



FACEBOOK FORUM

SMOKE DIVERS: SURVIVAL TECHNIQUES

BROADCAST DATE: October 15, 2020
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Terminology:

- Buddy Breathing: Breathing while both bottles are operating with air
- Shared Air: Breathing while 1 bottle is operational
- Trans Fill: Equaling pressures

Alternate Breathing Techniques:

- Kominsky tube
- Regulator
- Mask

Emergency Procedures Overview

Demonstrations:

- Maneuvering through a stud space
 - Backstroke
 - Superman
- Doffing the pack through confined area
- Maneuvering through entanglement hazards

Breathing Techniques:

- Triangular Breathing Technique
 - Inhale for 4 sec.-Hold for 4 sec.-Exhale for 4 sec.
- Square Breathing Technique
 - Inhale for 4 sec.-Hold for 4 sec.-Exhale for 4 sec.-Hold for 4 sec.

