

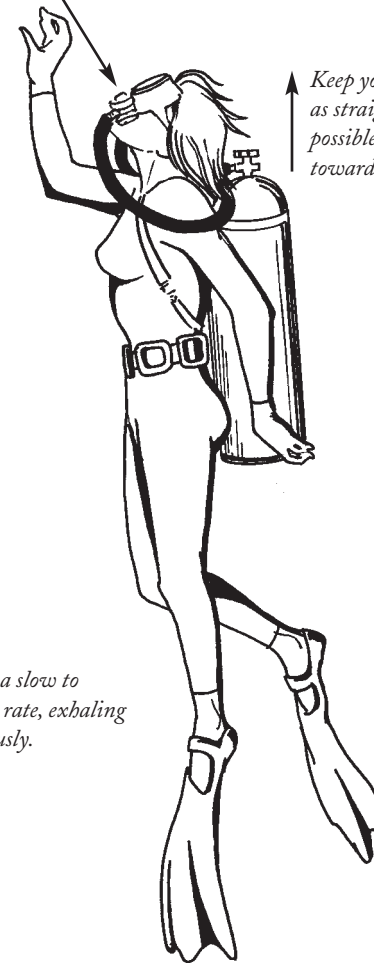
HOW TO GET TO THE SURFACE IF YOUR SCUBA TANK RUNS OUT OF AIR

- 1 Do not panic.**
- 2 Signal to your fellow divers that you are having a problem—point to your tank or regulator.**
- 3 If someone comes to your aid, share their regulator, passing it back and forth while swimming slowly to the surface.**

Take two breaths, then pass it back to the other diver. Ascend together, exhaling as you go. Then take another two breaths, alternating, until you reach the surface. Nearly all divers carry an extra regulator connected to their tank.
- 4 If no one can help you, keep your regulator in your mouth; air may expand in the tank as you ascend, giving you additional breaths.**
- 5 Look straight up so that your airway is as straight as possible.**
- 6 Swim to the surface at a slow to moderate rate.**

Exhale continuously as you swim up. It is very important that you exhale the entire way up, but the rate at

Keep your regulator in your mouth.



Keep your airway as straight as possible by looking toward the surface.

Swim at a slow to moderate rate, exhaling continuously.

which you exhale is also important. Exhale slowly—do not exhaust all your air in the first few seconds of your ascent. As long as you are even slightly exhaling, your passageway will be open and air can vent from your lungs.

WARNING: If you do not exhale continuously, you risk an embolism.

Be Aware

- Never dive alone.
- Watch your pressure and depth gauges closely.
- Make sure your fellow divers are within easy signaling/swimming distance.
- Share a regulator in an emergency. It is much safer to use your partner's regulator than to try to make a quick swim to the surface. This is especially true the deeper you are, where you need to surface gradually.
- Always use an alternate air source instead of swimming up unless you are fewer than thirty feet below the surface.

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