EMERGENCY ACTION PLAN

Dive site: ***The Scuba Ranch at Clear Springs***

***Address:***8131 County Road 346,

 Terrell, TX 75161

***Phone:*** (940) 765-3483

***Directions:***Hwy 80 East through downtown Terrell, left on FM 429 (7.1 miles), turn right on Cedar Grove Rd/County Road 346 (0.9 miles)

EMERGENCY NUMBERS:

***Local EMS:***911

***Diver Alert Network (DAN):***919-684-9111

Medical Centers nearby:

**Terrell Urgent Care**

**Texas Health Presbyterian Hospital Kaufman**

**104 Lee St,**

**Terrell, TX 75160**

**+1 (972) 563-2911**

**850 Ed Hall Dr**

**Kaufman, TX 75142**

**+1 (972) 932-7200**

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| **Heart Attack Warning Signs in Men** | **Heart Attack Warning Signs in Women** |
| **Tend to start slowly, with mild pain or discomfort**  | **Are subtle in many cases and tend to start slowly** |
| **Chest discomfort, tightness, or fullness** | **Crushing chest pain, the hallmark of a heart attack in men---often isn’t experienced by women** |
| **Discomfort in other areas of the upper body. Pain or discomfort in one or both arms, the back, neck, jaw or stomach** | **Indigestion that isn’t alleviated by antacids** |
| **Shortness of breath with or without chest discomfort** | **Discomfort in other areas of the upper body. Pain or discomfort in back, neck, jaw, stomach, or one or both arms** |
| **Nausea / vomiting** | **Nausea / vomiting** |
| **Chest pain felt during exercise that disappears afterward** | **Shortness of breath with or without chest discomfort** |
| **Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain** | **Chest pain felt during exercise that disappears afterward** |
| **Breaking out in a cold sweat** | **Fatigue** |
| **Light headedness** | **Breaking out in a cold sweat** |
|  | **Light headedness** |
|  | **Chest discomfort, tightness, or fullness** |
| **Stroke Warning Signs** | **Cardiac Arrest Signs** |
| **Numbness or weakness of the face, arm or leg, especially on one side of the body** | **Strikes immediately and without warning** |
| **Confusion, trouble speaking or understanding** | **Sudden loss of responsiveness (no response to tapping on shoulders)** |
| **Trouble seeing in one or both eyes** | **No normal breathing (the victim doesn’t take a normal breath when you tilt the head up and check for at least 5 seconds)** |
| **Trouble walking, dizziness, loss of balance or coordination** | **Use an AED as soon as it arrives** |
| **Sudden, severe headache with no known cause** |  |
| **Decompression Sickness Signs** | **Contaminated Air Signs** |
| **Weakness, numbness, dizziness and tingling** | **Headaches** |
| **Varying degrees of joint and limb pain** | **Dizziness** |
| **Difficulty breathing** | **Nausea** |
| **Shock** | **Unconsciousness** |
| **Paralysis** | **May have cherry red lips and fingernails** |
| **Severe cases can result in unconsciousness and/or death** |  |