# Afloat Safety Practice Test (Sample)

## Study Guide


**Everything you need from our exam experts!**

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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

**1. What is the basic CPR sequence for an adult if you are trained?**

**A. Check responsiveness, call for help, start chest compressions (30 per cycle) and two rescue breaths; use an AED if available; continue until help arrives.**

**B. Call for help, then wait for EMS before starting any actions.**

**C. Begin with rescue breaths only for adults.**

**D. Verify vital signs for five minutes before initiating CPR.**

**2. Which of the following is a correct listing of blood vessel types?**

**A. Veins, capillaries, artery**

**B. Veins and arteries**

**C. Capillaries only**

**D. Arteries only**

**3. What is a survival suit and when is it used?**

**A. A normal wetsuit used for warmth in calm waters.**

**B. A rain jacket worn during storms; used for weather protection.**

**C. A thermal protective suit worn in cold-water immersion to reduce hypothermia risk; used in survival situations.**

**D. A life jacket with extra buoyancy; used for general safety.**

**4. What is the minimum PPE for adults on a small boat?**

**A. A hard hat and goggles at all times.**

**B. No PPE is required on small boats.**

**C. At least one properly fitted PFD per person; other PPE depends on conditions (gloves, footwear, etc.).**

**D. A full protective suit is required for all.**

**5. What information should be included in a Mayday message?**

**A. Vessel name and call sign/MMSI, position, nature of distress, number aboard, injuries, toward assistance, and any hazards.**

**B. Time of day and sea state only.**

**C. Vessel color and length.**

**D. Weather forecast for the next 24 hours.**

**6. How do you verify a life jacket/PFD is still serviceable?**

**A. Check for tears, buoyancy loss, worn straps, broken buckles, and check labeling/date; replace if damaged.**

**B. Weigh the PFD to ensure it meets a standard weight.**

**C. Inspect only the color for fading.**

**D. Use the PFD briefly in a test dive.**

**7. Which device is used to provide a line to a person overboard for rescue and to assist in hauling them back aboard?**

**A. To provide a line to MOB for rescue and to assist in hauling them back aboard**

**B. To measure rope length**

**C. To anchor the boat**

**D. To decorate the deck**

**8. What are the outcomes associated with 15-19%, 20-29%, and 30% burns?**

**A. 15-19% burns cause shock; 20-29% burns cause danger of death; 30% burns cause death**

**B. 15-19% burns cause mild pain; 20-29% burns cause scar formation; 30% burns heal without treatment**

**C. 15-19% burns cause dehydration; 20-29% burns cause coma; 30% burns cause organ failure**

**D. 15-19% burns cause shock; 20-29% burns cause danger of death; 30% burns cause death**

**9. Which battery technology is commonly used for crypto equipment?**

**A. Nickel-Cadmium Batteries**

**B. Alkaline**

**C. Lithium Batteries**

**D. Lead-Acid**

**10. Which combination correctly lists the three categories of burns?**

**A. Thermal and Electrical**

**B. Chemical only**

**C. Thermal, Electrical, and Chemical**

**D. Thermal only**

# Answers

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

# Explanations

**1. What is the basic CPR sequence for an adult if you are trained?**

**A. Check responsiveness, call for help, start chest compressions (30 per cycle) and two rescue breaths; use an AED if available; continue until help arrives.**

**B. Call for help, then wait for EMS before starting any actions.**

**C. Begin with rescue breaths only for adults.**

**D. Verify vital signs for five minutes before initiating CPR.**

**When a trained responder encounters an unresponsive adult who isn't breathing normally, the key actions are to activate help and start CPR immediately. Begin with chest compressions at a rate of about 100–120 per minute and a depth of roughly 2 inches (5 cm), allowing full recoil between pushes. After every 30 compressions, give two rescue breaths if you are trained and comfortable doing so; otherwise, continue with compressions. Use an AED as soon as it becomes available and follow its prompts. Keep performing cycles of 30 compressions and 2 breaths until professional help arrives or the person shows signs of life. This approach matters because delivering timely chest compressions maintains blood flow to vital organs, while early defibrillation with an AED greatly improves the chance of survival for a shockable rhythm. Delaying action by waiting for EMS, starting with breaths only for adults, or spending time verifying vital signs before beginning CPR can reduce those survival chances.**

**2. Which of the following is a correct listing of blood vessel types?**

**A. Veins, capillaries, artery**

**B. Veins and arteries**

**C. Capillaries only**

**D. Arteries only**

**Blood vessels come in three main types that each have a distinct role: arteries carry blood away from the heart, veins return blood toward the heart, and capillaries are tiny vessels where exchanges of oxygen, nutrients, and wastes occur with body tissues. A correct listing must include all three categories, because omitting any one of them gives an incomplete picture of the circulatory network. Therefore, including veins, capillaries, and arteries together is the complete and accurate way to describe the main blood vessel types.**

## 3. What is a survival suit and when is it used?

**A. A normal wetsuit used for warmth in calm waters.**

**B. A rain jacket worn during storms; used for weather protection.**

**C. A thermal protective suit worn in cold-water immersion to reduce hypothermia risk; used in survival situations.**

**D. A life jacket with extra buoyancy; used for general safety.**

**A survival suit is a thermal protective garment designed for cold-water immersion. It provides substantial insulation and waterproofing while also offering buoyancy, so it helps minimize heat loss and reduce the risk of hypothermia if someone falls into cold water. These suits are used in survival situations such as abandoning ship or when someone is overboard, where staying warm and staying afloat long enough to be rescued is crucial. They often include features like a hood, gloves, booties, and reflective material for visibility. This isn't just a normal wetsuit, which is mainly for warmth and flexibility in water but isn't designed to protect against cold-water immersion or provide buoyancy. Nor is it a rain jacket, which protects against rain but doesn't provide the insulation and buoyancy needed for immersion. It's also not simply a life jacket, which adds buoyancy but offers little thermal protection.**

## 4. What is the minimum PPE for adults on a small boat?

**A. A hard hat and goggles at all times.**

**B. No PPE is required on small boats.**

**C. At least one properly fitted PFD per person; other PPE depends on conditions (gloves, footwear, etc.).**

**D. A full protective suit is required for all.**

**The key idea here is that the most important protective equipment on a small boat is a life jacket for every person onboard. A properly fitted Personal Flotation Device keeps you afloat and reduces the risk of drowning if you go overboard or the vessel suddenly stops. Because accidents can happen quickly, having at least one approved PFD per person is the essential minimum, and it should be accessible and worn when appropriate. Beyond that, additional PPE depends on conditions. You might add gloves for handling lines or heavy gear, and non-slip footwear to prevent slips on a wet deck, plus weather-appropriate clothing. A full protective suit isn't typically necessary on a small boat, and a hard hat and goggles are only needed if there are specific overhead hazards or eye protection needs at that moment. So, the best approach is to ensure every person has a properly fitted PFD, with extra PPE added as dictated by the sailing conditions.**

## 5. What information should be included in a Mayday message?

**A. Vessel name and call sign/MMSI, position, nature of distress, number aboard, injuries, toward assistance, and any hazards.**

**B. Time of day and sea state only.**

**C. Vessel color and length.**

**D. Weather forecast for the next 24 hours.**

**The essential idea is that a Mayday message must give enough information for rescuers to find you, identify you, understand the emergency, and plan the response. The best answer includes the vessel's identity (name and call sign or MMSI), your exact position, the nature of the distress, how many people are aboard, whether anyone is injured, the type of assistance required, and any hazards present. Identifying the vessel helps responders verify who is calling and contact authorities; a precise position is needed to define the search area; stating the nature of the distress informs responders what resources and actions to deploy (firefighting, towing, medical help, etc.); the numbers aboard and injuries guide triage and resource allocation; specifying the required assistance clarifies the rescue plan; and noting hazards (fuel leaks, fires, dangerous conditions) warns rescuers and helps keep the operation safe. Other options miss critical elements like location, the exact emergency, casualties, or hazards, making it harder to coordinate a rapid and effective response.**

## 6. How do you verify a life jacket/PFD is still serviceable?

**A. Check for tears, buoyancy loss, worn straps, broken buckles, and check labeling/date; replace if damaged.**

**B. Weigh the PFD to ensure it meets a standard weight.**

**C. Inspect only the color for fading.**

**D. Use the PFD briefly in a test dive.**

**Verifying a life jacket or PFD is still serviceable means doing a careful physical and functional check of its condition. Look for tears or frayed seams in the fabric, signs of wear on the straps, and any broken or sticking buckles. Check the labeling and the date to confirm it's within its usable life or hasn't been recalled. Most important, assess buoyancy: the foam inside should still be intact and provide proper flotation; if the PFD feels waterlogged, compressed, or you notice a reduction in buoyancy, it should be replaced. If any of these issues are present, the PFD isn't serviceable. That's why the best approach is to perform this comprehensive check—tears, buoyancy loss, worn straps, broken buckles, and labeling/date—and replace if damaged. The other options don't reliably indicate safety: weighing the PFD doesn't measure buoyancy, color fading isn't a trustworthy indicator of integrity, and a brief test dive isn't an appropriate or safe way to assess suitability.**

## 7. Which device is used to provide a line to a person overboard for rescue and to assist in hauling them back aboard?

**A. To provide a line to MOB for rescue and to assist in hauling them back aboard**

**B. To measure rope length**

**C. To anchor the boat**

**D. To decorate the deck**

**The main idea is delivering a line to someone in the water so they can be rescued and brought back aboard. This is done with a throw line (often in a throw bag). It's designed to be thrown from the boat to the person overboard, allowing them to grab hold of the line. Once they're on it, the crew can haul them in, either by pulling on the line or using a simple retrieval aid, keeping everyone at a safer distance from the hull and propeller. This method works quickly and doesn't require the rescuer to reach the MOB directly in rough conditions, which is why it's the preferred tool for MOB rescue. The other activities—measuring rope length, anchoring the boat, or decorating the deck—don't help with rescuing a person in the water.**

## 8. What are the outcomes associated with 15-19%, 20-29%, and 30% burns?

**A. 15-19% burns cause shock; 20-29% burns cause danger of death; 30% burns cause death**

**B. 15-19% burns cause mild pain; 20-29% burns cause scar formation; 30% burns heal without treatment**

**C. 15-19% burns cause dehydration; 20-29% burns cause coma; 30% burns cause organ failure**

**D. 15-19% burns cause shock; 20-29% burns cause danger of death; 30% burns cause death**

**When a burn covers more of the body, the body's fluid balance and inflammatory response become severely stressed. For burns around 15-19% of the body surface, the loss of skin and the resulting capillary leak can lead to significant fluid shifts and shock if not treated promptly. If the burn area is about 20-29%, the systemic stress is greater, increasing the risk of life-threatening complications and making death more likely without rapid, aggressive care. When 30% or more is burned, the combination of massive fluid loss, high risk of infection, metabolic demands, and potential organ dysfunction greatly raises mortality, especially without excellent medical management. The other options imply outcomes like only mild pain, scar formation, or healing without treatment, which do not align with how widespread burns impact the body.**

## 9. Which battery technology is commonly used for crypto equipment?

**A. Nickel-Cadmium Batteries**

**B. Alkaline**

**C. Lithium Batteries**

**D. Lead-Acid**

**When choosing power for portable crypto equipment, you want a battery with high energy density that's rechargeable and lightweight. Lithium-based batteries fit this need best, offering a compact size and long life between charges so devices like hardware wallets and other portable crypto gear can run efficiently without being bulky. They also handle frequent recharge cycles well, which is important for devices that are used in various locations. Nickel-Cadmium batteries have good cycle life but are heavier and can suffer from memory effects, making them less ideal for small, modern devices. Alkaline cells are usually single-use and not rechargeable, which isn't practical for reusable crypto gear. Lead-acid batteries are large and heavy, unsuitable for compact equipment.**

## 10. Which combination correctly lists the three categories of burns?

**A. Thermal and Electrical**

**B. Chemical only**

**C. Thermal, Electrical, and Chemical**

**D. Thermal only**

**Burns are categorized by cause: thermal, electrical, and chemical. The combination that lists all three categories is the correct one because it fully represents the main ways burns occur. Thermal burns come from heat sources like hot liquids or surfaces; electrical burns result from an electrical current and can cause hidden, deeper tissue damage; chemical burns arise from corrosive substances and require immediate irrigation and removal of contaminated material. The other options miss at least one category, so they don't cover all common burn types.**

# 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:**

**https://afloatsafety.examzify.com**

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