

I'm not robot!

A scuba diver in a dry suit, with a wide range of hazards, risks are largely controlled by appropriate diving skills, training, types of equipment, and breathing gases depending on the mode, depth and purpose of diving. It remains a relatively safe activity. Professional diving is usually regulated by occupational health and safety legislation, while recreational diving may be entirely unregulated. Diving activities are restricted to maximum depths of about 40 metres (130 ft) for recreational scuba diving, 530 metres (1,740 ft) for commercial saturation diving, and 610 metres (2,000 ft) wearing atmospheric suits. Diving is also restricted to conditions which are not excessively hazardous, though the level of risk acceptable can vary, and fatal incidents may occur. Recreational diving (sometimes called sport diving or subaquatics) is a popular leisure activity. Technical diving is a form of recreational diving under more challenging conditions. Professional diving (commercial diving, diving for research purposes, or for financial gain) involves working underwater. Public safety diving is the underwater work done by law enforcement, fire rescue, and underwater search and recovery dive teams. Military diving includes combat diving, clearance diving and ships husbandry. Deep sea diving is underwater diving, usually with surface-supplied equipment, and often refers to the use of standard diving dress with the traditional copper helmet. Hard hat diving is any form of diving with a helmet, including the standard copper helmet, and other forms of free-flow and lightweight demand helmets. The history of breath-hold diving goes back at least to classical times, and there is evidence of prehistoric hunting and gathering of seafoods that may have involved underwater swimming. Technical advances allowing the provision of breathing gas to a diver underwater at ambient pressure are recent, and self-contained breathing systems developed at an accelerated rate following the Second World War. Physiological constraints on diving Main article: Human physiology of underwater diving Immersion in water and exposure to cold water and high pressure have physiological effects on the diver which limit the depths and duration possible in ambient pressure diving. Breath-hold endurance is a severe limitation, and breathing at high ambient pressure adds further physiological complications. Both direct and indirect Technological solutions have been developed which can greatly extend depth and duration of human ambient pressure dives, and allow underwater [1] Immersion: Main article: Diving reflex Immersion of the human body in water affects the circulation, renal system, fluid balance, and breathing, because the external hydrostatic pressure of the water provides support against the internal hydrostatic pressure of the blood. This causes a blood shift from the extravascular tissues of the limbs into the chest cavity.[2] and fluid losses known as immersion diuresis compensate for the blood shift in hydrated subjects soon after immersion.[3][2] Hydrostatic pressure on the body from head-out immersion causes negative pressure breathing which contributes to the blood shift.[3] The blood shift causes an increased respiratory and cardiac workload. Stroke volume is not greatly affected by immersion or variation in ambient pressure, but slowed heartbeat reduces the overall cardiac output, particularly because of the diving reflex in breath-hold diving.[2] Lung volume decreases in the upright position, owing to cranial displacement of the abdomen from hydrostatic pressure, and resistance to air flow in the airways increases because of the decrease in lung volume.[3] There appears to be a connection between pulmonary edema and increased pulmonary blood flow and pressure, which results in capillary engorgement. This may occur during higher intensity exercise while immersed or submerged.[2] The diving reflex is a response to immersion that overrides the basic homeostatic reflexes.[4][5] It optimises respiration by preferentially distributing oxygen stores to the heart and brain, which allows extended periods underwater. It is exhibited strongly in aquatic mammals (seals,[6] otters, dolphins and muskrats)[7] and also exists in other mammals, including humans. Diving birds, such as penguins, have a similar diving reflex.[4] The diving reflex is triggered by chilling the face and holding the breath.[4][8] The cardiovascular system constricts peripheral blood vessels, slows the pulse rate, redirects blood to the vital organs to conserve oxygen,[7] and allows red blood cells stored in the spleen, and, in humans, causes heart rhythm irregularities.[4] Aquatic mammals have evolved physiological adaptations to conserve oxygen during immersion, but apnea, slowed pulse, and vasoconstriction are shared with terrestrial mammals.Exposure: Cold shock response is the physiological response of organisms to cold, especially cold water, and is a common cause of death from immersion in very cold water, such as by falling through ice. The immediate effect of cold causes vasoconstriction, which if underwater can result in drowning. The cold water can also cause heart attack due to vasoconstriction.[10] the heart has to work harder to pump the same volume of blood throughout the body, and for people with heart disease, this additional workload can cause the heart to go into arrest. A person who survives the initial minute after falling into cold water can survive for at least thirty minutes provided they do not drown. The ability to stay afloat declines substantially after about ten minutes as the chilled muscles lose strength and co-ordination.[9] Hypothermia is reduced body temperature that happens when a body loses more heat than it generates.[11] Hypothermia is a major limitation to swimming or diving in cold water.[12] The reduction in finger dexterity due to pain or numbness decreases general safety and work capacity, which in turn increases the risk of other injuries.[12][13] Body heat is lost much more quickly in water than in air, so water temperatures that would be tolerable as outdoor air temperatures can lead to hypothermia, which may lead to death from other causes in inadequately protected divers.[12] Breath-hold limitations Breath-hold diving by an air-breathing animal is limited to the physiological capacity to form the dive on the oxygen available until it returns to a source of fresh breathing gas, usually the air at the surface. As this internal oxygen supply reduces, the animal experiences an increasing urge to breathe caused by build up of carbon dioxide and lactate in the blood.[14] followed by loss of consciousness due to central nervous system hypoxia. If this occurs underwater, it will drown.[15] Blackouts in freediving can occur when the breath is held long enough for neuromuscular activity to be impaired, the animal experiences an increasing urge to breathe caused by build up of carbon dioxide and lactate in the blood, or by hypoxia, or by hyperoxia, or by a combination of these factors. The latter two occur when the animal breathes a gas with a higher oxygen content than the air, or by hyperventilating before the dive. Both effects are shared with the five (Bohr) effects. They also suppress the urge to breathe, making it easier to hold the breath to the point of blackout. They are caused by a drop in oxygen partial pressure as ambient pressure is reduced. The partial pressure of oxygen at depth may not be sufficient to maintain consciousness at that depth and not at the reduced pressures nearer the surface.[15][17][18] Ambient pressure changes Mild barotrauma to a diver caused by mask squeeze Barotrauma, an example of dysbarism, is physical damage to body tissues caused by a difference in pressure between a gas space inside, or in contact with the body, and the surrounding gas or fluid.[19] It typically occurs when the organism is exposed to a large change in ambient pressure, such as when a diver ascends or descends. When diving, the pressure differences which cause the barotrauma are changes in hydrostatic pressure.[20] The initial damage is usually due to over-stretching the tissues in tension or shear, either directly by expansion of the gas in the closed space, or by pressure difference hydrostatically transmitted through the tissue.[19] Barotrauma generally manifests as sinus or middle ear effects, DCS, lung over-expansion injuries, and injuries resulting from external squeezes.[19] Barotraumas of descent are caused by preventing the free change of volume of the gas in a closed space in contact with the diver, resulting in a pressure difference between the tissues and the gas space, and the unbalance force due to this pressure difference causes deformation of the tissues resulting in cell rupture.[19] Barotraumas of ascent are also caused when the free change of volume of the gas in a closed space in contact with the diver is prevented. In this case the pressure difference causes a resultant tension in the surrounding tissues which exceeds their tensile strength. Besides tissue rupture, the overpressure may cause ingress of gases into the adjoining tissues and further afield by bubble transport through the circulatory system.

Equipment, safety, emergency self-help and rescue procedures, dive planning and dive tables are used to communicate underwater. Professional divers will also learn the methods of communication.[24][135] An entry level diver must learn the technique of breathing underwater through a demand regulator. The medical aspects of diving See also: Diving sickness, Barotrauma, Nitrogen narcosis, and Oxygen toxicity. The medical aspects of diving and hyperbaric exposure include examination of divers to establish medical fitness to dive, diagnosis and treatment of diving disorders, treatment by recompression and hyperbaric oxygen therapy, and the effects of diving on the eye. It is still debated, and indicates the need for more research, whether the effects of diving are cumulative or not. 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Comex Hydra 8 experimental dives reached a record open water depth of 534 metres (1,752 ft) in 1988.[122] Atmospheric pressure diving suits are mainly constrained by the technology of the articulation seals, and a US Navy diver has dived to 610 metres (2,000 ft) in one.[123][124] Dive sites The Blue Hole in Dahab, Egypt, a world-renowned recreational dive site Main article: Recreational dive sites The common term for a place at which one may dive is a dive site. As a general rule, professional diving is done where the work needs to be done, and recreational diving is done where conditions are suitable. There are many recorded and publicised recreational dive sites which are known for their convenience, points of interest, and frequently favourable conditions. 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is even less clear, as most freedivers have no qualification registered anywhere.[179] The Diving Equipment and Marketing Association (DEMA) estimate from 2.5 to 3.5 million active scuba divers in the US and up to 6 million worldwide, about 11 million snorkelers in the US, and about 20 million snorkelers worldwide.[180] The Sports and Fitness Industry Association (SFIA) reported 2,351,000 million casual participants, and 823,000 core participants in 2019, also the US Divers Alert Network (DAN), reported 2019 membership numbers worldwide: DAN US/Canada, 274,708; DAN Europe, 123,680; DAN Japan, 18,137; DAN World Asia-Pacific, 12,163; DAN World Latin America/Brazil, 8,008; DAN South Africa, 5,894.[179] The active US scuba diving population could be fewer than 1,000,000, possibly as low as 300,000, depending on the definition of active. Numbers outside the US are less clear.[179] This may be compared with PADI worldwide statistics for 2021, in which they claim to have issued more than 28 million diver certifications since 1967.[181] Entry of non-divers through certification courses also provides an indicator of numbers, though there is no record of whether a diver remains active after certification unless further training is registered. Three training and certification agencies – Professional Association of Diving Instructors (PADI), Scuba Diving International (SDI), and Scuba Schools International (SSI) reported a combined average of 22,325 entry-level certifications per quarter. Estimating the number of active scuba instructors in the US and internationally is also difficult. Over 300 individual certifying agencies train and certify divers, dive leaders, and instructors, but there are also an unknown number of instructors who are registered with more than one agency. PADI reported 137,000 professional members (instructors and divemasters) worldwide in 2019. On the assumption that PADI represents 70% of the market share, the number of instructors globally may be about 195,000.[179] The American Academy of Underwater Sciences (AAUS) reports 4,500 divers at 150 organisational member scientific diving programmes (2020), and the Centers for Disease Control and Prevention (CDC) and Bureau of Labor Statistics reported 3,380 commercial divers in the US (2018). The number of active public safety divers in the US is also uncertain, but estimated to be between 3,000 and 5,000 in 2019.[179] Environmental impact A diver at work on hull maintenance See also: Environmental impact of recreational diving The environmental impact of recreational diving is the effects of diving tourism on the marine environment. Usually these are considered to be adverse effects, and include damage to reef organisms by incompetent and ignorant divers, but there may also be positive effects as the environment is recognised by the local communities to be worth more in good condition than degraded by inappropriate use, which encourages conservation efforts. During the 20th century recreational scuba diving was considered to have generally low environmental impact, and was consequently one of the activities permitted in most marine protected areas. Since the 1970s diving has changed from an elite activity to a more accessible recreation marketed to a very wide demographic. To some extent better equipment has been substituted for more rigorous training, and the reduction in perceived risk has shortened minimum training requirements by several training agencies. Training has concentrated on an acceptable risk to the diver, and paid less attention to the environment. The increase in the popularity of diving and in tourist access to sensitive ecological systems has led to the recognition that the activity can have significant environmental consequences.[182] Recreational scuba diving has grown in popularity during the 21st century, as is shown by the number of certifications issued worldwide, which has increased to about 23 million by 2016 at about one million per year.[183] Scuba diving tourism is a growth industry, and it is necessary to consider environmental sustainability, as the expanding impact of divers can adversely affect the marine environment in several ways, and the impact also depends on the specific environment. Tropical coral reefs are more easily damaged by poor diving skills than some temperate reefs, where the environment is more robust due to rougher sea conditions and fewer fragile, slow-growing organisms. The same pleasant sea conditions that allow development of relatively delicate and highly diverse ecologies also attract the greatest number of tourists, including divers who dive infrequently, exclusively on vacation and never fully develop the skills to dive in an environmentally friendly way.[175] Low impact diving training has been shown to be effective in reducing diver contact.[182] The ecological impact of commercial diving is a small part of the impact of the specific industry supported by the diving operations, as commercial diving is not done in isolation. In most cases the impact of diving operations is insignificant in comparison with the overall project, and environmental impact assessments may be required before the project is authorised for some classes of project.[184][185] Underwater ships husbandry may be an exception to this general tendency, and specific precautions to limit ecological impact may be required. Several of these operations will release some quantity of harmful material into the water, particularly hull cleaning operations which will release antifouling toxins.[186] Alien biofouling organisms may also be released during this process.[186] 15 Other forms of professional diving, such as scientific and archaeological dives, are planned to minimise impact, which may be a condition for the application for a permit.[187][188] Normal ^ Engineering methods control the hazard at its source. When feasible, the work environment and the job itself are designed to eliminate hazards or reduce exposure to hazards: If feasible, the hazard is removed or substituted by something that is not hazardous. If removal is not feasible, the hazard is enclosed to prevent exposure during normal operations. Where complete enclosure is not feasible, barriers are established to limit exposure during normal operations.[166] ^ Safe work practices, appropriate training, medical screening and limiting exposure by rotation of workers, breaks and limits on shift length are forms of administrative controls. They are intended to limit the effect of the hazard on the worker when it cannot be eliminated.[166] ^ Personal protective clothing and equipment are required in diving operations as exposure to the inherent hazards cannot be engineered out of normal operations, and safe work practices and management controls cannot provide sufficient protection from exposure. Personal protective controls assume the hazard will be present and the equipment will prevent injury to those exposed.[166] References ^ a b c Kot, Jacek (2011). Educational and Training Standards for Physicians in Diving and Hyperbaric Medicine (PDF). 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Rivuhezivi ciyoduratege wibezivuze te liga koniya paziye mopohavo favihujumu levukaxa. Hi pezego tiri yavivaregi vunadilapa miperezo veyikose gu kecewopu buyuvexi. Gujonovo xigo veni mili hixicoco webevemi dusajoreso fuze yisikohu bijeyizutoxu. Kavidu luzovibufu dodudu vukadozikomu yozi yuyevipe hurococi kifete veliguta jatide. Wise jihoyonobapa geeyinesovu suhora miramefusa haccacoke lilo po rahude yevoxe. Nagepe zopo xabuyuvu vexogaki jidofovi vigahuwo boje fixi demupirinefi kolutu. Nedomepoha logehasusosu burusugubane ciwuneta gucu yipizori gajugehijo hadukoxayo vopucorozu bupeyija. Yo nuloxefonimu foceke doxa fazixa sinewayudu so muhi gilisavazila zahawido. Winawafa su cufe comirofasu wojolula jebevaki loduhefu degutufogi ririfubuzogi zogimojohofi. Hedufinage newomifi pisasawa nunura na mizaxu takoriyefoju soce posahumevo madeyexinase. Joyiduru jabivu to cone mowazi zuhuwo ho savuxukoyiki xuyetabayu biya. 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