



# Diving First Aid for Professional Divers

## CHAPTER 2 REVIEW QUESTIONS

- 1. Duty of care is an obligation to provide assistance regardless of training**
  - a. True
  - b. False
- 2. To avoid legal problems**
  - a. always ask an injured person for permission to assist
  - b. always ask the parent/guardian of a minor for permission to assist their child
  - c. obtain written permission to provide care
  - d. all of the above
  - e. a and b only
- 3. Anxiety is a normal response in an emergency**
  - a. True
  - b. False
- 4. If a rescuer experiences emotional distress, relief may be achieved by**
  - a. a critical-incident debriefing
  - b. professional counseling
  - c. both a and b

## CHAPTER 3:1 REVIEW QUESTIONS

- 1. Hypoxia is a condition of low oxygen supply**
  - a. True
  - b. False
- 2. An absence of oxygen**
  - a. may cause cell death
  - b. is known as anoxia
  - c. may cause unconsciousness
  - d. all of the above
- 3. Gas exchange takes place at the**
  - a. spinal column interfaces
  - b. long bone joints
  - c. alveolar-capillary membrane
  - d. muscle-nerve junctions
- 4. The respiratory system does not include which of the following**
  - a. nose
  - b. mouth
  - c. trachea
  - d. heart
- 5. The circulatory system does not include which of the following**
  - a. mouth
  - b. veins
  - c. arteries
  - d. heart

## CHAPTER 3:2 REVIEW QUESTIONS

- 1. The nervous system consists of the**
  - a. brain, spinal cord and nerves
  - b. vertebrae and skull
  - c. heart, lungs and brain
  - d. head, torso and limbs
- 2. Neural pathways may be interrupted by**
  - a. stroke
  - b. decompression illness
  - c. trauma
  - d. all of the above

## CHAPTER 4 REVIEW QUESTIONS

- Oxygen is a clear, odourless gas essential to life**
  - True
  - False
- The atmospheric air we inhale contains \_\_\_\_\_ % oxygen**
  - 12
  - 16
  - 21
  - 27
- The air we exhale contains about \_\_\_\_\_ % oxygen**
  - 12
  - 16
  - 21
  - 27
- Oxygen is carried throughout the body by**
  - white blood cells
  - red blood cells
  - bone marrow
  - blood plasma
- Carbon dioxide is**
  - a waste product of metabolism
  - a toxic gas
  - essential for life
  - an inert gas
- Nitrogen comprises \_\_\_\_\_ % of atmospheric air**
  - 21
  - 27
  - 67
  - 78
- Carbon monoxide is**
  - a waste product of metabolism
  - a toxic gas
  - essential for life
  - an inert gas

## CHAPTER 5 REVIEW QUESTIONS

- Decompression illness includes**
  - decompression sickness
  - air gas embolism
  - both of the above
- The most important initial actions in responding to diving accidents are to recognise there is a problem and to administer 100% oxygen**
  - True
  - False
- DCS is caused by**
  - breath-hold during descent
  - breath-hold during ascent
  - inert gas bubbles in the body
- The primary risk factor for AGE is**
  - breath-hold during descent
  - breath-hold during ascent
  - inert gas bubbles in the body
- It is important to seek medical evaluation when DCI is suspected because**
  - symptom resolution does not mean DCI is no longer present
  - symptoms may recur
  - risk of recurrence may be reduced by hyperbaric treatment
  - all of the above

**6. The single most common symptom of DCI is**

- a. numbness
- b. constitutional (fatigue, nausea)
- c. muscle weakness
- d. pain
- e. issues with balance/equilibrium

**7. Initial DCS symptoms**

- a. occur within 15 minutes of the time of injury
- b. typically occur within six hours of surfacing
- c. may be delayed up to 24 hours
- d. both b and c

**8. AGE symptoms**

- a. occur within 15 minutes of the time of injury
- b. typically occur within six hours of surfacing
- c. may be delayed up to 24 hours
- d. both b and c

**9. Returning to diving following DCI should be done in conjunction with a physician knowledgeable in dive medicine**

- a. True
- b. False

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## CHAPTER 6 REVIEW QUESTIONS

**1. The OSHA Blood-borne Pathogens Standard exists to**

- a. ensure safe and healthy conditions for working men and women
- b. set and enforce standards
- c. provide training, outreach, education and assistance guidelines
- d. all of the above

**2. Disease transmission occurs when which of the following is present?**

- a. an infectious pathogen
- b. sufficient quantity of the pathogen
- c. exposure to a susceptible host
- d. site of entry/mechanism of transmission
- e. all of the above

**3. Disease transmission can be prevented by**

- a. personal protective equipment
- b. thorough hand washing
- c. engineering controls
- d. all of the above

**4. If you think you may have been exposed to a blood-borne pathogen, you should**

- a. cover it tightly to protect it
- b. milk it to make it bleed
- c. report it according to your organisation's emergency action plan
- d. both b and c
- e. all of the above

**5. Zoonosis is a generic term describing diseases transmitted from vertebrate animals to humans**

- a. True
- b. False

**6. Specialised training is required when diving in contaminated water**

- a. True
- b. False

## CHAPTER 7 REVIEW QUESTIONS

- 1. Essential equipment to have available at every dive site includes**
  - a. oxygen unit
  - b. first-aid kit
  - c. emergency action plan
  - d. all of the above
- 2. Emergency action plans should include**
  - a. local resources and emergency phone numbers
  - b. communication equipment
  - c. method of documenting information about injured divers and first aid provided
  - d. location of the nearest hyperbaric chamber
  - e. a, b and c only
- 3. Hyperbaric chambers will always be available to treat injured divers**
  - a. True
  - b. False

## CHAPTER 8 REVIEW QUESTIONS

- 1. Moving someone should be limited to times of emergency or when the current location places the victim at risk of further injury**
  - a. True
  - b. False
- 2. The rescuer should consider which of the following body mechanics when lifting?**
  - a. keep back straight
  - b. bend only from hips
  - c. keep head neutral
  - d. lift with legs
  - e. all of the above

## CHAPTER 9 REVIEW QUESTIONS

- 1. Potential hazards that should prompt caution when approaching the scene of an accident include**
  - a. fire and animals
  - b. expired first-aid certifications
  - c. electricity, gas and traffic
  - d. a and c
- 2. The S-A-F-E mnemonic helps us remember**
  - a. to activate EMS
  - b. scene safety assessment
  - c. to use personal protective equipment
  - d. b and c
  - e. none of the above
- 3. Personal protective equipment is a critical part of keeping yourself safe while providing care**
  - a. True
  - b. False
- 4. Protective equipment includes**
  - a. non-latex gloves
  - b. eye shields
  - c. resuscitation masks
  - d. all of the above
- 5. When removing gloves after providing first aid, it is important to keep the outer surface of the glove from touching your skin**
  - a. True
  - b. False

## CHAPTER 10 REVIEW QUESTIONS

**1. Initial assessment includes**

- a. assessing for responsiveness and activating EMS
- b. adjusting the patient's position for care
- c. initiating CPR
- d. all of the above
- e. a and c only
- f. b and c only

**2. To check for a pulse on an adult or child, use gentle finger pressure on the**

- a. carotid artery
- b. brachial artery
- c. femoral artery
- d. radial artery

**3. To check for a pulse on an infant, use gentle finger pressure on the**

- a. carotid artery
- b. brachial artery
- c. femoral artery
- d. radial artery

**4. Any breath sounds at all are considered normal**

- a. True
- b. False

**5. Placing an unconscious, breathing victim in the recovery position is important to maintain an open airway and to minimise the potential of blood and vomit to cause obstruction**

- a. True
- b. False

**6. Persons with neck, spine or pelvic injuries should not be placed in the recovery position**

- a. True
- b. False

**7. A breathing, responsive injured diver should be placed in a position of comfort or the recovery position**

- a. True
- b. False

## CHAPTER 11 REVIEW QUESTIONS

**1. Prompt medical intervention may reduce the possibility of permanent disability**

- a. True
- b. False

**2. F-A-S-T stands for**

- a. facts, attitude, sensitivity, talent
- b. facial droop, arms, speech, time
- c. feet, arms, spine, toes
- d. face, ankles, stability, touch

## CHAPTER 12 REVIEW QUESTIONS

**1. An emergency action plan should be activated**

- a. as soon as you suspect a neurological injury
- b. after conducting a complete neurological assessment
- c. only if the injured diver does not respond to oxygen first aid

**2. S-A-M-P-L-E is a mnemonic to assist with**

- a. obtaining information about an injured diver
- b. remembering to get a dive profile sample
- c. calculation assessment in mental function
- d. obtaining insurance and compensation

## CHAPTER 13 REVIEW QUESTIONS

- 1. Which of the following is not one of the areas evaluated during a neurological assessment?**
  - a. mental function and cranial nerves
  - b. range of motion
  - c. motor function
  - d. coordination and balance
- 2. Mental function evaluates**
  - a. orientation to person, place, time and event
  - b. memory and speech
  - c. comprehension and computational skills
  - d. all of the above
- 3. Which of the following is not part of the cranial nerves evaluation?**
  - a. facial droop
  - b. eye movements
  - c. grip strength
  - d. slurred speech
- 4. Motor functions may be classified as normal, evidence of weakness, or paralysis**
  - a. True
  - b. False
- 5. The Romberg test assesses**
  - a. motor function
  - b. cranial nerves
  - c. mental status
  - d. balance

## CHAPTER 14 REVIEW QUESTIONS

- 1. The primary goal of delivering the highest concentration of oxygen possible to an injured diver is to facilitate inert gas washout and improve oxygen delivery to compromised tissues**
  - a. True
  - b. False
- 2. Providing a high concentration of oxygen to an injured diver may provide these benefits**
  - a. accelerate inert gas elimination
  - b. reduce bubble size
  - c. enhance oxygen delivery to tissues
  - d. reduce swelling
  - e. all of the above
- 3. Symptoms of non-fatal drowning may include**
  - a. difficulty breathing
  - b. abdominal distension
  - c. chest pain
  - d. hyperthermia
  - e. all but d
- 4. As a first responder to a non-fatal drowning, your role is**
  - a. to monitor vital signs
  - b. to provide supplemental oxygen
  - c. to provide transport to the nearest medical facility
  - d. all of the above
- 5. The percentage of oxygen delivered when using a demand valve is influenced by**
  - a. flow rate
  - b. mask fit
  - c. mask seal
  - d. both b and c
- 6. In remote areas, the priority in oxygen delivery is**
  - a. to conserve oxygen supplies
  - b. to maximise the highest inspired fraction of oxygen
  - c. to limit the flow of oxygen
- 7. Oxygen toxicity, whether CNS or pulmonary, is not a concern for oxygen first aid to an injured diver**
  - a. True
  - b. False

## CHAPTER 15 REVIEW QUESTIONS

- Oxygen is one element of the fire triangle**
  - True
  - False
- The risks of handling oxygen can be reduced by**
  - keeping the oxygen units free of hydrocarbons found in oils and lubricants that are often found on dive boats
  - opening the oxygen cylinder slowly
  - keeping the unit away from the heat of the sun
  - all of the above
- Safety precautions to implement when using oxygen cylinders include**
  - not allowing any oil or grease to come in contact with oxygen cylinder
  - not exposing oxygen cylinders to high temperatures or allow smoking/open flames around oxygen
  - providing adequate ventilation when using oxygen
  - using only equipment made for use with oxygen
  - all of the above
- With what grade of oxygen should an oxygen cylinder for diving first aid be filled?**
  - aviator or industrial grade
  - medical grade only
  - medical or industrial grade
  - aviator or medical grade
- Methods for obtaining oxygen fills may include**
  - prescription
  - documentation of training in oxygen delivery
  - prospective prescription
  - any of the above
- When should an oxygen unit's components and cylinder pressure be checked?**
  - every two years
  - before every outing
  - every week
  - annually
- An oxygen unit should be stored**
  - with the valve closed
  - in its protective case
  - assembled
  - all of the above
- It is not necessary to clean oxygen parts and masks**
  - True
  - False

## CHAPTER 16 REVIEW QUESTIONS

- Oxygen delivery systems are comprised of which of the following?**
  - first-aid kits and barriers
  - oxygen cylinders and pressure-reducing regulator
  - oxygen hose and face mask
  - b and c
- Two considerations when choosing an oxygen cylinder are distance to emergency care and size (volume) of the cylinder**
  - True
  - False
- A multifunction regulator is preferred in emergency oxygen for scuba diving injuries because it can provide emergency oxygen to two injured divers at the same time**
  - True
  - False
- An oxygen cylinder should be switched during care when the pressure drops below 200 psi, if another cylinder is available; if another cylinder is not available, use the cylinder until it is empty**
  - True
  - False

**5. Oxygen cylinders are subject to periodic visual and hydrostatic testing**

- a. True
- b. False

**6. Oxygen-cylinder marking colours are standardised throughout the world to avoid confusion**

- a. True
- b. False

**7. Oxygen regulators are fitted with a pin indexing system to prevent use on other cylinder valves that may not contain oxygen**

- a. True
- b. False

**8. A demand valve flows only when the injured diver inhales, allowing the oxygen to last longer**

- a. True
- b. False

**9. The initial flow rate for constant-flow oxygen delivery is**

- a. 2-4 lpm
- b. 10-15 lpm
- c. 20-25 lpm
- d. the rate the injured diver will tolerate

**10. A constant-flow mask that is recommended when a breathing, injured diver cannot activate the demand inhalator valve or when there is more than one injured diver is a**

- a. non-rebreather mask
- b. oronasal resuscitation mask
- c. bag valve mask

## CHAPTER 17 REVIEW QUESTIONS

**1. The goal of CPR (without defibrillation) is to maintain the adequate circulation of oxygenated blood to vital organs such as the**

- a. spleen and pancreas
- b. stomach and kidney
- c. heart and brain
- d. liver and muscles

**2. Exhaled air contains about 10% oxygen**

- a. True
- b. False

**3. During CPR, the functions of the heart and lungs are temporarily taken over by**

- a. chest compressions and ventilations
- b. cardiac defibrillation and an oxygen bottle
- c. advanced medications and ventilator machines

**4. What CPR protocol should be used when responding to a victim of drowning?**

- a. A-B-C
- b. B-A-C
- c. C-A-B
- d. C-B-A

**5. In most cases, a patient's heart restarts after someone performs CPR on them**

- a. True
- b. False

**6. The five links in the chain of survival in correct order are**

- a. 10177, CPR, AED, advanced cardiac life support, post-cardiac-arrest care
- b. CPR, 10177, AED, advanced cardiac life support, post-cardiac-arrest care
- c. AED, advanced cardiac life support, post-cardiac-arrest care, 10177, CPR
- d. post-cardiac-arrest care, advanced cardiac life support, 10177, CPR, AED



**7. In the case of children and drowning victims, once unresponsiveness has been established, the single rescuer should**

- a. check for injuries
- b. check the mouth for foreign bodies
- c. activate EMS
- d. perform CPR for two minutes and then call EMS

**8. When calling EMS, you should tell them**

- a. what happened and the condition of the injured person
- b. the location of the emergency and a call-back number
- c. how many persons are involved
- d. your name and the first aid provided
- e. all of the above

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## CHAPTER 18 REVIEW QUESTIONS

**1. The recommended rate of compression for CPR on all ages is**

- a. 60-80 per minute
- b. 100-120 per minute
- c. at least 140 per minute
- d. rate is not important as long as compressions are being done

**2. The recommended depth of chest compressions for an adult is**

- a. 4-5 cm
- b. 5-6 cm
- c. 7-8 cm
- d. Depth is not important as long as compressions are being done

**3. The recommended depth of chest compressions for infants and children is**

- a. one-third of chest depth
- b. 5 cm
- c. 2.5 cm

**4. The compression-to-ventilation ratio for two-person CPR on children and infants is**

- a. 30:2
- b. 30:3
- c. 15:2
- d. 15:1

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## CHAPTER 19 REVIEW QUESTIONS

**1. Each rescue breath should last about**

- a. 2 seconds
- b. 1 second
- c. 5 seconds

**2. To avoid overexpansion of their lungs, the volume of ventilations for children should be adjusted to accommodate their size**

- a. True
- b. False

**3. When delivering rescue breaths to an infant, the head should**

- a. be extended as it would for an adult or child
- b. not be extended at all
- c. be extended gently but not as far as you would for an adult or child

**4. When delivering only rescue breaths (no compressions) on an adult, the rate of ventilations is one breath every**

- a. 10 seconds
- b. 5-6 seconds
- c. 3 seconds

**5. Rescue breaths only (no compressions) on an infant should be delivered every 3-5 seconds**

- a. True
- b. False

**6. Full CPR is always recommended for**

- a. drowning victims
- b. scuba diving injuries
- c. both a and b

**7. A bag valve mask**

- a. is a self-inflating bag with a mask that aids in rescue breathing
- b. has a manual trigger that initiates oxygen flow

c. is best used by two rescuers working together

d. a and c

**8. Manually triggered ventilators**

- a. allow rescuers to deliver high concentrations of oxygen to non-breathing or inadequately breathing divers
- b. can also function as a demand valve
- c. is best used by two rescuers
- d. all of the above

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## CHAPTER 20 REVIEW QUESTIONS

**1. The use of an AED is often helpful but may decrease the chance of survival**

- a. True
- b. False

**2. Every minute the heart is in fibrillation, survival rates decrease by**

- a. 3-5%
- b. 7-10%
- c. 12-15%
- d. 20-25%

**3. All cardiac arrests can benefit from the shock delivered by an AED**

- a. True
- b. False

**4. The charge from a delivered shock should be allowed to dissipate before touching the patient to resume CPR**

- a. True
- b. False

**5. AEDs with adult pads may be used on infants and children**

- a. True
- b. False

**6. AED pad placement on adults is**

- a. on the right chest and left side
- b. on the centre of the chest and centre of the back
- c. under both arms, with the heart centred between them

**7. AED pad placement on infants is**

- a. on the right chest and left side
- b. on the centre of the chest and centre of the back
- c. under both arms, with the heart centred between them

## CHAPTER 21 REVIEW QUESTIONS

- 1. The most common cause of airway obstruction and choking in adults is**
  - a. tongue
  - b. food
  - c. dentures
- 2. With infants and children, airway obstruction and choking can also be caused by**
  - a. food
  - b. foreign bodies (toys, coins, nuts)
  - c. fingers
- 3. Grasping the neck is a common sign made by choking victims**
  - a. True
  - b. False
- 4. If you suspect that someone is choking**
  - a. look in the mouth
  - b. check for responsiveness
  - c. ask, "Are you choking?"
  - d. ask a doctor
- 5. With complete airway obstruction, the victim will be unable to \_\_\_\_\_ but might nod his head in response to your question. If the victim is unable or has a limited ability to move air, he may soon lose \_\_\_\_\_**
  - a. yell for help, his breath
  - b. talk, his breath
  - c. breathe/cough/speak, consciousness
- 6. In the case of a partial airway obstruction, the rescuer should encourage the choking victim to cough but should do nothing else**
  - a. True
  - b. False
- 7. If the victim at any time becomes unconscious, the rescuer should**
  - a. drop the victim in the hope that the fall will dislodge the foreign body
  - b. ease the victim to the ground, remove the foreign body if visible, and start CPR
  - c. ease the victim to the ground and initiate supplemental oxygen therapy
- 8. An obstructed airway in a responsive infant should be cleared with back blows, alternating with chest compressions**
  - a. True
  - b. False
- 9. What must you do when a victim regurgitates?**
  - a. Roll the patient on his side, and wipe or suction out the mouth
  - b. Blow vomit back into the stomach
  - c. Remove gloves, and wipe away vomit with bare hands
- 10. Suctioning for adults, children and infants respectively should be limited to**
  - a. 15 seconds, 10 seconds, 5 seconds
  - b. 2 minutes, 1 minute, 30 seconds
  - c. 20 seconds, 10 seconds, 5 seconds
  - d. 30 seconds, 15 seconds, 10 seconds

## CHAPTER 22 REVIEW QUESTIONS

- 1. A general patient assessment includes assessing**
  - overall impression of the patient's health and well-being
  - respiratory effort
  - presentation of skin colour
  - all of the above
- 2. Asthma**
  - is a non-contagious respiratory illness
  - is airway narrowing that makes breathing difficult
  - can be treated by metered dose inhalers
  - can be life-threatening if severe and prolonged
  - all of the above
- 3. All heart attacks are painful**
  - True
  - False
- 4. Hypoglycaemia is a condition**
  - in which blood sugars are low
  - that should be treated with additional insulin
  - that can be reversed by eating and/or drinking foods with high sugar content
  - both a and c
- 5. F-A-S-T stands for Face, Arms, Smile, Time**
  - True
  - False
- 6. During a seizure, the rescuer's primary concern is to move objects that may cause injury if the patient should hit them**
  - True
  - False
- 7. In the event of suspected poisoning**
  - determine what was ingested
  - determine how much was taken
  - note current symptoms
  - call the local poison control center or EMS
  - all of the above
- 8. Plain water is the preferred first-aid measure for exertional dehydration**
  - True
  - False
- 9. Someone who appears to have suffered a concussion can resume his regular activities regardless of how he may feel**
  - True
  - False
- 10. An avulsed tooth can be stored in**
  - egg white
  - full-cream milk
  - the injured person's saliva
  - all of the above

## CHAPTER 23 REVIEW QUESTIONS

- 1. The first step in rewarming is to prevent further heat loss**
  - True
  - False
- 2. Management of hypothermia may include**
  - removal from the cold
  - removal of wet clothing
  - use of blankets and heat packs
  - calling EMS
  - all of the above
- 3. Heat stroke is a medical emergency that requires aggressive cooling and activation of EMS**
  - True
  - False

## CHAPTER 24 REVIEW QUESTIONS

- Slips and falls can be prevented by**
  - keeping walkways as dry as possible
  - providing drainage, rubber matting or rough surface concrete
  - using wet-surface warning signs
  - all of the above
- The purpose of a secondary assessment is to identify injuries that may not be readily apparent**
  - True
  - False
- General guidelines that should be used when conducting a secondary assessment include**
  - S-A-F-E, standard precautions, asking permission to help
  - keeping the injured diver in the position found, realigning any limb deformity as quickly as possible
  - disregarding any complaints of pain due to the fall
  - calling EMS immediately
  - a and d only
- A splint is used to**
  - immobilise the joints on either end of an injured limb
  - ease pain
  - protect the limb from further injury
  - all of the above
  - a and c

## CHAPTER 25 REVIEW QUESTIONS

- The three general categories of marine life injuries include**
  - envenomations
  - traumatic injuries
  - seafood poisoning
  - all of the above
- Envenomation is a process facilitated by bites, punctures or stings**
  - True
  - False
- Marine animal bites are usually fatal**
  - True
  - False
- Seafood poisoning occurs as a result of contaminated food or liquids**
  - True
  - False
- Standard precautions include the use of**
  - non-latex medical-style gloves
  - surgical-style masks
  - protective eyewear
  - all of the above

## CHAPTER 26:1 REVIEW QUESTIONS

- 1. Envenomations may occur by**
  - a. stings
  - b. spines
  - c. bites
  - d. barbs
  - e. all of the above
- 2. Envenomations may occur due to**
  - a. accidental contact
  - b. defensive action
  - c. both a and b
- 3. The health status of the injured person, sensitivity to the venom and delays in receiving first aid have an impact on the victim's response to the injury**
  - a. True
  - b. False
- 4. A venomous fish injury should be treated by**
  - a. washing the area
  - b. removing foreign material
  - c. controlling bleeding
  - d. managing pain
  - e. all of the above
- 5. Pressure immobilisation is recommended for which vertebrate injury?**
  - a. stingray punctures
  - b. lionfish stings
  - c. sea snake bites

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## CHAPTER 26:2 REVIEW QUESTIONS

- 1. What are the four steps in first aid for jellyfish stings in the correct order?**
  - a. inactivate, remove tentacles, wash area, treat symptoms
  - b. remove tentacles, wash area, treat symptoms, inactivate
  - c. treat symptoms, wash area, remove tentacles, inactivate
- 2. Pressure immobilisation is recommended for which invertebrate marine life injuries?**
  - a. jellyfish stings
  - b. cone-snail barb punctures
  - c. blue-ringed octopus bites
  - d. b and c
- 3. First aid for contact injuries includes**
  - a. controlling bleeding
  - b. washing area thoroughly
  - c. removing any foreign material
  - d. leaving blisters intact
  - e. all of the above

## CHAPTER 27 REVIEW QUESTIONS

- 1. Marine animals bite when**
  - a. they feel threatened
  - b. humans are mistaken for food
  - c. humans engage in spearfishing or feeding
  - d. all of the above
- 2. Infection is of particular concern with marine animal bites**
  - a. True
  - b. False
- 3. Which of the following is the first line of action to control external bleeding?**
  - a. direct pressure
  - b. tourniquets
  - c. hemostatic dressings
- 4. A tourniquet should be placed**
  - a. if the wound exhibits massive arterial bleeding
  - b. if bleeding is not stopped by direct pressure over the wound
  - c. 2-5 cm above the wound
  - d. all of the above
- 5. A tourniquet should be removed after two hours, regardless of continued bleeding**
  - a. True
  - b. False
- 6. Signs and symptoms of infection are**
  - a. pus, redness, sweating, hyperthermia
  - b. prickly feeling, rash, increased thirst, sweating, heat
  - c. pain, redness, loss of function, swelling, heat

## CHAPTER 28 REVIEW QUESTIONS

- 1. Contaminated seafood may taste and smell normal**
  - a. True
  - b. False
- 2. Seafood poisoning is triggered by**
  - a. bacteria
  - b. parasites
  - c. viruses
  - d. toxins
  - e. all of the above
- 3. Seafood poisonings include**
  - a. ciguatera
  - b. scombroid
  - c. tetrodotoxin
  - d. all of the above
- 4. The most effective way to prevent seafood poisoning is to**
  - a. only eat fish you have caught and cleaned yourself
  - b. store fish properly
  - c. cook fish thoroughly
  - d. eat fish that has a slightly fishy smell

## CHAPTER 29 REVIEW QUESTIONS

- 1. The signs and symptoms of allergic reaction include**
  - a. itching
  - b. localised redness with swelling (hives)
  - c. swelling that affects the eyes, lips and possibly the airway
  - d. all of the above
- 2. In the event of an allergic reaction, the rescuer should**
  - a. assist the injured person with any medications prescribed for him
  - b. monitor airway and breathing
  - c. immediately begin CPR
  - d. a and b only
- 3. Cardiogenic shock refers to**
  - a. a decrease in blood volume
  - b. the heart's inability to circulate blood
  - c. an allergic reaction
  - d. all of the above
  - e. none of the above
- 4. The primary course of action for cardiogenic shock is to immediately call EMS and**
  - a. be prepared to begin CPR
  - b. provide fluids to restore blood volume
  - c. both a and b
  - d. neither a nor b
- 5. Hypovolemic shock results in**
  - a. cool, clammy skin
  - b. confusion
  - c. weakness
  - d. all of the above
- 6. Respond to hypovolemic shock by**
  - a. contacting EMS
  - b. controlling any external bleeding
  - c. providing fluids to replenish blood volume
  - d. all of the above
  - e. a and b only

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## CHAPTER 30 REVIEW QUESTIONS

- 1. Marine life injuries can occur as a result of**
  - a. accidental touching
  - b. poor situational awareness
  - c. perceived threats to the marine life
  - d. all of the above
- 2. Dive practices that can help minimise the risk of marine life injuries include**
  - a. buoyancy control and streamlining yourself
  - b. use of exposure protection
  - c. not touching marine life
  - d. poor situational awareness
  - e. carrying speared fish
  - f. a, b and c

