Diving - “Act or effect of diving (..) of jumping (..) into the water (..) from different heights and in varied positions.”(1)

In the last 3 years, the Vertebral and Spinal Cord Injuries Unit registered a total of 32 cases of victims of diving accidents. Of these 34% had spinal cord injuries, 97% were male, and mainly young adults..

What can happen when you dive?

The individual is, most of the times, face down in the water and incapable of moving. Those who are nearby don't realize what has happened; help is usually in a pre-drowning stage.

The neck “bends” abruptly which can cause a lesion in your spinal cord, with loss of mobility and sensitivity of arms and legs and/or cardiopulmonary arrest.

Don’t Forget…

- Don’t dive in unfamiliar places.
- Don’t dive if the water’s depth is less than twice your height.
- Don’t drink alcoholic beverages if you are going to dive.
- Don’t play or don’t allow people to play when you are swimming or diving.

Dive Safely!
Don’t Take a Dive Into Physical Disability!

Bibliography: (1) Dicionário Houaiss da Língua Portuguesa, 2003, Tomo XII, pág. 5439.
(3) Jones, H. Royden - Neurologia de Netter, Porto Alegre: Artmed, 2006, pág. 688

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