover off, this depth 4. Stop, hold it, stay here 5. Something is wrong 6. Ears not clearing 7. Going up 8. Going down 9. Low on air 10. Out of air 11. Buddy breath or share air 12. Distress, help (on surface) 13. Get with your buddy 14. Show me your SPG 15. Yes & no 16. Look 17. What time? What depth? 18. I don't understand 19. Blow bubbles (when off SCUBA) 20. Assume the position 21. You-all 22. You demonstrate 23. Come here @\$#@!* 	<ol style="list-style-type: none"> 1. Breathe normally¹ 2. Never hold breath¹ 3. Exhale when off SCUBA¹ 4. Equalize early and often (ears & mask)² 5. Proper descent rate < 75' per minute² 6. Proper ascent rate < 1/2 foot per second³ <p>Note:</p> <p>¹ helps prevent CO₂ Excess and/or over expansion injuries</p> <p>² helps prevent squeezes and/or blocks</p> <p>³ helps prevent DCS and/or over expansion injuries</p>