

Diving First Aid for Professional Divers 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 system is fitted to oxygen regulators to prevent their use on inappropriate cylinder valves?**
 - A. Pin indexing system**
 - B. Pressure relief valve**
 - C. Safety blow-off cap**
 - D. Flow restrictor**
- 2. What is the primary purpose of an AED?**
 - A. To provide oxygen**
 - B. To defibrillate the heart**
 - C. To assist with breathing**
 - D. To monitor blood pressure**
- 3. What is the initial flow rate for constant-flow oxygen delivery?**
 - A. 2-4 lpm**
 - B. 10-15 lpm**
 - C. 20-25 lpm**
 - D. The rate the injured diver will tolerate**
- 4. Hypoglycemia is a condition characterized by what?**
 - A. High blood sugars**
 - B. Need for increased insulin**
 - C. Low blood sugars that can be treated with sugar**
 - D. High blood pressure**
- 5. What action should be taken if a victim regurgitates?**
 - A. Blow the vomit back into the stomach**
 - B. Roll the patient on his side and wipe or suction out the mouth**
 - C. Remove gloves and wipe with bare hands**
 - D. Leave the patient alone**

- 6. Does the use of an AED typically increase the chance of survival?**
- A. Yes**
 - B. No**
 - C. Only in certain cases**
 - D. It depends on the AED**
- 7. What should divers do if they suspect they have DCI?**
- A. Ignore symptoms**
 - B. Seek immediate medical attention**
 - C. Try home remedies**
 - D. Continue diving without restrictions**
- 8. Which of the following actions is NOT part of first aid for contact injuries?**
- A. Controlling bleeding**
 - B. Washing area thoroughly**
 - C. Leaving blisters intact**
 - D. Removing any foreign material**
- 9. What is the primary focus of a first aid kit at a dive site?**
- A. To hold diving weights**
 - B. To provide emergency supplies**
 - C. To store personal items**
 - D. To aid in underwater navigation**
- 10. As a first responder to a nonfatal drowning, what should your role include?**
- A. Monitoring vital signs**
 - B. Providing supplemental oxygen**
 - C. Transporting to the nearest medical facility**
 - D. All of the above**

Answers

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

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Explanations

1. What system is fitted to oxygen regulators to prevent their use on inappropriate cylinder valves?

- A. Pin indexing system**
- B. Pressure relief valve**
- C. Safety blow-off cap**
- D. Flow restrictor**

The pin indexing system is designed specifically to ensure that oxygen regulators can only be attached to compatible cylinder valves. This system uses a specific arrangement of pins that corresponds to the configuration of the outlet on the oxygen cylinder. Each type of gas has a unique set of pins, which prevents the accidental connection of an oxygen regulator to a cylinder containing a different gas, such as air or a different type of gas that might be incompatible with oxygen. This is crucial because using an oxygen regulator on the wrong type of gas can lead to dangerous situations, including fire hazards or equipment failure. The pin indexing system is a critical safety feature in diving and other applications involving compressed gases, ensuring that proper procedures and safety protocols are maintained. In contrast, a pressure relief valve serves to release excess pressure in the system but does not prevent misuse of regulators on incompatible cylinders. A safety blow-off cap is designed to manage potential pressure build-up but also does not address the compatibility of regulators and cylinders. Lastly, a flow restrictor controls the rate of gas flow in a system but does not influence the ability to connect different gas types and their associated regulators.

2. What is the primary purpose of an AED?

- A. To provide oxygen**
- B. To defibrillate the heart**
- C. To assist with breathing**
- D. To monitor blood pressure**

The primary purpose of an Automated External Defibrillator (AED) is to defibrillate the heart. When a person's heart experiences a sudden cardiac arrest, it may go into a chaotic rhythm called ventricular fibrillation. An AED is designed to analyze the heart's rhythm and, if necessary, deliver an electric shock to restore a normal heart rhythm. This critical intervention can significantly increase the chances of survival if applied promptly. While providing oxygen, assisting with breathing, and monitoring blood pressure are all important aspects of medical care, they are not the specific functions of an AED. The focus of an AED is uniquely on diagnosing heart rhythms and delivering defibrillation to correct life-threatening arrhythmias. This capability makes it a lifesaving device in emergency situations where every second counts.

3. What is the initial flow rate for constant-flow oxygen delivery?

- A. 2-4 lpm**
- B. 10-15 lpm**
- C. 20-25 lpm**
- D. The rate the injured diver will tolerate**

The initial flow rate for constant-flow oxygen delivery is typically set between 10 to 15 liters per minute (lpm). This range is considered effective for delivering adequate oxygen to the patient, particularly in the context of diving injuries such as decompression sickness or carbon monoxide poisoning. This flow rate ensures a high concentration of oxygen is provided, which is critical for improving tissue oxygenation and facilitating the elimination of nitrogen or carbon monoxide accumulated in the body during a dive. The specific range is commonly recommended in various diving first aid protocols because it strikes a balance between effective treatment and minimizing the risks associated with high flow rates, such as potential oxygen toxicity or waste of oxygen supply. The other flow rate options provided either fall below or significantly exceed this typically recommended range, making them less suitable for the initial management of a diver who requires supplemental oxygen. It is important to adhere to established guidelines to ensure the safety and effectiveness of treatment in emergency scenarios.

4. Hypoglycemia is a condition characterized by what?

- A. High blood sugars**
- B. Need for increased insulin**
- C. Low blood sugars that can be treated with sugar**
- D. High blood pressure**

Hypoglycemia is accurately characterized by low blood sugars that can be treated with sugar. This condition occurs when the glucose levels in the bloodstream drop below normal, leading to symptoms such as confusion, dizziness, sweating, and weakness. The immediate response to hypoglycemia is the consumption of sugar or glucose, which helps rapidly raise blood sugar levels back to a safe range. Understanding the correct condition is essential for recognizing the signs and implementing timely treatment, especially in scenarios where a diver might experience the effects of hypoglycemia under physical stress or strenuous activity.

5. What action should be taken if a victim regurgitates?

- A. Blow the vomit back into the stomach**
- B. Roll the patient on his side and wipe or suction out the mouth**
- C. Remove gloves and wipe with bare hands**
- D. Leave the patient alone**

If a victim regurgitates, rolling the patient onto their side and wiping or suctioning out the mouth is critical for their safety. This position helps prevent aspiration, which occurs when vomit enters the lungs, potentially leading to choking or pneumonia. By turning the patient on their side, you create a clear airway and allow any fluids to drain out of the mouth, reducing the risk of inhalation. Wiping or suctioning out the mouth is also important to clear any remaining vomit, ensuring that the airway remains unobstructed. This approach reflects standard first aid practices applicable in emergency situations, particularly when dealing with unconscious or semi-conscious individuals who may not be able to protect their own airway. This option emphasizes the importance of maintaining a clear and open airway and provides a direct and practical response to managing respiratory risks associated with vomiting.

6. Does the use of an AED typically increase the chance of survival?

- A. Yes**
- B. No**
- C. Only in certain cases**
- D. It depends on the AED**

The use of an Automated External Defibrillator (AED) significantly increases the chance of survival for individuals experiencing sudden cardiac arrest. AEDs are designed to analyze the heart's rhythm and, if necessary, deliver an electric shock to restore a normal heart rhythm. Prompt defibrillation is crucial because the survival rate decreases drastically with every minute that passes without intervention. Studies show that when an AED is used within the first few minutes after a cardiac event, the likelihood of survival can increase significantly, sometimes as high as 50-70% if used promptly and correctly. Additionally, AEDs are user-friendly and provide step-by-step audio and visual instructions, allowing even untrained bystanders to assist an individual in crisis effectively. This accessibility is pivotal, as immediate medical response is vital in such emergencies. Thus, training more people to use AEDs and ensuring they are readily available in public spaces can lead to better outcomes and higher survival rates in cases of cardiac arrest.

7. What should divers do if they suspect they have DCI?

- A. Ignore symptoms**
- B. Seek immediate medical attention**
- C. Try home remedies**
- D. Continue diving without restrictions**

If divers suspect they have Decompression Illness (DCI), it is crucial that they seek immediate medical attention. DCI can manifest with symptoms such as joint pain, dizziness, and difficulty breathing, which can become serious if not treated promptly. Medical professionals, especially in hyperbaric medicine, are trained to diagnose and treat DCI effectively. The standard treatment is hyperbaric oxygen therapy, which helps to reduce the size of nitrogen bubbles in the bloodstream and tissues, alleviating symptoms and preventing further complications. Ignoring symptoms or attempting to continue diving can lead to severe and potentially life-threatening consequences. Home remedies are not effective for DCI and could lead to delays in receiving the necessary medical care, which is essential for proper treatment. Seeking immediate medical attention ensures that divers receive the appropriate intervention to mitigate the risks associated with DCI.

8. Which of the following actions is NOT part of first aid for contact injuries?

- A. Controlling bleeding**
- B. Washing area thoroughly**
- C. Leaving blisters intact**
- D. Removing any foreign material**

Leaving blisters intact is an important action in the first aid protocol for contact injuries because blisters form as a protective barrier over the damaged skin. They contain fluid that helps cushion the area and promote healing while preventing further irritation or infection. By preserving the blister, it allows the body to naturally heal itself without exposing the underlying skin to potential contaminants. In contrast, controlling bleeding, washing the area thoroughly, and removing any foreign material are all proactive measures that address immediate concerns related to the injury and are essential steps in first aid. Controlling bleeding helps prevent excessive blood loss and stabilize the affected area, while washing the injury thoroughly is crucial for preventing infection. Removing foreign material ensures that there is no debris that could complicate healing or lead to infection.

9. What is the primary focus of a first aid kit at a dive site?

- A. To hold diving weights**
- B. To provide emergency supplies**
- C. To store personal items**
- D. To aid in underwater navigation**

The primary focus of a first aid kit at a dive site is to provide emergency supplies. This kit is specifically designed to address medical situations that may arise during or after a dive, including injuries, illnesses, or other emergencies that require immediate attention. Having the right supplies readily available can be crucial in stabilizing an injured diver until professional medical help can be accessed. Each component of the first aid kit is selected to meet the specific needs of divers, such as treatment for decompression sickness, sea creature stings, and other possible diving-related injuries. The goal is to ensure that divers can effectively respond to incidents that jeopardize health and safety while in a potentially isolated or remote environment. In contrast, while divers may require weights for proper buoyancy, personal items for comfort, or navigation aids during dives, a first aid kit's primary purpose is exclusively centered around providing timely medical assistance. Thus, the correct focus is on emergency supplies, which are vital for ensuring the safety and well-being of divers at a site.

10. As a first responder to a nonfatal drowning, what should your role include?

- A. Monitoring vital signs**
- B. Providing supplemental oxygen**
- C. Transporting to the nearest medical facility**
- D. All of the above**

In the case of a nonfatal drowning, the first responder's role is comprehensive and should encompass monitoring vital signs, providing supplemental oxygen, and ensuring the individual is transported to the nearest medical facility. Monitoring vital signs is crucial because it helps to assess the victim's condition and determine the effectiveness of any resuscitation efforts. This includes checking heart rate, breathing, and consciousness levels. Providing supplemental oxygen is important for individuals who are in respiratory distress or have low oxygen levels due to the drowning incident. Supplemental oxygen can help mitigate potential brain damage by improving oxygenation of vital organs. Transporting the victim to a medical facility is essential, even if they seem stable at the moment. There may be delayed complications that arise following a drowning incident, and medical professionals are equipped to handle these situations more effectively. By incorporating all of these actions, a first responder ensures that they are providing holistic support to the victim, thereby maximizing the chances of a positive outcome.

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://divingfirstaidforprodivers.examzify.com>

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