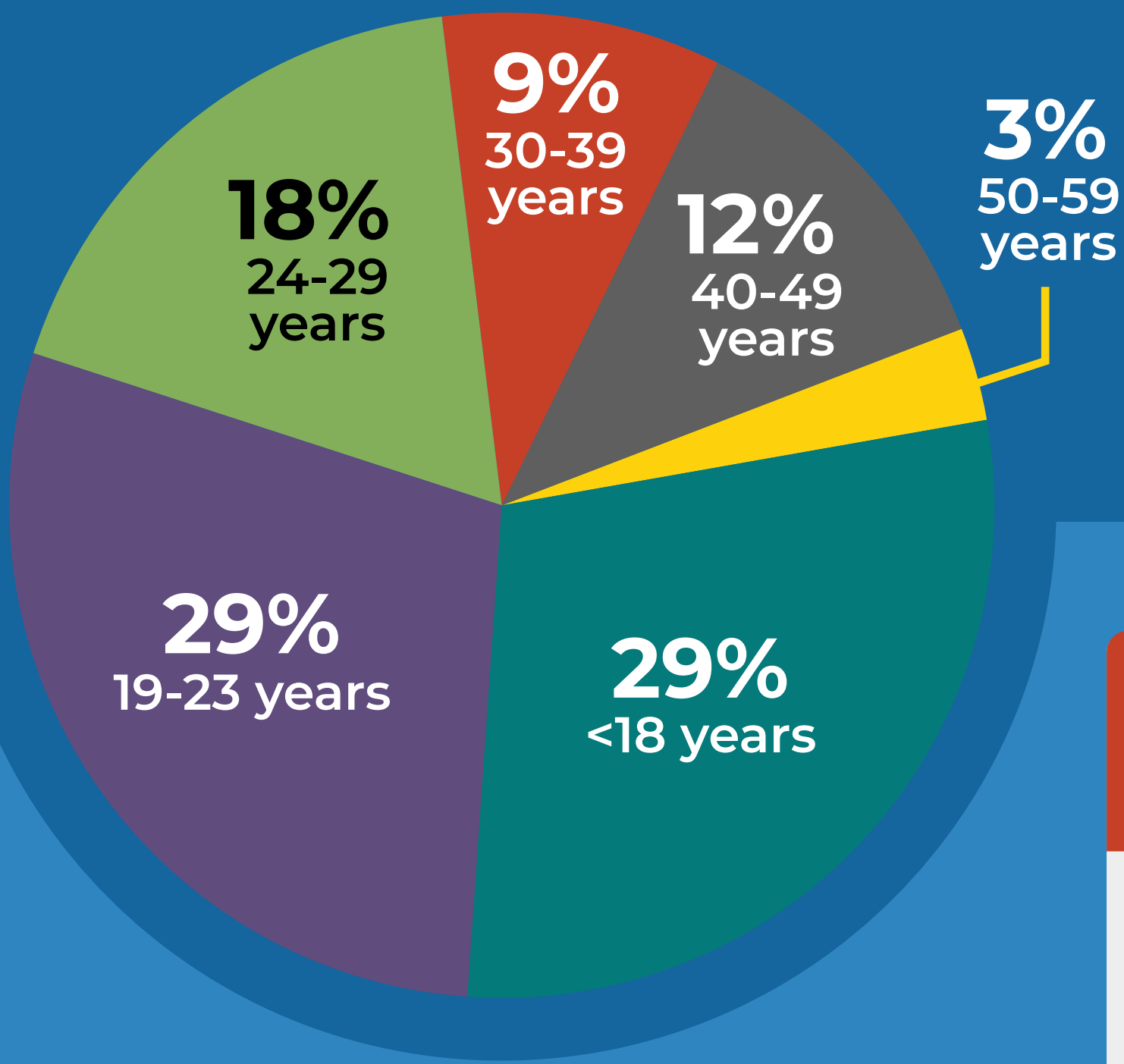


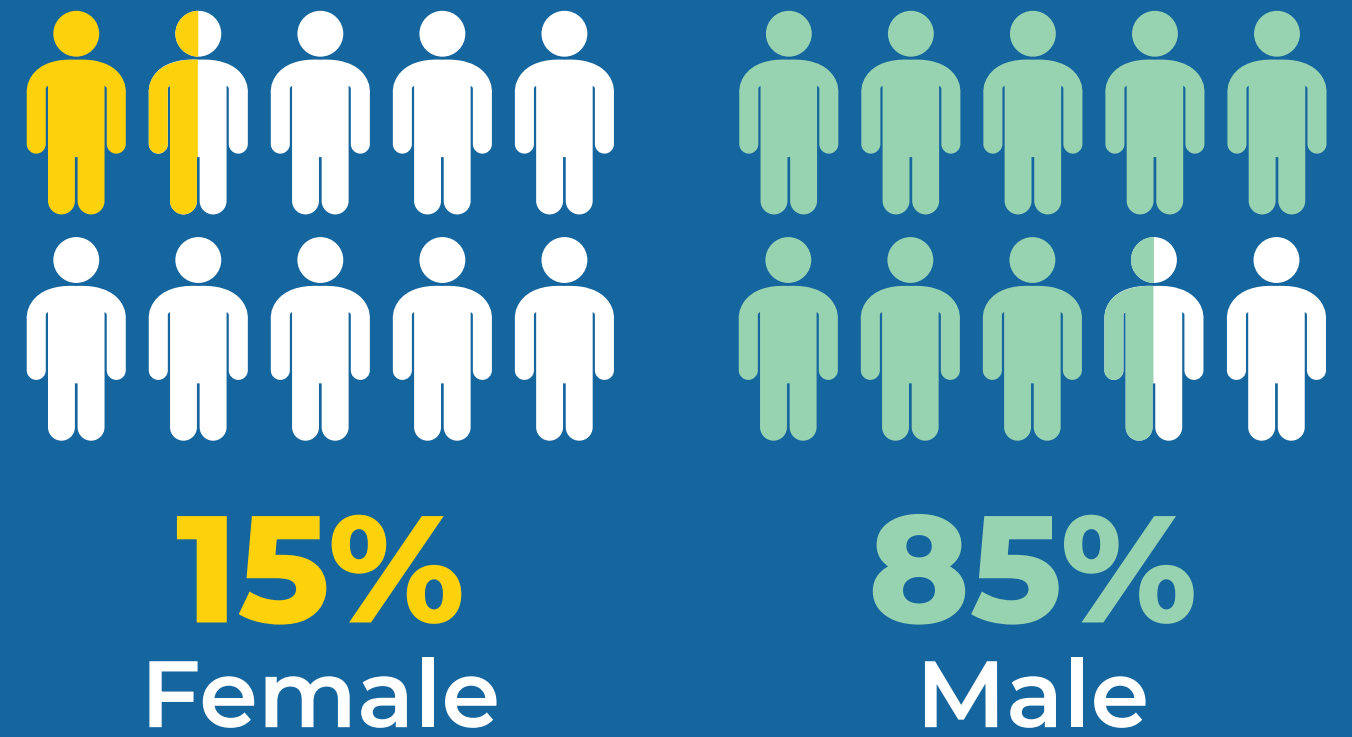
The Only Safe Dive is the One You Never Take

Diving is the fifth leading cause of spinal cord injury. To help raise awareness and encourage you to think before diving, Shepherd Center has compiled data on diving injuries we've treated. Get the facts and help spread the word.

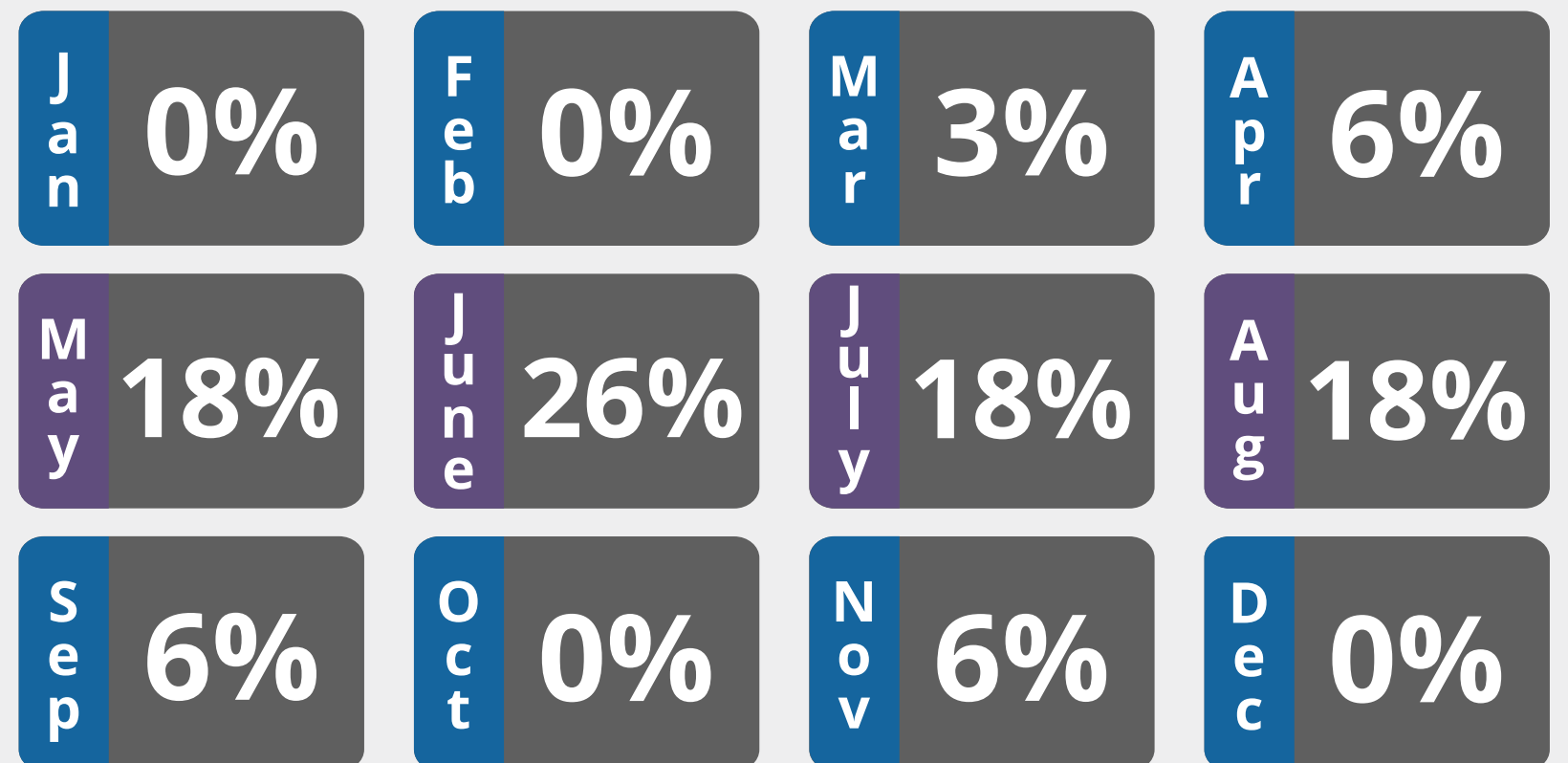
How old are injured divers?



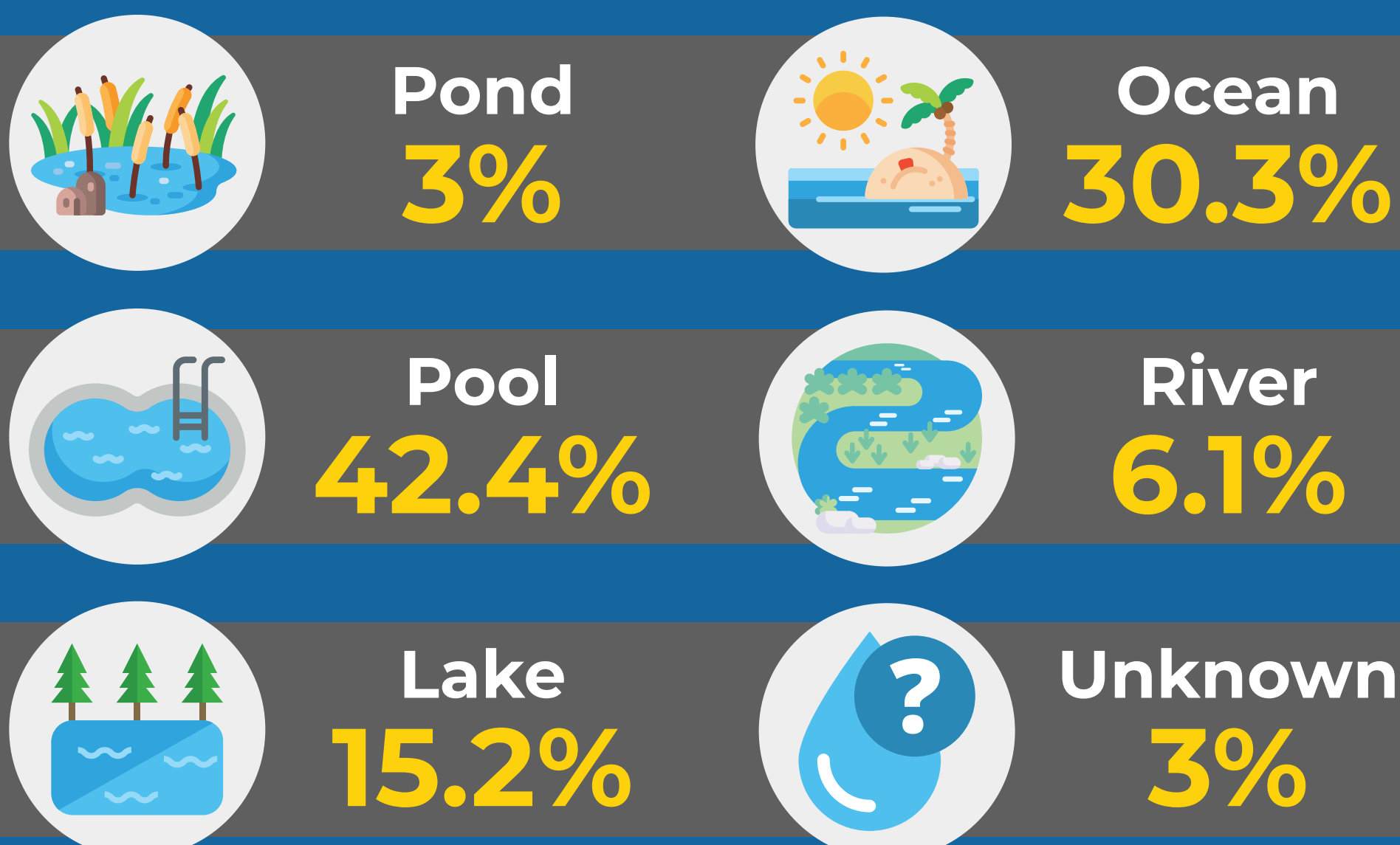
Who gets hurt diving?



When do diving injuries happen?



Where are divers diving?



Shepherd
Center

DON'T DIVE
GO IN FEET FIRST

Data provided by Shepherd Center and the National Spinal Cord Injury Statistical Center (NSCISC)