



# THE SAFETY STOP

COJO's MONTHLY NEWSLETTER

On Location from: COJO Diving World Headquarters  
158 Garden Grove Road, Lincoln, NB, Canada

ISSUE 46

## What's New

Hello and welcome to the **Nov 2014** edition of The **COJO Diving Safety Stop Newsletter**.

During **October**, COJO had their annual **Underwater Pumpkin Carving** which brought out tons of divers and artists to carve up a storm!! **COJO** also managed to complete quite a few courses including **DAN** O2 Provider, **PADI** Open Water Diver, Rescue Diver, Enriched Air Nitrox, Advanced Open Water just to Name a few!!



A HUGE Congratulations to **Mike Lavallee** on completing his **SDI Dive Master** Crossover and also to **Michael Lallier** on reaching **100 SCUBA DIVES** and completing his **TDI Introduction to Technical Diving!!** What an awesome achievement!!! Woo Hoo!!

One thing COJO wanted to mention but didn't get around to in October was a **HUGE CONGRATULATIONS TO Doc Octo** on **12 months of Awesome Articles!!** You are a very welcome addition to the Safety Stop Newsletter and to COJO Diving!! **Thanks John!!** Doc Octo is back with a little article on taking care of your diving gear!! This article is an awesome little gem and if you are interested in knowing more, feel free to contact us!!

COJO encourages you to send in your pictures for the **Photo Of The Month**. If your picture gets chosen, your picture and name will be published in the Safety Stop and you could win a coupon redeemable for merchandise or services at COJO Diving.

If you would like to stop receiving this newsletter please reply to this e mail with "Unsubscribe Me" in the Subject Line

Thanks and Safe Diving!!

Connie and Joe  
COJO Diving



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## Courses During October

During October, COJO ran the following courses:

- **SDI** – Dive Master Crossover Course
- **PADI** – Open Water Diver
- **TDI** – Intro to Tech
- **PADI** – Advanced Open Water
- **PADI** – Rescue Diver
- **DAN** – Emergency Oxygen for Diving
- **COJO** – Discover Diving
- **PADI** – Enriched Air Nitrox



Things are starting to slow down now for the fall / winter seasons. That means **NOW IS THE TIME!!** If you have training you would like to do, let us know and we can find a place on the calendar to book it!!

## Courses To Come

Coming up **this winter**, we will be running the following courses

- **PADI** Rescue Diver Course
- **TDI** Technical Sidemount Diver
- **PADI** Dive Master Course
- **DAN** Dive Emergency Management Provider (DEMP) Course
- **PADI** Equipment Specialty Course
- **PADI** Open Water Diver Course
- **COJO** Drysuit Specialty
- **COJO** Underwater Rigging
- **PADI** Search and Recovery
- **TDI** Intro to Technical Diving

We are getting ready to run the **PADI Dive Master** course!! We have pushed it into the new year because a couple people wanted to start in January 2015 but it promises to be totally awesome!! We only have two spots left!! If you would like more information on this, or any, course please e mail us at [cojodiving@gmail.com](mailto:cojodiving@gmail.com) !!



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### Excursions During October

During **October**, COJO had the annual **Underwater Pumpkin Carving Dive!!** It was absolutely fantastic and had an **INTERNATIONAL TWIST** to it!! A very special thanks to all who came out and especially to **Val and John Feehan** who travelled all the way from Massachusetts USA just to carve it up with COJO!! **YOU GUYS ROCK!!!**

Connie went in and got tons of video from the dive and Joe stayed on the shore to allow all of the adults to be at ease that their kids were well taken care of!!!

Connie would like to extend a special thanks to all the children who came out and kept Joe busy for the day!! **Good job kids**, he is a handful!!







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### EXCURSIONS TO COME

#### Blue Heron Bridge!!

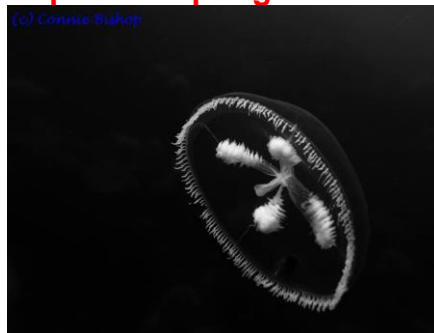
That's right!! Connie is planning another trip to the fabulous **Blue Heron Bridge** in **West Palm Beach, Florida** for November!! Don't miss out, there is still time!! This dive destination is absolutely amazing!! It has incredible marine life like Sea Horses, Octopus and even Manatees!! E mail Connie or come to the store for information!!



#### COJO Goes to Ste Rose Du Nord!!

That's right!! Tentatively for **May 2015**, COJO will be loading up the dive van and heading back to Quebec for some awesome diving!! There are dives for every level from Open Water to Hypoxic Trimix!! While there, Joe will be running a **Trimix course** but there are plenty of other opportunities such as **photography workshops and mentoring**, recreational Trimix and tons of other stuff going on!! All with Poutine at night!! Woo Hoo!!

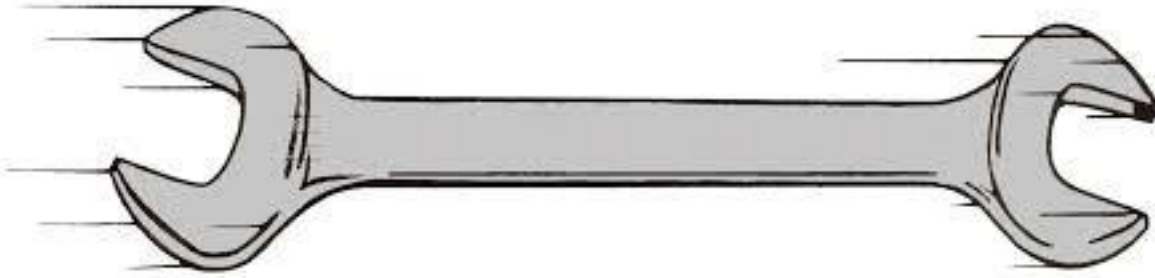
This promises to be the **trip of the spring!!!**



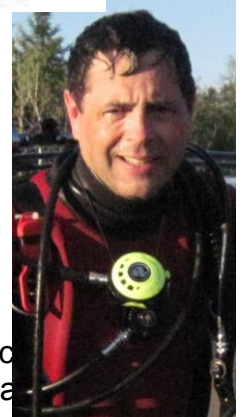


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## Taking care of your dive gear



The subject of this month's column is gear maintenance; a little less medical, the usual topics, but just as practical. Let's start with a little truth about gear failure from the good folks at DAN. As I mentioned in an earlier column, only 9% of diving deaths are caused by equipment failure. Further, in a large study done by DAN (greater than 15,000 dives) less than 2% of all diving incidents (not fatal events) are caused by equipment failure (see below).

Table 2.5.1-2 Percent of PDE dives with reported equipment problems (n=15,524)

Equipment Problems	Frequency	Percent
Thermal protection	71	0.46
Buoyancy compensator	47	0.30
Face mask	41	0.26
Fins	34	0.22
Computer	29	0.19
Breathing apparatus	18	0.12
Weight belt	17	0.11
Pressure gauge	6	0.04
Depth gauge	3	0.02

The take home point is that poor fitness, training, health or judgment are more likely to get you into trouble than your gear. But before you decide you never need to service your stuff, consider this. A trip to a great dive destination may cost you thousands of dollars, and could be totally spoiled by failing to spend a few hundred bucks on equipment servicing. And personally, how expensive will servicing seem when you are in a stressful environment and your gear fails? Also, the table lists the most likely equipment to fail; but is not a ranking of the most significant malfunctions. Certainly a dead computer means you are done



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diving for the day, a malfunctioning regulator may just mean you're dead. I don't know about you, but I've grown accustomed to breathing and kind of enjoy it. Of course manufactures supply guidelines for equipment maintenance, but as with most things in life, there is no substitute for common sense. These are some general guidelines, but really, you should be checking your gear after use, when cleaning and before diving.

**Regulators;** It is expected that the plastic and rubber components of a regulator deteriorate over time, even if the regulator is not used. Current manufacturer's regulations are usually, servicing once a year if you have had under 100 dives that year, and twice a year if you dive more frequently. Servicing runs in the 100-200 dollar range. Many manufactures warrantee all parts, so only labour is charged at many dive shops. This is what makes used regulators such a bad deal. By the time you pay for the reg, parts and service, it was usually cheaper to buy new.

**Tanks;** aluminum tanks have a lifespan of about 25 years and steel tanks about 30 years. However, you must have the tank visually inspected each year and a hydrostatic test about every 5 years. There is a lot of pressure in those puppies, safety first kids.

**Buoyancy compensators;** serviced yearly, usually with your regulators. Clearly dump valves that dump only when engaged and inflator valves that fill only when pressed are kind of important. Take a look at the DAN table, the number 2 item to fail is the BCD.

**Dry suit valves;** yearly and seals at the first sign of wear.

**All other equipment;** at any sign of significant wear. Clearly, the lifespan of all diving equipment is prolonged by proper cleaning, care and storage.

### Answers to last month's quiz.

Finally, we had a great response to last month's back to school test. Here are the official answers;

**Question 1,** according to Guy Lussac's law, the car trunk would have to reach a temperature of 145°C or 293°F for the burst disc to fail. This temperature would only be obtainable if Matt's car had started to burn.

**Question 2,** filling both steel 100s from a 130 steel tank (with the manifold open) would yield a final pressure of 2223 psi. Filling each tank individually (and then opening the manifold when done) would yield a final pressure of 2351 psi. This would give you about 6% more gas.

**Question 3,** the burst disk would lead to the most rapid emptying of a tank, followed by a free-flowing second stage and finally the burst high-pressure hose. The only reason the burst high pressure hose is a bit slower is the intentional



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design of a very small opening for the hose leading from the first stage. Finally, burst discs are not serviced, a free-flowing second stage or a burst high pressure hose may or may not be a service issue.

Adding up points for correct answers, including bonus points and order of submission, there appears to be a three way tie. Therefore, the title of COJO Scuba-Lord goes jointly to; Dave B., Jacques-Andre D. and Scott H. Joe has your prizes, I'm hoping more than just a kiss.

*...I, for one, welcome our new scuba overlords.*

**Thanks Doc Octo!!** In addition to the kiss, each of the winners are welcome to come in and a COJO Diving Toque for the winter diving wonderland!!



**Congrats on 100 safe SCUBA Dives  
Mike Lallier!!**





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### November's Featured Course

#### **Divers Alert Network**

**Basic Life Support / Emergency Oxygen for SCUBA Diving Injuries Course**



#### **Basic Life Support: CPR and First Aid**

The DAN Basic Life Support: CPR and First Aid (BLS: CPR&FA) course offers entry-level training in providing basic life support to adults with life-threatening injuries while activating emergency medical services.

This program meets 2010 International Liaison Committee on Resuscitation and American Heart Association guidelines on Cardiopulmonary Resuscitation and Emergency Cardiac Care.



#### **Emergency Oxygen for Scuba Diving Injuries**

The DAN Emergency Oxygen for Scuba Diving Injuries course is designed to train and educate interested individuals in the techniques of using oxygen as first aid for a suspected dive injury. In addition, this course will introduce the fundamentals of recognizing diving injury warning signs, response and management. This program also provides an excellent opportunity for experienced divers and instructors to continue their education.

#### **Course Cost:**

**\$99.00+HST each course**

**--- or ---**

**\$168.30 + HST for both together  
(Extended through November)!!!**





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### NOVEMBER AND DECEMBER'S FEATURED PRODUCTS

# DRY SUIT SALE

Trade in Your Wetsuit (**any condition**) for an amazing drysuit package!

Special valid until **December 23<sup>rd</sup>, 2014**

Packages starting at \$1099+HST

**CLICK THE LINK FOR MORE DETAILS!!!**

[http://www.cojodiving.com/product\\_images/uploaded\\_images/drysuit-ad.jpg?t=1411817860](http://www.cojodiving.com/product_images/uploaded_images/drysuit-ad.jpg?t=1411817860)

**"GET IN OUT OF THE COLD"**

**TRADE IN YOUR WETSUIT\*\* FOR AN AMAZING DRYSUIT PACKAGE DEAL**

\*\* Any Condition! Special valid until October 15, 2014



**SPECIAL \$1199+HST**

(\$1745+HST value)

**Trilam Tech Dry (Black-M, Pink-W)**

- Front Entry, lightweight
- Neoprene or latex neckseal
- Latex wrist seals
- Attached neoprene Bare boot
- Dry Hood, Wet Gloves/Mitts
- Drysuit Course (Class & Dives)

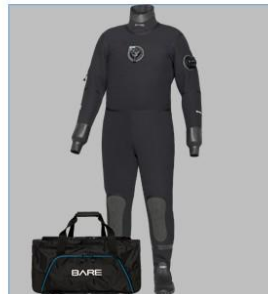


**SPECIAL \$1099+HST**

(\$1645+HST value)

**Trilam Pro Dry (Black-M, Pink-W)**

- Back Entry, lightweight
- Neoprene or latex neckseal
- Latex wrist seals
- Attached neoprene Bare boot
- Dry Hood, Wet Gloves/Mitts
- Drysuit Course (Class & Dives)



**SPECIAL \$1099+HST**

(\$1615+HST value)

**D6 Pro Dry (Black-M)**

- Back Entry, 6mm neoprene
- Neoprene or latex neckseal
- Latex wrist seals
- Attached neoprene Bare boot
- Dry Hood, Wet Gloves/Mitts
- Drysuit Course (Class & Dives)

**Upgrade Options:**

- Custom Sizing – add \$250
- Colour Options – Add \$50
- Dry Gloves – Add \$200

**Offer Valid In-Store Only**



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1-855-646-COJO



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### Photo of the Month

This photo was taken by **Connie Bishop** in **Eastport, Maine**. This little fella was just sitting there posing for his picture as still as ever. Notice how they take on the color of the surroundings to camouflage themselves!!

**Awesome picture Connie!!**



**Keep sending in those pictures!!**



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### Other News

We would love for you to follow us on Facebook. Become a friend of COJO Diving at <http://www.facebook.com/COJODiving>

Our book "Sidemounting for the Recreational Diver" is available either In Store or by e-mail. For information about the most awesome way to dive send a note to [info@cojodiving.com](mailto:info@cojodiving.com) !!



Congratulations again to **Michael Lallier** on **100 Safe SCUBA Dives!!**



Our new book, "The Technical Tao of Joe" will be out any time now!! Don't miss out!! This book gives you insights on Joe's ways of teaching. Awesome for anyone taking a course through COJO or anywhere!!

Come in and visit us at the [COJO Diving World Headquarters!!](#) We have a beautiful facility with a nice fireplace to sit and warm up at after a cold day of diving. There is always lots of coffee and hot chocolate and Joe usually has fresh popcorn on!!

Thanks and we are looking forward to diving with you soon!!

Connie and Joe!!