

AIR DIVING SUPERVISOR PRACTICE EXAM (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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THE FULL VERSION STUDY GUIDE**

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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. In cases of decompression sickness, what is the role of a standby diver?**
 - A. Assist the diver who is symptomatic
 - B. Monitor all divers in the water
 - C. Prepare the recompression chamber
 - D. Perform emergency maneuvers
- 2. Which symptom is indicative of neurological involvement during decompression sickness?**
 - A. Pareidolia
 - B. Numbness
 - C. Joint pain
 - D. Skin rash
- 3. What does effective communication help to maintain during a dive?**
 - A. Specific dive equipment quality
 - B. The personal comfort of each diver
 - C. Safety and operational effectiveness
 - D. The leisure aspects of the diving experience
- 4. What type of first aid is essential following a diving incident?**
 - A. Administering oxygen therapy and monitoring vital signs
 - B. Offering the diver water and snacks
 - C. Performing a quick assessment and continuing the dive
 - D. Taking the diver to the nearest dive shop
- 5. How long does the tonic-clonic phase of an oxygen convulsion typically last?**
 - A. 30 seconds
 - B. 1 minute
 - C. 1-2 minutes
 - D. 3 minutes

- 6. How does depth influence dive operations?**
- A. Effects on buoyancy and equipment weight
 - B. Determines the color of underwater light
 - C. Impacts the rate of oxygen consumed
 - D. Changes diver's preferences on dive sites
- 7. In an extended surface interval of greater than 7 minutes, which treatment table should be used?**
- A. Treatment Table 5 for 2 or fewer Sur DO2
 - B. Treatment Table 6 for more than 2 Sur DO2
 - C. Treatment Table 4 for any occurrence
 - D. Treatment Table 7 for extended times
- 8. What role do dive tables serve in diving operations?**
- A. Helping to determine when to dive
 - B. Setting regulations for dive equipment
 - C. Assisting in planning safe ascent profiles
 - D. Providing entertainment while diving
- 9. Which of the following are signs of decompression sickness to be aware of?**
- A. Joint pain and skin rashes
 - B. Increased energy and euphoria
 - C. Rapid weight loss and improved vision
 - D. Mental clarity and enhanced coordination
- 10. What does HYPERBARIC mean in the context of diving?**
- A. Referring to shallow dive conditions
 - B. Describes warm water diving
 - C. Environments with greater than normal atmospheric pressure
 - D. Indicates a large body of water

Answers

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

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Explanations

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1. In cases of decompression sickness, what is the role of a standby diver?

- A. Assist the diver who is symptomatic
- B. Monitor all divers in the water
- C. Prepare the recompression chamber
- D. Perform emergency maneuvers

In cases of decompression sickness, the standby diver plays a crucial role by directly assisting the diver who is symptomatic. This assistance can involve providing immediate support, evaluating the condition of the affected diver, and ensuring that they receive appropriate care as quickly as possible. The standby diver must be vigilant and prepared to take necessary actions to stabilize the situation, which may include helping the diver return safely to the surface or executing an evacuation plan if needed. Having a standby diver means that there is always someone ready to intervene in emergencies, significantly increasing the chances of a positive outcome for the diver experiencing decompression sickness. They act as an immediate safety net, ensuring that the symptomatic diver's needs are promptly addressed during a potentially critical situation. It's essential for divers to have this additional layer of safety and support, which emphasizes the importance of teamwork and preparedness in underwater operations.

2. Which symptom is indicative of neurological involvement during decompression sickness?

- A. Pareidolia
- B. Numbness
- C. Joint pain
- D. Skin rash

Numbness is a symptom that indicates neurological involvement during decompression sickness. This condition occurs when divers experience a rapid decrease in pressure, which can cause nitrogen bubbles to form in the body. These bubbles can travel to various tissues and organs, including the nervous system, leading to varying neurological symptoms. Numbness is particularly significant as it often reflects the disruption of nerve pathways, which can indicate that bubbles are affecting the spinal cord or peripheral nerves. This neurological involvement can lead to more serious complications if not addressed promptly, making it an essential symptom for divers and medical professionals to recognize. Other symptoms listed may occur in decompression sickness, but they often point to different systems of the body being affected rather than specifically indicating neurological involvement. Joint pain typically indicates the "bends," where bubbles form in the joints or surrounding tissues. Skin rash could suggest the cutaneous signs of decompression sickness, and pareidolia, which relates to the perception of familiar patterns, does not have a direct connection to diving-related conditions. Hence, numbness is the most directly linked to neurological challenges in decompression sickness.

3. What does effective communication help to maintain during a dive?

- A. Specific dive equipment quality
- B. The personal comfort of each diver
- C. Safety and operational effectiveness**
- D. The leisure aspects of the diving experience

Effective communication is crucial during a dive as it plays a significant role in ensuring safety and operational effectiveness. This involves the ability to convey important messages about dive procedures, emergency protocols, and any changes in the dive plan. Clear communication allows divers to coordinate their actions, respond to potential hazards, and assist each other in real-time. In a diving environment, where conditions can change rapidly and visibility may be limited, having a reliable means of communication helps to ensure that all team members are aware of their surroundings and can execute the dive plan effectively. This not only preserves the safety of each diver but also enhances the overall effectiveness of the operations being conducted underwater. Other aspects, such as equipment quality, personal comfort, and leisure experiences, while important, may not directly influence the critical factors of safety and operational efficacy during a dive. Hence, communication's primary focus in this context is on fostering a safe and effective diving operation.

4. What type of first aid is essential following a diving incident?

- A. Administering oxygen therapy and monitoring vital signs**
- B. Offering the diver water and snacks
- C. Performing a quick assessment and continuing the dive
- D. Taking the diver to the nearest dive shop

The importance of administering oxygen therapy and monitoring vital signs following a diving incident lies in the potential complications that can arise from such incidents, including decompression sickness or pulmonary barotrauma. Oxygen therapy can help mitigate the effects of nitrogen bubbles that may have formed in the bloodstream and tissues, particularly in cases of decompression sickness. This therapy facilitates the elimination of nitrogen, alleviates hypoxia, and supports the diver's recovery. Monitoring vital signs is equally crucial as it provides immediate information about the diver's condition, allowing for timely intervention if further complications develop. By keeping track of heart rate, blood pressure, and oxygen saturation, responders can assess whether the diver is stable or requires urgent medical attention. In contrast, the other options do not provide the necessary immediate care that is critical in a diving emergency. Offering water and snacks does not address the physiological risks involved in a diving incident. Performing a quick assessment and continuing the dive could exacerbate any existing injuries, while taking the diver to the nearest dive shop may delay vital interventions needed in the case of a serious medical condition. Thus, the approach of administering oxygen therapy and monitoring vital signs is essential for ensuring the diver's safety and enhancing their chances of recovery.

5. How long does the tonic-clonic phase of an oxygen convulsion typically last?

- A. 30 seconds
- B. 1 minute
- C. 1-2 minutes**
- D. 3 minutes

The tonic-clonic phase of an oxygen convulsion typically lasts between 1 to 2 minutes. This phase, which is characterized by the initial muscle stiffening (tonic phase) followed by rhythmic muscle contractions (clonic phase), represents a significant period of the seizure activity. This duration often aligns with observed patterns in clinical cases, where convulsions caused by hypoxia or oxygen toxicity can involve this timeframe. Understanding this duration is crucial for diving professionals, as it helps in recognizing and managing potential convulsions during diving operations. If an oxygen convulsion occurs, knowing the expected duration enables supervisors and team members to respond appropriately, ensuring the safety and proper care of the diver experiencing the convulsion. Monitoring the duration also assists in determining when to seek further medical attention if the seizure activity extends beyond the typical timeframe.

6. How does depth influence dive operations?

- A. Effects on buoyancy and equipment weight
- B. Determines the color of underwater light
- C. Impacts the rate of oxygen consumed**
- D. Changes diver's preferences on dive sites

Depth significantly influences dive operations in multiple ways, particularly regarding the physiological and environmental conditions affecting divers. One of the most critical aspects is the rate at which oxygen is consumed by divers. As divers descend to greater depths, the pressure increases, affecting gas laws and the body's ability to utilize oxygen efficiently. At increased depths, the partial pressure of oxygen rises, which can lead to a faster consumption rate of oxygen due to both the higher demand during exertion and the physiological effects of increased pressure on the body. Divers may need to manage their gas supply more carefully at deeper depths to avoid hypoxia (insufficient oxygen) or other complications associated with excessive pressure and gas consumption. Understanding how depth affects oxygen consumption is vital for planning safe dive profiles, gas mixtures, and decompression schedules. This consideration helps ensure that divers have adequate breathing gas for their planned activities and can safely return to the surface without incurring decompression sickness. While buoyancy, underwater light conditions, and preferences for dive sites are relevant to diving operations, they do not have the same critical impact on the physiological requirements and safety protocols that are directly influenced by the rate of oxygen consumed at varying depths.

7. In an extended surface interval of greater than 7 minutes, which treatment table should be used?

- A. Treatment Table 5 for 2 or fewer Sur DO2
- B. Treatment Table 6 for more than 2 Sur DO2**
- C. Treatment Table 4 for any occurrence
- D. Treatment Table 7 for extended times

In situations where there is an extended surface interval of greater than 7 minutes, it's essential to select the appropriate treatment table to ensure diver safety and effective management of potential decompression sickness. Treatment Table 6 is designed specifically for scenarios where the diver has experienced more than 2 significant surface interval decompression obligations. This table takes into account the increased risk associated with longer surface intervals and the number of deep stops or obligations a diver may have. Using Treatment Table 6 allows for a more structured approach to manage the increased risk that comes with longer surface times, ensuring that the treatment protocol is aligned with the diver's specific circumstances. It provides guidance on how to best mitigate the effects of nitrogen loading, which becomes more significant with extended surface intervals and greater decompression obligations. Other treatment tables may not adequately address the risks associated with longer surface intervals or multiple surface decompression obligations, which is why Treatment Table 6 is the preferred choice in this context.

8. What role do dive tables serve in diving operations?

- A. Helping to determine when to dive
- B. Setting regulations for dive equipment
- C. Assisting in planning safe ascent profiles**
- D. Providing entertainment while diving

Dive tables play a crucial role in planning safe ascent profiles during diving operations. They are specifically designed to help divers understand how long they can stay at specific depths and how to ascend to the surface safely. Dive tables are based on the principles of decompression theory and help in calculating the allowable time at various depths while minimizing the risk of decompression sickness. By using dive tables, divers can create a plan that includes depth limits and appropriate ascent rates, ensuring that they are not exposed to pressures for too long, which could lead to nitrogen buildup in the body. They indicate the necessary stops and times for ascending to allow the body to off-gas nitrogen safely. This systematic approach aids in preventing accidents and ensuring the health and safety of divers during their underwater excursions. While the other options relate indirectly to diving operations, they do not capture the primary function of dive tables as effectively. Dive tables are not regulatory tools for equipment or meant for deciding when to dive, nor are they a source of entertainment. Their main purpose is strictly linked to planning for safe ascent profiles in the context of diving safety.

9. Which of the following are signs of decompression sickness to be aware of?

- A. Joint pain and skin rashes**
- B. Increased energy and euphoria
- C. Rapid weight loss and improved vision
- D. Mental clarity and enhanced coordination

Joint pain and skin rashes are well-documented signs of decompression sickness (DCS), commonly known as "the bends." This condition can occur when divers ascend to the surface too quickly, causing nitrogen dissolved in bodily tissues to form bubbles. The nitrogen bubbles can lead to a variety of symptoms, including joint pain, which often presents itself as a deep, aching discomfort in the limbs, and skin rashes, which may appear as mottled skin or other dermatological issues. Being aware of these symptoms is crucial for divers and dive supervisors, as timely recognition and treatment of DCS can prevent serious complications. Understanding the signs of decompression sickness can help in making quick decisions regarding treatment, such as administering oxygen or arranging for medical intervention, which is vital for ensuring the safety and health of all divers involved.

10. What does HYPERBARIC mean in the context of diving?

- A. Referring to shallow dive conditions
- B. Describes warm water diving
- C. Environments with greater than normal atmospheric pressure**
- D. Indicates a large body of water

In the context of diving, the term "hyperbaric" specifically refers to environments where the pressure is greater than the normal atmospheric pressure at sea level, which is approximately 1 atmosphere (atm). This is particularly relevant in diving situations, especially when divers are underwater, as the pressure increases with depth. The principles of hyperbaric physics are crucial for understanding how gases behave at increased pressures, which informs safety protocols such as decompression procedures. For example, hyperbaric chambers are used in medical treatments for decompression sickness and other conditions related to increased pressure. In diving, being in a hyperbaric environment necessitates special considerations, such as the management of nitrogen absorption in the body and the potential risks associated with rapid ascents. Understanding hyperbaric conditions helps divers and supervisors ensure safe diving practices and minimize the risk of pressure-related injuries.

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://airdivingsupervisor.examzify.com>

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

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