

# **DIVING EMERGENCY CARD**

Look for any unusual or unexplained sensations occurring after SCUBA diving including

**Joint aches and pains**  
**Numbness or tingling**  
**Mottling or marbling of skin**  
**Coughing spasms**  
**Shortness of breath**  
**Itching**  
**Loss of coordination**

**Unusual fatigue**  
**Dizziness**  
**Weakness**  
**Personality changes**  
**Loss of bowel/bladder**  
**Staggering, tremors**  
**Paralysis**  
**Loss of consciousness**

Any of these may indicate decompression sickness. Recompression therapy may be necessary! Delays in receiving treatment can result in permanent injury or death. For further information, call 098-911-1911

# **EMERGENCY FIRST RESPONDER CARE**

- 1. Call Emergency Services immediately:**

**ON BASE 098-911-1911 (Marine Corps Bases)**

**ON BASE 098-934-5911 (Kadena, Okuma, Shields, Torii)**

**OFF BASE CALL 119**

**JAPANESE COAST GUARD 118**

- 2. Basic life support and CPR (if necessary and trained)**
- 3. Administer 100% Oxygen (If trained and available)**
- 4. Keep patient warm**
- 5. Give fluids by mouth if conscious**
- 6. Take detailed history and try to evaluate and record the diver's neurological status**
- 7. Place on back or on left side and minimize patient movement**