


A SIMPLE GUIDE TO DECOMPRESSION ILLNESS

Foreword by
John Lippmann

Lee Griffiths

 aquapress

**3RD
EDITION**

A SIMPLE GUIDE TO DECOMPRESSION ILLNESS

by Lee Griffiths

Contributors
Klaus Torp M.D
and

John Lippmann CEO DAN SEAP



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Albrecht Salm
Master Scuba Diver Trainer
PADI MSDT # 33913

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10/2010

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A Simple Guide to Decompression Illness sorts it all out in one short booklet. It offers everything we need to know and more, in terms any diver can understand.

John Liddiard - Diver Magazine


A SIMPLE GUIDE TO DECOMPRESSION ILLNESS

This book will enable divers to have a better understanding of some of the medical problems and illnesses associated with diving. After reading this book you will be able to fully recognize each of the individual conditions and have a clear understanding of the best action to take in the event of decompression illness.

- ✓ For all levels of experience from novice to instructor
- ✓ Topics explained in clear non-medical language
- ✓ Guide to initial treatment and first aid
- ✓ Includes emergency action charts and recompression tables
- ✓ Contains emergency contact numbers & Recompression chambers



Lee Griffiths has extensive experience working within the diving & hyperbaric industry. His positions held include Diving Safety Manager and Dive Accident Facility Manager. In 2003 he won an Award for Improving Dive Safety in South East Asia by the Divers Alert Network. He currently works at Whipps Cross University Hospital London and has over 1000 hours logged operating hyperbaric chambers.

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ISBN 190549212-X



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