



SSI SPECIALTY COURSE: **DIVER STRESS & RESCUE**

"Be prepared for those unexpected emergencies."

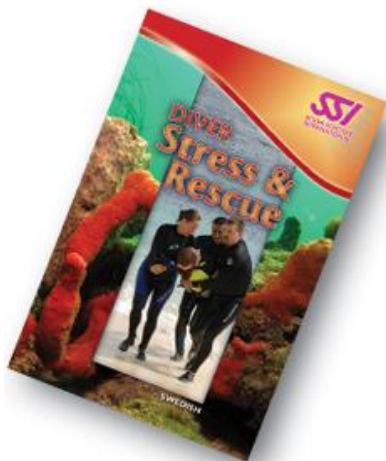
Stress is a major contributor to rescue situations and diving accidents. Through this course you will learn accident prevention, as well as how to handle problem situations if they occur.



The program is about avoiding, recognizing and solving problems on the surface and underwater.

The course runs two - four days in which you will participate in academic and in-water sessions in the pool and in the open water. As a prerequisite for certification you need to have a valid CPR, First Aid & Oxygen Provider certificate.

If you want to learn more about DIVER STRESS & RESCUE, you can buy the manual or the DVD even if you don't want to sign up for the course.



Prerequisites:

- **minimum Open Water Diver level**
- **current First Aid/CPR certification (within the last 24 month)**
- **you must be at least 15 years of age**
- **positive attitude, willing to take care of other people**

Course Content:

- **What Is Stress?**
- **Stress In Diving: Causes And Prevention**
- **Detecting And Dealing With Stress**
- **Accident Management**
- **Skills Needed To Deal With Panic And Rescues**
- **Conditions That Complicate Rescues**

The primary goal of any SSI Specialty course is to teach you important skills in a fun environment. All courses are taught using home study, short academic sessions, and in-water training.



Combine other specialties while taking the DIVER STRESS & RESCUE course! NAVIGATION or SEARCH AND RECOVERY are great add ones. The possibilities are limitless!

Duration: **3 - 4 days** depending if you have 1st Aid/CPR course

Price: **12.000 THB + 4.500 THB** Respond Right

THE **RESPOND RIGHT** COURSE

Caring For Life

Learning First Aid with SSI's Respond Right programs is one of the most important things anyone can do whether faced with a diving emergency or other situations we may face in everyday life. Understanding how to assess a scene & what to do next will help remove feelings of anxiety, allowing you to Respond Right.

All Respond Right programs focus approximately 70% of course time on practical application as "practice makes perfect" with the other 30% on theoretical work to help understand how techniques work & why personal safety is so important.

All SSI Respond Right programs cover issues concerning Principles to First Aid, Legal Issues in First Aid, Hygiene & Personal Safety, The Human Body & The Chain of Survival.



Respond Right: Apply First Aid

Apply First Aid is the minimum requirement for those wishing to enter the SSI Diver Stress & Rescue program & is also very helpful for those wishing to increase their knowledge & skill level in first aid both in the workplace & at home. This program incorporates the first two levels of Respond Right; Basic

Emergency Life Support & First Aid & Perform CPR.

Practical skills presented & evaluated in the Apply First Aid program are:

- Primary & Secondary Assessments
- Emergency Action Planning
- Bleeding Traumas
- Shock
- Bites, Stings & Envenomation
- Head & Eye Injuries
- Fractures & Soft Tissue Injuries
- Thermal Trauma
- Cardio Pulmonary Resuscitation (CPR)

- **O2 provider (optional + 3.000 THB, duration ½ day)**

The course is designed to train and educate the general diving public in the techniques of using oxygen as first aid for a suspected dive injury. In addition, this course will introduce novice divers to the fundamentals of recognizing diving injury warning signs, response and management. This program also provides an excellent opportunity for experienced divers and instructors to continue their education.

[Prior to the first class you will need the O2 Provider manual.](#)

[In addition, a pocket mask is required \(available from our staff for purchase\).](#)

The SSI Apply First Aid program is designed to be completed in one day & includes a personal copy of the Respond Right student reference manual.

[» Click here to register for SSI Online Services](#)

(please select your language and register yourself under 82220 Takua Pa > iQ-DIVE!)

Enjoy with iQ-DIVE Khao Lak!