



Video Tutorial Explanation - Running Out of Air Underwater

If you run out of air whilst under the water, the main thing to remember is:

DON'T PANIC!

If you remain calm and follow the steps as shown in the video, and described below, you will be absolutely fine. Below are some key points to remember:

- 1)** Firstly, the situation where you run out of air should never come about in the first place. If you are performing regular checks of your air whilst diving, you will know when you are running out and need to surface.

- 2)** You will be able to tell when there is less air than normal available in the tank. You will find it harder and harder to “suck” air out from the mouthpiece. When this happens, grab your buddy and indicate the problem using the hand signals you have been taught. Ask your buddy to share air with you as you slowly and safely ascend to the surface together. This is why you should always be in arm’s reach of your buddy!

- 3)** If you run out of air suddenly (due to you not noticing the signs of your air beginning to run out or a malfunction with the equipment), you may need to take more decisive action. If you feel that you are out of breath and do not have time to communicate with you buddy, simply grab them, pull them close to you and pull out their octopus, using this as an alternative air supply. Both of you can breathe normally in this case, where your buddy will use their primary regulator and you their octopus. Again, ascend to the surface carefully, pausing for the required safety stops.

- 4)** The worst thing you could do is to panic and try to swim quickly to the surface. If you hold your breath without exhaling on the way up, the volume of air inside your lungs will increase as you ascend and may cause your lungs to burst. Moreover, you may experience “the bends”, where the nitrogen gas that is stored in your body tissues will be forced from you body (similar to a champagne cork being suddenly pulled). This may cause immediate problems, but often results in serious problems later in life, including paralysis and even death. Just remember, all of this is completely avoidable so long as you do not panic and follow the above steps.