

1. The sudden stimulus we feel when frightened, startled, or threatened is called:

- A Flight or fight syndrome.
- B Stay and fight syndrome.
- C Fight and rationalize.
- D Resign and flight syndrome.

2. Early warning signs of stress could include:

- A Severe pain in joints.
- B Dizziness and slurred speech.
- C Nausea and muscle tension.
- D Pain in the chest, fullness in the neck.

3. You should get a medical check-up:

- A Once a year.
- B If you are over 45.
- C Overweight and out of shape.
- D All of the above.

4. Cold water is defined as water colder than:

- A 32° F (0° C).
- B 70° F (21° C).
- C 50° F (10° C).
- D 60° F (16° C).

5. Some signs of psychological causes of stress could include:

- A Poor judgement and buddy system failure.
- B Fitness and fatigue.
- C Constriction of movement.
- D Cold water and hypothermia.

6. Using and abusing alcohol before and between dives can lead to:

- A Fitness and fatigue.
- B Constriction of movement.
- C Cold water and hypothermia.
- D Nitrogen narcosis/decompression sickness.

7. Some skills that a diver should overlearn are:

- A Proper weight • Alternate air source breathing.
- B Proper dressing techniques.
- C Equipment Assembly.
- D Equipment cleaning and maintenance.



Diver Stress and Rescue

FINAL EXAM

INSTRUCTIONS:

Fill in the circle next to the answer of your choice. Turn the exam in to your instructor to be graded.

Diver Name

Date

Instructor

Grade

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8. Two poor environmental conditions that, when coupled with another stressor, can lead to stress are:

- A Low visibility • cold water.
- B Bright sunshine • warm water.
- C Flat clam water • no surf.
- D Excellent visibility • minimal surge.

9. In which stage is it most important to detect and treat signs of stress in you or your buddy:

- A Stage 3 — end of the dive.
- B Stage 2 — during the dive.
- C Stage 1 — before the dive.
- D It doesn't matter when you detect and treat the signs of stress.

10. Signs of stress in Stage I — before the dive — might be:

- A Difficulty with equipment.
- B Preoccupation.
- C Frustration.
- D All of the above.

11. To deal with signs of stress from Stage I, what would you discuss before the dive?

- A Name and location of dive site.
- B Objective of the dive.
- C What time you need to finish the dive.
- D What equipment to use on this dive.

12. If your buddy does not want to let go of the boat, ladder, anchor line or you, this would signal what stress response?

- A Contact maintenance.
- B Loss of skill.
- C Excessive behavior.
- D Unable to communicate.

13. What percentage of diving fatalities involve the victim failing to drop their weight belt?

- A 10.
- B 50.
- C 65.
- D 90.

14. Which of the following is not a sign of drowning?

- A Able to inflate BC and relax.
- B Arms attempting to push out of the water.
- C Inability to speak.
- D Head held back and out of the water.

15. A well-prepared rescue diver should have which of the following?

- A First aid kit.
- B Light.
- C Dive Computer.
- D Underwater Recall System.

16. Checking vital signs consists of

- A Searching for a missing diver.
- B Checking to see if the diver has the proper equipment for the dive.
- C Checking to see if the diver is breathing and has a pulse.
- D Checking the dive profile.

17. Symptoms of decompression sickness usually show up

- A 24 to 48 hours after surfacing.
- B 5 minutes before surfacing.
- C As you descend to begin your dive.
- D 15 minutes to 12 hours after surfacing.

18. Signs and symptoms of air embolism include

- A Bright red coloration.
- B Personality change.
- C A pain in the shoulder.
- D Itchy skin.

19. What percentage of O₂ is recommended administered to a victim suspected of having a dive malady?

- A 100.
- B 75.
- C 50.
- D 25.

20. Conditions that may complicate a rescue include:

- A The environment.
- B Medical condition such as heart attack.
- C Cold water near-drowning.
- D All of the above.

21. Which type of transportation is the most common and the safest?

- A Ground.
- B Air.
- C Water.
- D None of the above.

22. Which is the least popular tow?

- A From behind.
- B With a surface float.
- C From the side.
- D From the feet.

23. The worst panic situation occurs where?

- A On the boat.
- B At the dock.
- C Under water.
- D On the surface.

24. What is the most important consideration when you find an unconscious diver underwater?

- A What type of exposure suit they are wearing.
- B How much weight is on their belt?
- C Are they male or female?
- D Getting the victim to the surface.

25. If a victim has no pulse and is not breathing, you should

- A Perform rescue breathing on them.
- B Get the victim out of the water as quickly as possible.
- C Start CPR in the water.
- D Yell for help and wait until someone comes to help.