

aquapress

OUT OF THE DECOMPRESSION MATRIX

Bob Cole

Disclaimer

Important

Because people vary in their susceptibility to decompression illness, no decompression system can guarantee the total avoidance of decompression illness: even if the limitations of the system are complied with in full. Diving is a risk sport.

Special message

Because of the dangerous nature of diving, all participants take FULL responsibility for any accident and NO WARRANTY concerning advice in this book is expressed or implied. Under no circumstances will the author or publisher be liable or responsible for any consequential damages.

Caution

Do not implement any of the advice within this book without first obtaining appropriate training from a responsible diver training agency.

About this Book

This book is about "you" dear reader and the decompression issues that confront you each time you dive. It's not about an A. N. Other anonymous person.

Keep in mind that you are the master of your destiny and it's you who will keep you out of trouble. Don't be a lemming and blindly follow others, contribute to the safe outcome of your dive even if you are the novice.

This book does not provide the information required to design your own decompression algorithm. Enjoy your diving and think beyond the obvious.

WARNING

You should be aware that the author is an engineer and not medically qualified, therefore, has no right to make recommendations about decompression or recompression. If you buy this book, use its information carefully and continue to dive, you can't say that you've not been warned!



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"This is a book for all divers, as there is something in here for everyone. It is written by a man with great knowledge of diving and of the development of personal diving computers based on many, many years in the sport and in the business... He freely shares the lessons he has learnt and the information he has gained, so you do not need to re-invent the wheel."

Dr Phil Bryson, Diver, Hyperbaric Doctor and Diving Diseases Researcher



Out of the Decompression Matrix provides an analytical approach to diver behaviour and decompression. It provides practical guidance for good diving behaviour and clear advice on decisions faced by all divers before during and after every dive. In addition to traditional decompression theory the book examines decompression avoidance strategies, use of personal computers, multi-level diving and buoyancy and ascent management. Further chapters provide detailed information on gas management, risk assessment and decompression illness from denial to recognition then treatment.

- **A comprehensive discussion of all decompression factors**
- **Suitable for all levels of diver experience**
- **Provides practical advice on diving behaviour**
- **Specific section on women and decompression**
- **Clearly written in plain non-technical english**



Bob Cole is an extremely experienced Technical diver having started diving during the mid-1950s. He is one of the founding members of the Sub-Aqua Association and helped produce the decompression tables used by the Association. He is an experienced instructor/educator and has developed Nitrox, Extended Range Nitrox and Rebreather training programmes. His most recent project was the introduction of the SAA Bühlmann DeeP-Stop Decompression System into the UK, which was derived from the CMAS Bühlmann deep-stop Tables he prepared whilst CMAS Technical Director.

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