

Emergency Assistance Plan

Diving incident

1. Primary Assessment: assess situation, establish responsiveness of victim ("Are you OK? I am medically trained. I can help you"), open airway, check breathing (look, listen, feel), check carotid pulse, check for bleeding, manage shock

Minor incident
(cuts, stings, bruises etc.)

2. Get First Aid box

3. If patient is in strong pain, check for allergies and if ok give pain killer
 a) cuts: clean wound with antiseptic, if bleeding put plaster, if strong bleeding, put pressure bandage and elevate
 b) bruises: put antiseptic and ice
 c) stings: remove spines, scrub wound, soak wound in hot water
 d) jellyfish stings: flush with sea water, put vinegar, keep wound clean and immobilised, monitor for severe reaction

4. Upon return to resort notify dive operator staff

Victim is breathing and has pulse
(critical, but not immediate life-threatening)

3. Inform dive operator staff

4 a) **Unconsciousness**

5. 1st aid trtment: constantly monitor breathing and pulse, check for injuries and bleeding

4b) **Heat stroke**

Signs: hot, dry, flushed, red skin, rapid pulse, which then fades away
 Symptoms: feel hot and weak

5. 1st aid trtment:
 -remove wetsuit
 -cool patient down
 -apply wet towels

4 c) **Decompression illness**

Signs: shoulder/chest rashes, irritated cough, fatigue, confusion
 Symptoms: joint / chest pain, dizziness, numbness, paralysis, headache, blurred vision, breathing pain

5. 1st aid treatment:
 -stabilise victim, ensure open airway
 -CPR if required, administer oxygen
 -provide non-alcoholic fluid

6. As early as possible during previous step:
 a) check if other medically trained persons are around and if yes, get them to help you
 b) if other divers are still in the water, get somebody to sound an emergency recall signal
 c) get somebody to secure all the victim's equipment (esp. dive computer!), do NOT disassemble
 d) return to resort as fast as possible
 e) continue to monitor victim

For emergency contacts please turn over

7. organise evacuation, if required

Victim is not breathing and/or has no pulse
(->immediate life-threatening)

2. If not breathing:
 -ensure open airway
 -begin rescue breathing
If no pulse:
 -administer CPR
 -locate sternum
 -alternate 15 compressions with 2 breaths
 -80 compressions per minute
 -keep checking for breathing and pulse until restored or victim is in professional care
If near drowning incident:
 -additionally administer oxygen once victim is breathing (again)

3. Inform dive operator staff

Emergency Assistance Pulau Aur / Dayang / Tioman / Singapore

Contact details

Evacuation contacts

Sea transfer, DIN Malaysia 019-711 1173
Air evacuation, Singapore (+65) 6481 0936
Search & Rescue, Mersing 07-224 8093
Speedboat 019-743 8919

Emergency contacts

Police, Mersing, Radio Call “Lima Johor”, 999
Ambulance, Mersing 999

Radio contacts

Singapore Coast Guard, VHF Channel 06
Distress Channel, VHF Channel 16

Other useful contacts

Divers Alert Network (DAN) 05-930 4114
DAN Travel Assist (USA) (+1) 202-296 9620
International SOS (+65) 6338 7800
Tana Merah Ferry Terminal (+65) 6540 8037
Tana Merah Police (+65) 6540 8091

Medical contacts

-Mersing Hospital, Jalan Ismail 07-799 3333
-Aman Transmedik Service 017-7729199
-Naval Medicine&Hyperbaric Centre, SP Navy,
(recompression chamber) emergency no: (+65) 6758 1733,
appointments : (+65) 6750 5632, 36 Admiralty Road,
West Sembawang Camp, Singapore 759960
-Dept. of Diving & Hyperbaric Medicine, RSAF,
emergency no: (+65) 6379 3169, apptmts: (+65) 6379 3841,
378 Alexandra Road, Singapore 159964
-Dive physician Dr. Kevin Chan (+65) 9007 3942
-Dive physician Dr. Michael Ong (+65) 6750 5594
-Dive physician Dr. Kim, Hyperbaric Medicine
Centre, Tan Tock Seng Hospital (+65) 6355 9020

Note: phone nos. without country code are in Malaysia