

CHAMBER SAFETY BRIEFING

General

For safety and comfort there are several important points that all persons undergoing hyperbaric treatment or exposure must be aware of.

Fire & oxygen safety

- ❑ Please wear only 100% cotton clothing provided by the facility.
- ❑ All sources of ignition are banned from the chamber, this includes:
Lighters, matches, handwarmers, wind-up toys and battery-powered items.
- ❑ In order to minimise potential fuel sources, please consult with a member of staff should you wish to take anything into the chamber.
- ❑ Other banned items include:
Cigarettes, newspapers, loose powders, oils and greases (this includes such things as hair gel/hair spray, perfumes/aftershaves and make up).
- ❑ No more than two books or magazines per patient allowed in the chamber (please check that they do not contain sachets of perfume or aftershave). Please familiarise yourself with the full list of banned items.

Individual safety

- ❑ Please do not hold your breath at any time. This can cause serious injury, just breath normally.
- ❑ It is important that you equalise your ears often. The doctors will advise you on proper equalisation techniques prior to your first treatment. If you do feel any pain or discomfort raise your hand and inform the inside attendant immediately. If you equalise by pinching your nostrils and blowing you should do this gently and not be too forceful as this can cause injury to your ears. If you are suffering from a cold or other such illness please inform a member of staff as this may affect your ability to equalise. If you suck sweets to help you equalise please swallow or remove the sweet from your mouth prior to putting on the mask or hood tent.
- ❑ Rare side effects of breathing oxygen include:
Visual disturbances, ringing or noises in the ears, nausea, muscle twitching, irritability and dizziness. In extremely rare cases it can cause convulsions. If you feel any of these symptoms or feel unwell in anyway during your treatment please inform the attendant.

Other points

- ❑ If you feel claustrophobic please discuss this with your doctor prior to your treatment.
- ❑ You will hear various sounds during your treatment such as hissing and whirling this is entirely normal.
- ❑ You may find that the temperature in the chamber can change dramatically during your treatment from very warm initially to quite cold towards the end.
- ❑ If you are breathing through a mask during your treatment you may find that your mouth gets dry. Drinks are available during the treatment.
- ❑ You may feel that your voice has changed when inside the chamber. This is normal. If you are a diver and breathing heliox you will notice this much more and may feel a little colder than normal. This is due to the Helium that you are breathing*.
- ❑ If you are to wear a hood tent please do not put it on until instructed to do so by the attendant.
- ❑ The treatment is monitored and recorded via CCTV the images are for internal use only and are not distributed outside of the unit. The recordings are kept for 7 days unless specifically requested to be saved.

Finally, please follow all instructions given to you by the chamber staff.

***Divers undergoing Cx 30 Tx**

Signed (Patient).....Date: