# 潛水安全提示
# DIVING SAFETY REMINDER

香港潛水總會

潛水安全及意外及事故調查委員會委員

潛水員
**Divers**

水下環境
**Environment**

# 水下環境對潛水員的影響
## IMPACTS TO DIVER

- 呼吸 Respiration
- 壓力 Pressure
- 水流 Current
- 温度 Temperature
- 視野 Visibility
- 活動能力 Mobility
- 危險生物 Dangerous Animals

# 進入水世界
## ENTRY TO THE AQUATIC WORLD

**須具備 Requirement**

- 知識 Knowledge
- 儀器 Equipment
- 經驗 Experience
- 健康 Health

# 準備
## GET READY

- 裝備齊全 Equipment
- 檢查裝備 Pre-dive check
- 潛區簡報 Dive site briefing
- 個人限制 Do not exceed limits
- 安全守則 Safety rules

# 潛前準備
## PRE DIVE

- 遵守組長指引 Listen for diving guidance
- 潛伴安排 Buddy arrangement
- 儀器及氣體檢查 Equipment check including air
- 潛水電腦 Dive computer
- 確定有水上支援 Ensure there is a “Cover-Boat”
- 確定船上有充足急救器材

  Ensure the sufficiency of first-aid facilities

# 潛水中
# IN WATER

- 經常檢查深度、氣壓及時間

  Check depth, Pressure gauge and time

- 不可超越最大個人限制

  Don’t exceed your limit

- 留意危險生物

  Aware of dangerous animals

- 潛伴制度

  Stay with buddy

升水速度慢於1分鐘 9米

5米安全停留3分鐘

不應達至須做減壓停留

# 出水後
## OUT OF WATER

- 留意身體健康狀況　Aware of physical situation
- 爭取休息　Take a good rest
- 多喝水　Drink more water
- 減少煙酒　Limited drink & smoke
- 上機前24小時內不應潛水

  No Diving 24 hours before departure

# 注意事項
# NOTES

# 攜帶適當儀器
## Bring Appropriate Equipment

- 潛水訓練
  Training
- 休閒活動
  Fun
- 研究工作
  Research

# 潛伴
## BUDDY

- 資歷及經驗
  Diver level & experience
- 保持潛伴制度
  Buddy system
- 潛伴失散
  Buddy separated

# 香港危險生物
# DANGEROUS ANIMALS IN HONG KONG

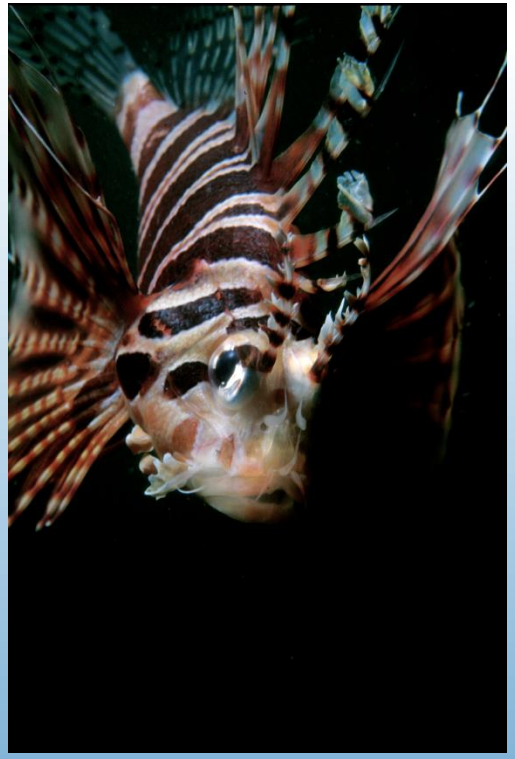
| | |
|---|---|
| • 芋螺 | Cone Shells |
| • 藍圈八爪魚 | Blue-Ring Octopus |
| • 蠍子魚、獅子魚、石頭魚 | Scorpion Fish, Lionfish & Stonefish |
| • 鯊魚 | Sharks |
| • 海膽類 | Sea Urchins |
| • 水母 | Jellyfish |
| • 海蛇 | Sea Snake |
| • 毛足蟲 | Bristle Worm |
| • 魟魚 | Stingray |

# 危險生物
# DANGEROUS ANIMALS

芋螺
Cone Shells

藍圈八爪魚
Blue-Ring Octopus

# 危險生物
## DANGEROUS ANIMALS



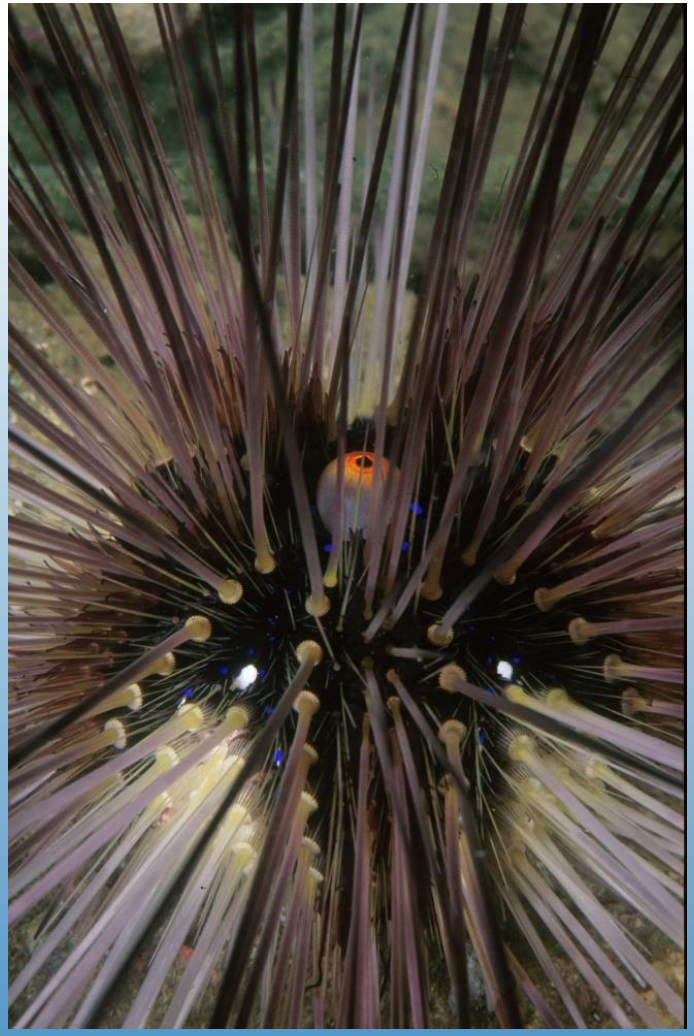
蠍子魚、獅子魚、石頭魚
Scorpion Fish, Lionfish & Stonefish

# 危險生物
# DANGEROUS ANIMALS

鯊魚
Sharks

# 危險生物
# DANGEROUS ANIMALS

海膽類
Sea Urchins



# 危險生物
# DANGEROUS ANIMALS

水母
Jellyfish

# 危險生物
# DANGEROUS ANIMALS

海蛇
Sea Snake

毛足蟲
Bristle Worm

# 危險生物
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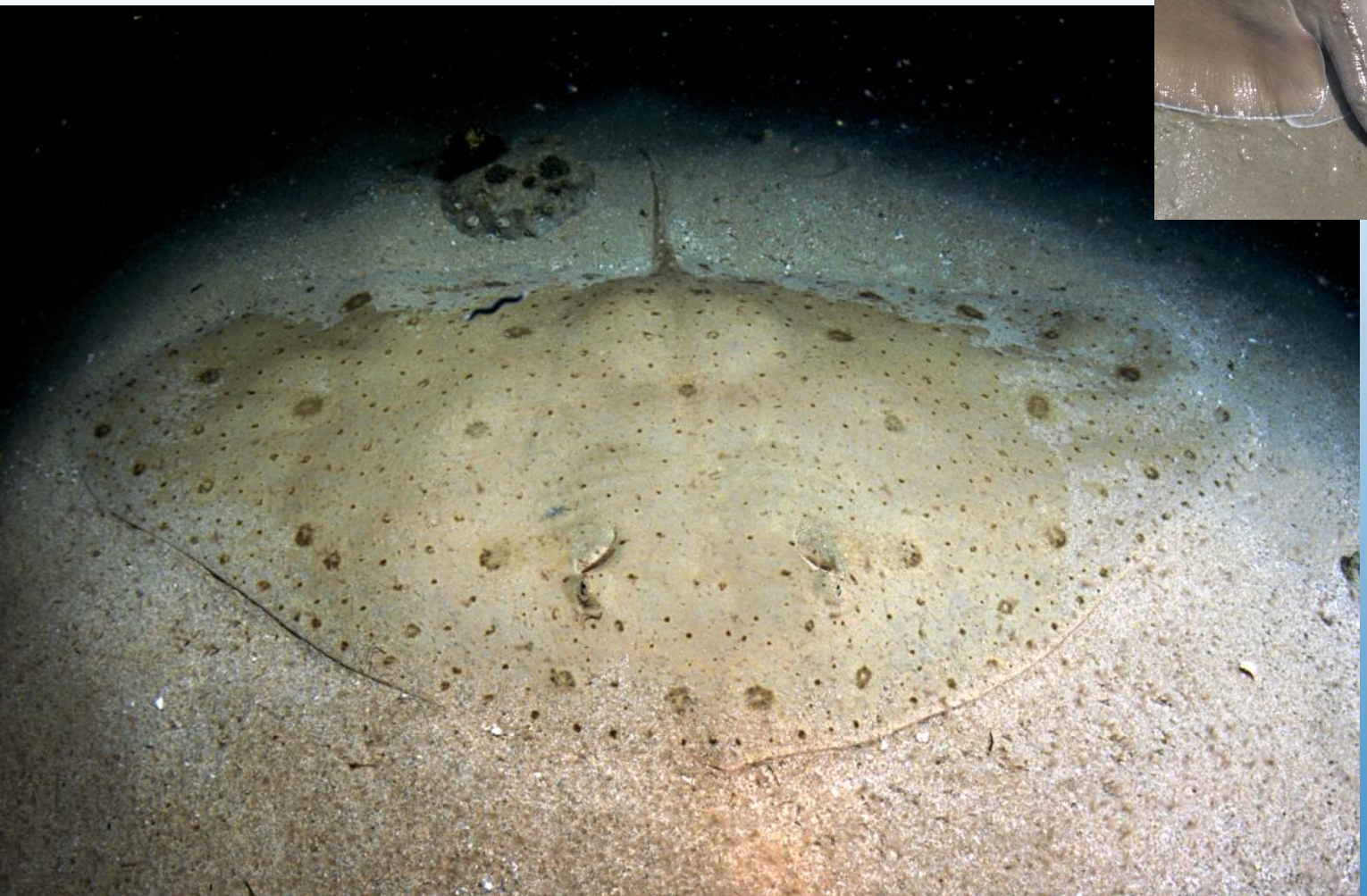


魟魚
Stingray

# 危險生物
## DANGEROUS ANIMALS

眼看手勿動

不要餵食或吸引海底生物

絕不要追捕或騷擾生物

# 注意事項
# NOTES

## 潛水事故的應變計劃
## Contingency plans for emergency

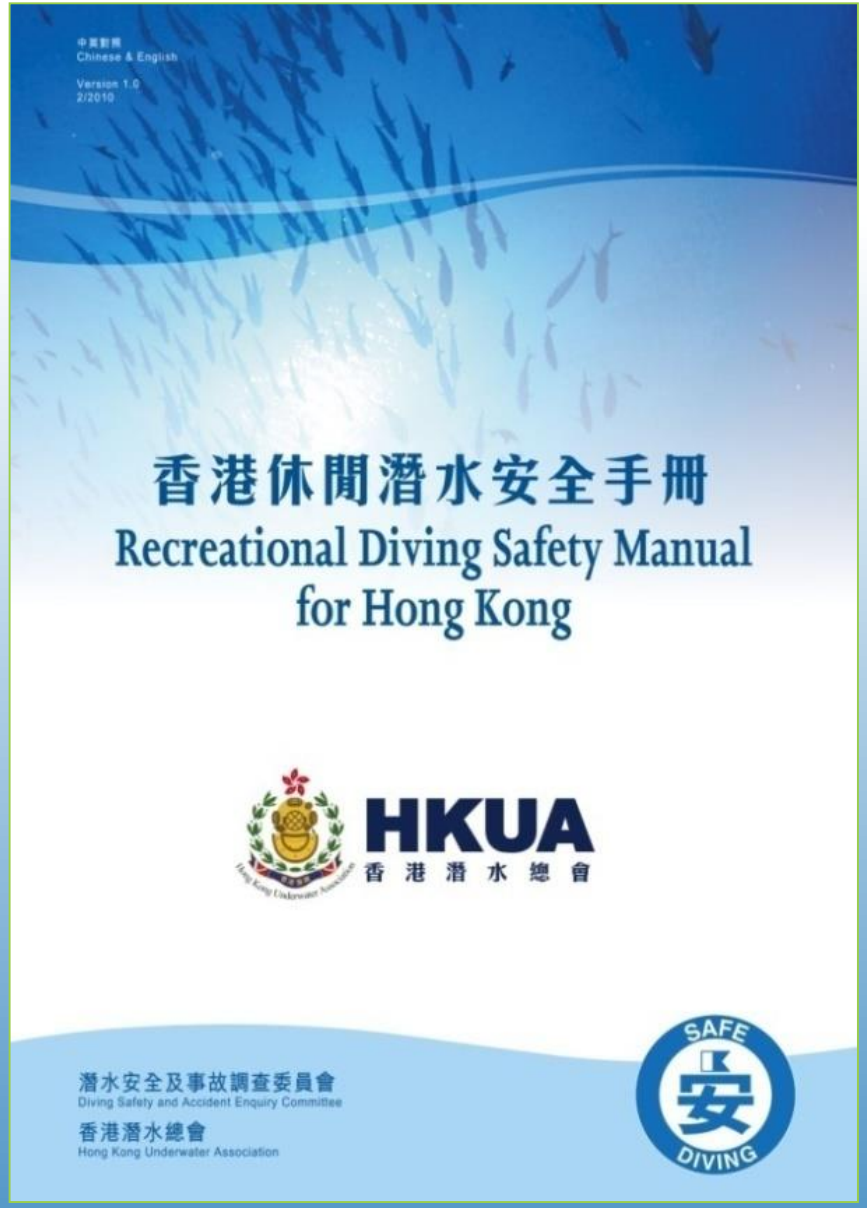
- 緊急求助電話
  Telephone numbers for emergency
- 潛水意外緊急運送及處理方法
  Emergency transportation procedure and first aid
- 失蹤潛水員緊急處理方法
  Missing diver recovery procedure
- 每一名參與活動的人士對應變計劃了解並同意遵守
  Participants must understand and comply with all emergency procedures

良好浮力控制

避免接觸海洋生物及海床

# 潛水安全的保證

## Guarantee diving safety




# 本地潛水安全指引

***Recreational Diving***

***Safety Manual***

***for Hong Kong***

香港潛水總會

www.hkua.org.hk

Everybody

**“Happy & Safe Diving”**