DON'T FORGET

- 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 dive in unfamiliar places;
- Don't play or don't allow people to play while you are swimming or diving;
- When you dive in shallow waters, bring your hands close together with arms stretched, in order to protect your head and neck.

Have Fun...

Dive Safely!

Don't take a Dive into Physical Disability!

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A hot sunny day...
Let’s take a dive?...
And why not?

Did you know that a simple dive in shallow waters (sea/swimming-pool/river) can injure your vertebral spine and your spinal cord and “bind” you to a wheelchair?

Studies indicate that the main victims are the male population, especially young adults.

When you dive you may not be aware of the real depth of the water and/or of the presence of obstacles that you may find in it.

The most common type of injury is in the cervical spine, and it results from the impact of the head on the bottom of the sea/river/swimming-pool, or on any obstacle that lies there, causing the head and neck to receive the weight of the rest of the body.

Consequently, the neck is forced to “bend” abruptly and this, not only may lead to bone fracture but it may injure the spinal cord and cause loss of mobility and sensitivity of both arms and legs and/or cardiopulmonary arrest.

The type of injury depends on several factors, such as:

- The person’s weight/height;
- The angle of entrance in the water;
- The height of the place from which the person dives;
- The water’s resistance;
- The position of the head at the moment of the impact.

Furthermore, the victim with this kind of injury is, usually, face down in the water and incapable of moving.

Those who are nearby, most of the times, don’t realize what has happened and rescue the victim in a pre-drowning stage.