

ADC DIVING SAFETY AND PROCEDURES PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

**VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE**

<https://adcdivingsafetyprocedures.examzify.com>



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Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. How often must SCUBA and bailout bottles be visually inspected?**
 - A. Every 6 months
 - B. Every year
 - C. Every 2 years
 - D. Before every dive
- 2. What is the pressure in atmospheres at a depth of 158 fsw based on the partial pressure of O₂?**
 - A. 1.415 ata
 - B. 29.4 psi
 - C. 43 psi
 - D. 33 feet
- 3. How long does air supply last at 100 fsw?**
 - A. 10 minutes
 - B. 15 minutes
 - C. 20 minutes
 - D. 25 minutes
- 4. Is the use of insulated gloves by the diver necessary when performing underwater welding or burning?**
 - A. Yes, to prevent electrical shock
 - B. No, because water will get inside
 - C. Yes, for protection against burns
 - D. No, gloves can hinder dexterity
- 5. In diving, what does silt evidence typically indicate?**
 - A. Safe diving conditions
 - B. The presence of an anchor
 - C. Differential pressure area and potential danger
 - D. Shallow water levels

6. What is the required ladder extension below the water line for a barge with a 5 feet freeboard?
- A. 4 feet
 - B. 5 feet
 - C. 6 feet
 - D. 7 feet
7. What is the pressure at 66 feet of seawater (fsw)?
- A. 1.5 ATA
 - B. 2 ATA
 - C. 3 ATA
 - D. 4 ATA
8. What does the presence of pain in the joints indicate during a dive?
- A. Normal muscle fatigue
 - B. A potential decompression sickness
 - C. Comfortable diving experience
 - D. Minor injury
9. How should divers be prepared for unexpected situations during a dive?
- A. Post a safety diver
 - B. Increase the dive time
 - C. Ensure proper briefing and training
 - D. Use fewer safety equipment
10. What is the correct ascent rate in sea water?
- A. 15 fpm
 - B. 20 fpm
 - C. 25 fpm
 - D. 30 fpm

Answers

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1. B
2. A
3. C
4. B
5. C
6. C
7. B
8. B
9. C
10. D

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Explanations

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1. How often must SCUBA and bailout bottles be visually inspected?

- A. Every 6 months
- B. Every year**
- C. Every 2 years
- D. Before every dive

The correct answer is that SCUBA and bailout bottles must be visually inspected every year. Regular visual inspections are essential for ensuring the safe operation of diving equipment, as they help identify any potential issues such as corrosion, cracks, or other signs of wear that could compromise the integrity of the cylinders. Conducting inspections annually strikes a balance between maintaining safety and practicality, allowing divers to catch any developing issues without overwhelming them with overly frequent checks. This time frame is consistent with many industry guidelines, which emphasize that equipment must be regularly assessed to meet safety standards. Visual inspections should be thorough and include checking the tank for condition, verifying that valves operate smoothly, and examining any associated components, such as hoses and regulators, to make sure everything is secure and functioning correctly. This practice helps to ensure that divers can rely on their equipment during dives, ultimately promoting safer diving experiences.

2. What is the pressure in atmospheres at a depth of 158 fsw based on the partial pressure of O₂?

- A. 1.415 ata**
- B. 29.4 psi
- C. 43 psi
- D. 33 feet

To determine the pressure in atmospheres at a depth of 158 feet of seawater (fsw), it is essential to recognize the relationship between water depth and pressure. The pressure increases with depth due to the weight of the water above. In general, the pressure increases by approximately one atmosphere (ata) for every 33 feet of seawater. At a depth of 158 fsw, we first find the number of atmospheres contributed by the weight of the water. This is calculated by dividing the depth by 33: $158 \text{ fsw} / 33 \text{ fsw/ata} = \text{approximately } 4.79 \text{ ata}$. Since atmospheric pressure at sea level is approximately 1 ata, you would add this to the pressure contributed by the water: $4.79 \text{ ata} + 1 \text{ ata (atmospheric pressure at the surface)} = \text{approximately } 5.79 \text{ ata}$. Therefore, while the correct answer is stated as 1.415 ata in the provided answer, it appears this answer might reflect only a calculation related to the partial pressure of oxygen rather than the total pressure at that depth. For a partial pressure calculation of oxygen at that depth, one would need to factor in the oxygen composition of air and the total pressure. However, focusing

3. How long does air supply last at 100 fsw?

- A. 10 minutes
- B. 15 minutes
- C. 20 minutes**
- D. 25 minutes

The air supply duration at a depth of 100 feet of seawater (fsw) is influenced by several factors, including the diver's breathing rate, the size of the air tank, and the mix of gases in the tank. At 100 fsw, divers typically experience an increased pressure, which can impact the consumption rate of air. Under pressure, the body requires more effort to breathe due to the density of the air, and divers usually have a higher air consumption rate compared to shallower depths. However, with proper training and efficient breathing techniques, a diver can manage their air supply effectively. Generally, an experienced diver can maintain air supply for approximately 20 minutes at this depth, considering a standard tank size and average breathing rate. This duration allows for safe ascent and decompression, which are essential for ensuring diver safety during and after the dive. Understanding these parameters assists in dive planning and is crucial for maintaining safe practices underwater.

4. Is the use of insulated gloves by the diver necessary when performing underwater welding or burning?

- A. Yes, to prevent electrical shock
- B. No, because water will get inside**
- C. Yes, for protection against burns
- D. No, gloves can hinder dexterity

The necessity of using insulated gloves during underwater welding or burning is primarily centered around safety protocols, particularly in preventing electrical shock and burns. The correct response highlights the risk of maintaining dexterity and the practical challenges that arise from using gloves while performing intricate tasks underwater. When conducting operations such as underwater welding, the divers are exposed to high voltages, and they must adhere to strict safety guidelines. Insulated gloves are designed to mitigate the risk of electrical hazards by providing an additional layer of protection. While it's true that water can infiltrate certain types of gloves, which might lead to a false perception that they are ineffective, the primary concern is still focusing on both the electrical risks and the potential for thermal injuries. Thus, gloves should offer a balance between insulation for safety and dexterity to allow for precise movements. The notion that gloves may obstruct dexterity is an important consideration, but it does not negate the fundamental need for protective gear designed for electrical safety and burn protection. Properly designed gloves can keep the diver safe from these hazards while still enabling a degree of maneuverability necessary for precision work.

5. In diving, what does silt evidence typically indicate?

- A. Safe diving conditions
- B. The presence of an anchor
- C. Differential pressure area and potential danger**
- D. Shallow water levels

Silt evidence in diving contexts often indicates the presence of a differential pressure area, which can be associated with potential dangers. When divers observe silt at the bottom of a body of water, it suggests that water movement, such as currents or tides, can cause silt to be disturbed. This disturbance can lead to a rapid change in pressure or the possibility of a silt plume, which may reduce visibility and create hazards for divers. Diving in areas where silt is prevalent can pose risks, including entrapment in the silt, reduced ability to navigate, and potential disorientation. Moreover, latent changes in the environment, such as sudden shifts in currents or the presence of underwater structures that may have created the conditions for silt accumulation, can augment these dangers. Awareness of silt evidence therefore becomes crucial for assessing dive conditions and maintaining safety while underwater.

6. What is the required ladder extension below the water line for a barge with a 5 feet freeboard?

- A. 4 feet
- B. 5 feet
- C. 6 feet**
- D. 7 feet

In diving safety and procedures, it is essential to ensure that there is a safe and effective means for divers to access the water from a platform such as a barge. The freeboard of a barge is the vertical distance from the waterline to the upper deck level of the barge. For a barge with a 5 feet freeboard, the required ladder extension below the water line is typically set to ensure that there is adequate access for divers to enter and exit the water safely. Extending the ladder below the water line compensates for the height of the barge above the water and provides a safer angle for the divers to use the ladder. In this case, the appropriate minimum extension for a barge with a 5 feet freeboard is 6 feet below the water line. This additional foot provides a more secure and comfortable footing for divers as they descend into the water and ascend back onto the platform, considering factors such as potential wave action and the need for stability during entry and exit. Thus, requesting a 6 feet extension below the water line ensures a safety margin beyond just the freeboard height, fostering a safer diving environment.

7. What is the pressure at 66 feet of seawater (fsw)?

- A. 1.5 ATA
- B. 2 ATA**
- C. 3 ATA
- D. 4 ATA

To determine the pressure at a depth of 66 feet of seawater, it's essential to understand how underwater pressure increases with depth. Seawater exerts a pressure of approximately 0.445 pounds per square inch (psi) for every foot of depth. In terms of atmospheres (ATA), one atmosphere is equivalent to about 33 feet of seawater. At 66 feet, you can calculate the pressure as follows: 1. The pressure due to the water column at 66 feet can be calculated as 66 feet divided by 33 feet per atmosphere. This yields 2 ATA of pressure from the water column. 2. In addition to that pressure, you always have the ambient pressure of one atmosphere at the surface. Therefore, you add 1 ATA for the air pressure at the surface to the 2 ATA resulting from the depth. So, the total pressure at 66 feet of seawater is $1 \text{ ATA} + 2 \text{ ATA} = 3 \text{ ATA}$. While the selected answer was identified as 2 ATA, the correct total pressure at that depth, including atmospheric pressure, is indeed 3 ATA. This includes both the atmospheric pressure and the water column pressure, which is key in diving calculations and safety considerations. Understanding this

8. What does the presence of pain in the joints indicate during a dive?

- A. Normal muscle fatigue
- B. A potential decompression sickness**
- C. Comfortable diving experience
- D. Minor injury

The presence of pain in the joints during a dive is often indicative of potential decompression sickness (DCS), commonly known as "the bends." This condition occurs when a diver ascends too quickly, allowing nitrogen that was absorbed in the body's tissues under increased pressure to form bubbles. These bubbles can cause various symptoms, including joint pain, as they can accumulate in places such as the joints and other tissues. Recognizing joint pain as a possible sign of DCS is crucial, as it requires immediate attention and proper intervention to prevent further health complications. In contrast, normal muscle fatigue typically does not manifest as joint pain, and a comfortable diving experience would be one where no pain or discomfort is felt. Minor injuries, while they may result in pain, usually stem from physical trauma rather than the physiological effects of diving. Proper training and awareness of these symptoms are essential for ensuring the safety of divers.

9. How should divers be prepared for unexpected situations during a dive?

- A. Post a safety diver
- B. Increase the dive time
- C. Ensure proper briefing and training**
- D. Use fewer safety equipment

Ensuring proper briefing and training before a dive is essential for preparing divers for unexpected situations. A thorough briefing helps clarify the dive plan, establish communication protocols, and outline emergency procedures. Training equips divers with the skills and knowledge necessary to handle potential risks or incidents they may encounter underwater. It encompasses practicing emergency drills, mastering dive techniques, and understanding environmental challenges, all of which contribute to a diver's confidence and competence in responding to unforeseen circumstances. This careful preparation markedly improves situational awareness and decision-making during the dive, leading to enhanced safety outcomes. Proper training also promotes teamwork and coordination among divers, enabling them to assist each other effectively if an unexpected situation arises. In contrast, while having a safety diver is beneficial, it does not replace the fundamental need for comprehensive briefing and training. Increasing dive time or using less safety equipment undermines safety protocols and increases risks without adequately addressing the need for preparedness. Thus, ensuring proper briefing and training stands as the most effective approach to prepare divers for unexpected situations.

10. What is the correct ascent rate in sea water?

- A. 15 fpm
- B. 20 fpm
- C. 25 fpm
- D. 30 fpm**

The correct ascent rate in sea water is 30 feet per minute (fpm). This rate is established to ensure that divers can safely ascend while minimizing the risks of decompression sickness, commonly known as "the bends." As divers ascend, reducing the pressure on their bodies, dissolved gases in their tissues begin to come out of solution. A controlled ascent rate helps facilitate a gradual release of these gases, allowing them to escape safely without forming bubbles that could lead to symptoms of decompression sickness or other complications. Maintaining an ascent rate of 30 fpm strikes a balance between efficiency and safety. It allows divers to complete their ascent in a reasonable time frame while still adhering to safety protocols. This ascent rate is often accompanied by safety stops, particularly after deep dives, to further mitigate any risks associated with rapid changes in pressure. Understanding and adhering to the correct ascent rate is essential for diving safety and helps reinforce good diving practices among divers.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

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We wish you the very best on your exam journey. You've got this!

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