

DIVER STRESS AND RESCUE

Final Exam | A | English-Imperial

Instructions: Select the best answer from the choices below.
Mark your answer on an SSI 50-Question Answer Form.

- 1. Before attempting to lift an unconscious diver into a boat or onto shore, you should:**
 - A. Perform CPR in the water
 - B. Remove and ditch the victim's equipment
 - C. Take a rest
 - D. Supply oxygen to the victim
- 2. Decisions about the best method of transportation should be based on the distance to the medical facility, and:**
 - A. The weather forecast
 - B. The water temperature
 - C. The type of oxygen regulator used for first aid
 - D. The severity of the injury
- 3. If the victim is not breathing, but has a pulse, the level of care you provide is based on:**
 - A. The gender of the victim
 - B. The age of the victim
 - C. Your distance from the next group of divers
 - D. Your distance from the shore or boat
- 4. If you are separated from you dive buddy, you should:**
 - A. Surface immediately
 - B. Surface after making two 360 degree visual sweeps (1 Minute)
 - C. Continue your dive
 - D. Start searching until your breathing gas gets low, then surface
- 5. What level of stress is considered to be healthy?**
 - A. A consistently high level.
 - B. A consistently low level, because it keeps us alert and warns us of danger.
 - C. A consistently moderate level (outside the water).
 - D. No stress is healthy.
- 6. When you begin to tire, and lack the ability to make decisions or lend support, it is time to:**
 - A. Get a good rest
 - B. Stop the rescue and discontinue
 - C. Inflate your BC
 - D. Get help
- 7. Physical causes of stress include:**
 - A. Lack of fitness, fatigue, constriction of movement and hypothermia
 - B. Headache, fitness and a well-maintained Total Diving System
 - C. Poor judgment, buddy system failure and warm water
 - D. Equipment loss, equipment failure and hyperthermia
- 8. In a buddy assist situation, which person do you have to take care first:**
 - A. The victim
 - B. Yourself
 - C. The Boat Captain
 - D. The witnesses
- 9. Even when no-decompression limits are strictly adhered to, the following factors can cause some divers to be more susceptible to decompression sickness:**
 - A. Fatigue
 - B. Body weight
 - C. All answers are correct
 - D. Dehydration
- 10. Factors that impair movement and complicate the rescue process include:**
 - A. Entanglement and entrapment
 - B. Freediving
 - C. Diving without a wetsuit
 - D. Tight mask strap
- 11. For mild and serious symptoms of DCS and overexpansion injuries, the appropriate first aid is:**
 - A. Administer 100% oxygen
 - B. All answers are correct
 - C. Activate the emergency medical system
 - D. Watch vital signs
- 12. One of the best arguments for using the buddy system is:**
 - A. There will always be at least two dive professionals to maintain control and provide aid.
 - B. There will almost always be at least one diver who maintains control and is able to lend aid in a stressful situation.
 - C. You always have someone who can help assemble your Total Diving System.
 - D. You can always share your diving experiences after the dive.

13. Every diver's diving profile is different, especially when doing multiple dives in a short period. This is why:

- A. Each diver must dive with their own computer
- B. You must stay very close together if you use one computer with your buddy
- C. Each diver should drink more water
- D. Each diver should use Nitrox 40 at the end of the week

14. Signs and symptoms of lung overexpansion injuries include:

- A. Headaches with nosebleed
- B. Breathing difficulties and chest pain
- C. Dull pain in the joints
- D. Euphoria

15. The following are causes of psychological stress:

- A. Lack of fitness, fatigue, constriction of movement and hypothermia
- B. Equipment loss, equipment failure and hyperthermia
- C. Headache, fitness and a well-maintained Total Diving System
- D. Lack of mental preparedness, mental control, and mental coping

16. Every safe dive starts with:

- A. Signing the Total Dive Log
- B. Pre-dive planning
- C. Entering the water with a giant stride
- D. Entering the water with a back-roll

17. Common skills for self-aid are:

- A. Buoyancy control and emergency ascents
- B. Using alternate fin kicks and relieving leg cramps
- C. All answers are correct
- D. Switching to alternate air sources and regulator retrieval

18. The two most common dive maladies are:

- A. Nitrogen Narcosis and Oxygen Toxicity
- B. Hyperthermia and CO toxicity
- C. Shark bites and compression sickness
- D. Overexpansion injury and decompression sickness

19. Preparation in which area may be the life-saving difference in a panic or rescue situation?

- A. CPR
- B. Accident management
- C. Oxygen Provider
- D. Nitrox diving

20. The main reason people run out of breathing gas is:

- A. Failure to maintain neutral buoyancy
- B. Failure to maintain the buddy system
- C. Failure to make visual inspection every year
- D. Failure to monitor the pressure gauge or air-integrated dive computer

21. It's okay to make a no-go diving decision without fear of embarrassment at which point?

- A. Before setting up the Total Diving System
- B. Before entering the water
- C. At any time
- D. After entering the water, but before descent

22. Factors that prevent stress include:

- A. Wearing an isolation system, and diving without a buddy no deeper than allowed
- B. Being healthy, having the proper skills, and using high quality, well-maintained equipment
- C. Being healthy, having expensive equipment and only using Nitrox 40
- D. Being comfortable, having enough dives needed and using rental equipment

23. When you detect stress in your buddy, you need to:

- A. Ignore it, all certified divers can solve any stressful situation by themselves
- B. Keep your distance to avoid endangering yourself if they start panicking
- C. Immediately assess the source of the stress and deal with it appropriately
- D. Ascend and call for help

24. Stress is:

- A. The result of pressure at depth and demands on the Total Diving System.
- B. The result of pressures or demands that outweigh a person's ability or capacity to respond to them.
- C. Always caused by going diving.
- D. Nothing to worry about.

25. Hypothermia is generally defined as:

- A. The condition of having one's body temperature rising above normal
- B. The condition of having one's body temperature normal
- C. Overexposure to oxygen at depth
- D. The condition of having one's body temperature fall below normal

DIVER STRESS AND RESCUE

Final Exam | B | English-Imperial

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