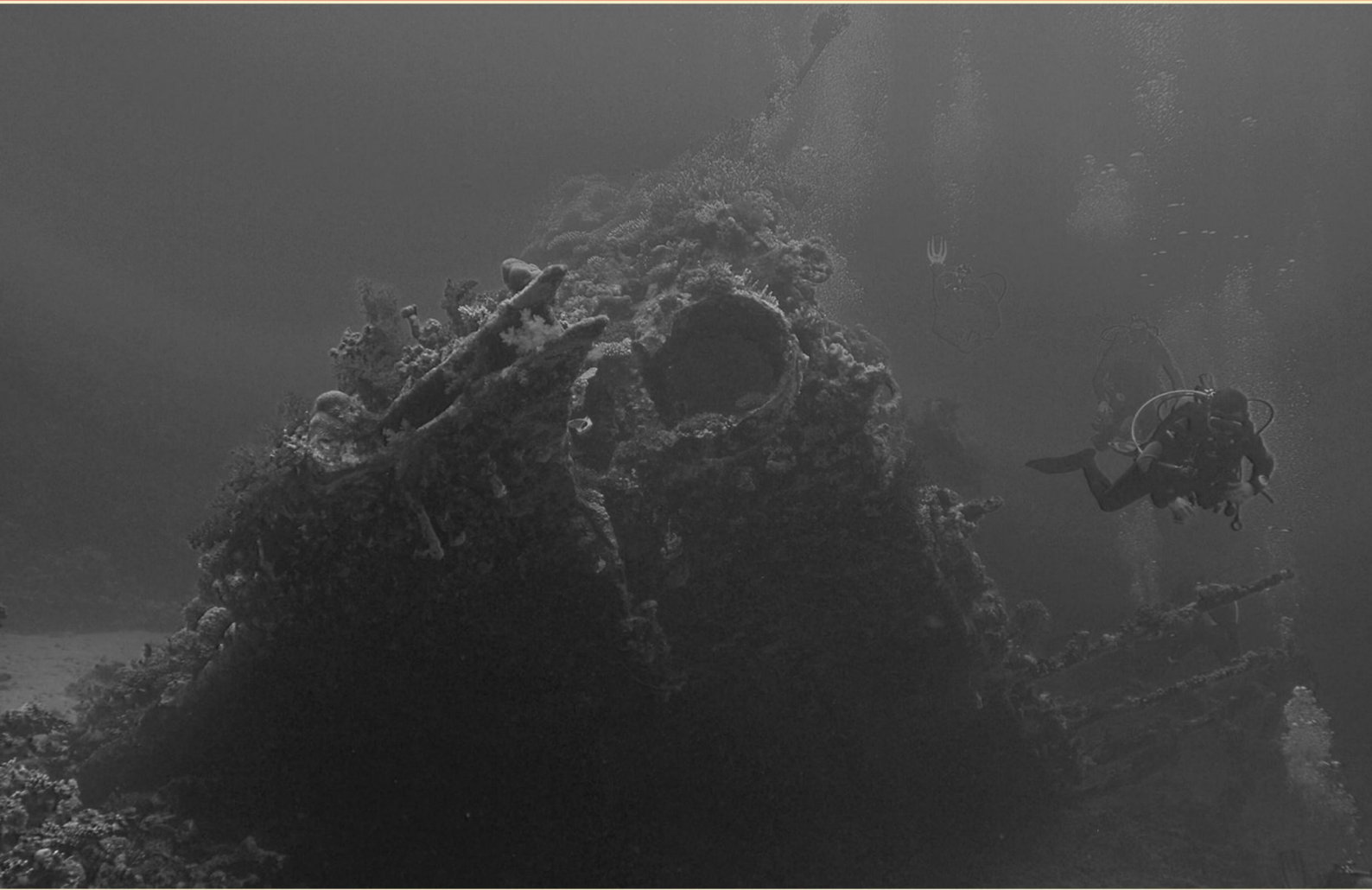


DIVING FIRST AID FOR PROFESSIONAL DIVERS PRACTICE TEST (SAMPLE)

STUDY GUIDE



Prepare with structure. Pass with confidence



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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. What does the duty of care require from a professional diver?**
 - A. To provide assistance regardless of their training
 - B. To provide assistance only if adequately trained
 - C. To provide assistance only when requested
 - D. To prioritize their own safety over helping others
- 2. What should be done initially when managing a deep laceration?**
 - A. Apply a tourniquet immediately
 - B. Clean the wound with soap and water
 - C. Apply direct pressure to control bleeding
 - D. Assess for the need for sutures
- 3. What should divers prioritize when administering oxygen in an emergency?**
 - A. Comfort of the injured diver
 - B. Maximizing oxygen supply
 - C. Providing supplemental oxygen
 - D. Maximizing the highest inspired fraction of oxygen
- 4. What is the primary purpose of the OSHA Bloodborne Pathogens Standard?**
 - A. To increase workplace hazards
 - B. To minimize the risk of disease transmission
 - C. To ensure safe and healthful working conditions
 - D. To provide legal protection for employers
- 5. What is the recommended action for someone experiencing hypothermia?**
 - A. Rewarming them quickly with hot water
 - B. Providing them with alcohol
 - C. Immediately calling for EMS
 - D. All of the above
- 6. What should be done before touching the patient to resume CPR after a shock is delivered by an AED?**
 - A. Assess the patient for responsiveness
 - B. Allow the charge to dissipate
 - C. Check the AED for readiness
 - D. Continue using the AED

7. What do oxygen delivery systems typically consist of?

- A. First-aid kits and barriers
- B. Oxygen cylinders and pressure-reducing regulator
- C. Oxygen hose and face mask
- D. B and C

8. What is essential before assisting a minor in an emergency?

- A. Providing care immediately
- B. Obtaining verbal consent from a bystander
- C. Asking a parent or guardian for permission
- D. Waiting for professional help to arrive

9. What two conditions does decompression illness include?

- A. Decompression sickness only
- B. Air embolism only
- C. Decompression sickness and air gas embolism
- D. Barotrauma only

10. With complete airway obstruction, what is the victim unable to do?

- A. Scream
- B. Talk
- C. Breathe, cough, or speak
- D. Signal for help

Answers

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

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Explanations

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1. What does the duty of care require from a professional diver?

- A. To provide assistance regardless of their training
- B. To provide assistance only if adequately trained**
- C. To provide assistance only when requested
- D. To prioritize their own safety over helping others

The duty of care in the context of professional divers emphasizes the requirement to provide assistance only if they are adequately trained to do so. This principle underscores the importance of having the necessary skills, knowledge, and experience to intervene safely and effectively in emergency situations. When divers are adequately trained, they can ensure that their assistance is not only beneficial but also safe for both themselves and the person in need. Rushing to help without the proper training can lead to further complications, including endangering both the rescuer and the victim. It is essential for divers to recognize their limitations and act within the scope of their training to provide effective and safe assistance while minimizing risk. The other options highlight scenarios that do not align with the responsibility outlined by the duty of care. For example, providing assistance regardless of training can lead to unsafe outcomes, and acting only when requested might not address emergencies effectively. Prioritizing personal safety over helping others contradicts the essence of the duty to assist in emergencies, though it is crucial to maintain one's safety while providing help.

2. What should be done initially when managing a deep laceration?

- A. Apply a tourniquet immediately
- B. Clean the wound with soap and water
- C. Apply direct pressure to control bleeding**
- D. Assess for the need for sutures

Initially managing a deep laceration requires a focus on controlling any bleeding before performing other interventions. Applying direct pressure to the wound is crucial because it helps to stabilize the situation by constricting blood vessels and allowing clotting to occur, which is vital for preventing excessive blood loss. Once you have applied direct pressure, you can then proceed with other steps such as cleaning the wound, assessing for sutures, or determining whether further medical treatment is necessary. This prioritization ensures that the immediate risk of bleeding is addressed first, which is essential in first aid situations. Other actions, like applying a tourniquet or cleaning the wound, may be appropriate in specific circumstances but are not the first priorities in an acute laceration scenario.

3. What should divers prioritize when administering oxygen in an emergency?

- A. Comfort of the injured diver
- B. Maximizing oxygen supply
- C. Providing supplemental oxygen
- D. Maximizing the highest inspired fraction of oxygen**

When administering oxygen in an emergency for divers, prioritizing the highest inspired fraction of oxygen is crucial because it directly impacts the effectiveness of treatment for conditions such as decompression sickness and carbon monoxide poisoning. Providing a high concentration of oxygen can help to reduce the size of nitrogen bubbles in the bloodstream and enhance the elimination of nitrogen from the body, which is vital for promoting recovery and preventing further complications. Delivering this high fraction of oxygen helps ensure that the body tissues receive the oxygen they need to facilitate healing and metabolic processes, especially under conditions where hypoxia may be present. In emergency situations, utilizing methods such as a non-rebreather mask or hyperbaric oxygen therapy can achieve this goal. While comfort, maximizing oxygen supply, and supplemental oxygen are important considerations, they are secondary to ensuring that the injured diver receives the most effective level of oxygen possible in such critical scenarios.

4. What is the primary purpose of the OSHA Bloodborne Pathogens Standard?

- A. To increase workplace hazards
- B. To minimize the risk of disease transmission
- C. To ensure safe and healthful working conditions**
- D. To provide legal protection for employers

The primary purpose of the OSHA Bloodborne Pathogens Standard is to minimize the risk of disease transmission in the workplace. This standard was established to protect employees who may be exposed to blood or other potentially infectious materials while performing their job duties. By implementing practices such as the use of personal protective equipment, proper handling and disposal of sharps, and providing training for employees, the standard aims to reduce the likelihood of occupational exposure to bloodborne pathogens, which can cause serious diseases such as Hepatitis B, Hepatitis C, and HIV. While ensuring safe and healthful working conditions is a broader goal of OSHA, the Bloodborne Pathogens Standard specifically focuses on the prevention of disease transmission related to bloodborne infections. It sets forth requirements for employers to create safer working environments where the risk of exposure is minimized, through comprehensive training, engineering controls, and proper medical consultation practices. This makes the second option the most accurate in aligning with the standard's explicit intent to reduce risks associated with bloodborne pathogens in the workplace.

5. What is the recommended action for someone experiencing hypothermia?

- A. Rewarming them quickly with hot water
- B. Providing them with alcohol
- C. Immediately calling for EMS**
- D. All of the above

Individuals experiencing hypothermia require immediate medical attention due to the serious nature of the condition, which can lead to life-threatening complications if not managed properly. Calling for emergency medical services (EMS) ensures that the person receives the appropriate care that may involve advanced medical interventions. While rewarming a hypothermic individual is a critical step in their recovery, it must be done cautiously and in a controlled manner. Rapid rewarming, such as immersion in hot water, can lead to complications like cardiac arrhythmias. Providing alcohol is also contraindicated, as it can exacerbate heat loss and impair judgment, making the situation worse. Therefore, the safest and most appropriate immediate response in the presence of hypothermia is to summon professional medical assistance, which highlights the importance of understanding the protocols for managing such emergencies effectively.

6. What should be done before touching the patient to resume CPR after a shock is delivered by an AED?

- A. Assess the patient for responsiveness
- B. Allow the charge to dissipate**
- C. Check the AED for readiness
- D. Continue using the AED

Before resuming CPR after a shock is delivered by an Automatic External Defibrillator (AED), it is crucial to allow the charge to dissipate. This is because the AED delivers a high-voltage shock to restore a normal heart rhythm in cases of cardiac arrest. Touching the patient immediately after a shock is delivered could result in accidental injury to the rescuer or interfere with the AED's function if it were to send a second shock. Allowing a moment for the charge to dissipate ensures that it is safe for rescuers to re-initiate CPR without the risk of being shocked themselves or affecting the patient's care. Assessing the patient for responsiveness, checking the AED for readiness, and continuing to use the AED are all important steps in the overall process of resuscitation, but they should follow the critical action of ensuring safety after a shock has been delivered.

7. What do oxygen delivery systems typically consist of?

- A. First-aid kits and barriers
- B. Oxygen cylinders and pressure-reducing regulator
- C. Oxygen hose and face mask

D. B and C

Oxygen delivery systems are designed to efficiently provide supplemental oxygen to individuals in need, particularly in emergency situations like diving incidents. They typically consist of several key components that ensure safe and effective oxygen administration. Oxygen cylinders store oxygen under high pressure, which is essential for supplying the gas in a controlled manner. The pressure-reducing regulator then decreases the high pressure from the cylinder to a usable level, allowing for safe delivery of oxygen to the patient. This combination of the cylinder and regulator is fundamental in any oxygen delivery system. Additionally, an oxygen hose connects the regulated gas supply to delivery devices. A face mask is commonly used to deliver oxygen directly to the patient's airway, ensuring that the oxygen can be inhaled effectively. By incorporating both the oxygen cylinder with a pressure-reducing regulator and the delivery components like the hose and face mask, the correct answer recognizes the complete setup necessary for an efficient oxygen delivery system. This holistic approach is crucial for providing the necessary support to a diver or any individual in need of oxygen therapy.

8. What is essential before assisting a minor in an emergency?

- A. Providing care immediately
- B. Obtaining verbal consent from a bystander
- C. Asking a parent or guardian for permission**
- D. Waiting for professional help to arrive

Obtaining permission from a parent or guardian before assisting a minor in an emergency is crucial because it respects the legal and ethical rights of the minor's caregivers. This consent ensures that the person providing assistance is acting within their authority and aligning with the best interests of the child. In many jurisdictions, minors cannot give informed consent themselves, so the responsibility to approve medical intervention falls to an adult who is legally recognized to make healthcare decisions for them. This element of consent is fundamental in emergency situations, as it not only protects the caregiver legally but also fosters trust between the caregiver and the family. In emergencies, the immediate health and safety of the minor are of utmost importance, but so is ensuring that caregivers understand and agree to the interventions being undertaken. Without this consent, actions taken for the minor, regardless of their intent or necessity, could lead to complications or liabilities for the caregiver. In comparison, providing care immediately without consent can be problematic, as it may violate the rights of the parent or guardian. While waiting for professional help is important in some cases, immediate evaluation of the minor's condition often requires that caregivers act upon obtaining consent. Additionally, obtaining consent from a bystander is not relevant, as they do not have the authority to make decisions for the minor.

9. What two conditions does decompression illness include?

- A. Decompression sickness only
- B. Air embolism only
- C. Decompression sickness and air gas embolism**
- D. Barotrauma only

Decompression illness encompasses a range of conditions that can occur when a diver ascends too quickly, resulting in changes in pressure that affect the gases dissolved in their body. The correct answer identifies two specific conditions: decompression sickness and air gas embolism. Decompression sickness, often referred to as "the bends," occurs when dissolved nitrogen forms bubbles in the body as pressure decreases during ascent. This can lead to a variety of symptoms, including joint pain, dizziness, and in severe cases, paralysis or death. Air gas embolism, on the other hand, occurs when air bubbles enter the bloodstream, often as a result of rapid ascent or lung overexpansion injuries. These bubbles can obstruct blood vessels, leading to catastrophic effects such as stroke or cardiac arrest. Together, these two conditions illustrate the risks of diving and the importance of adhering to safe ascent practices and proper decompression procedures. Understanding both conditions is crucial for divers and dive professionals in order to manage and prevent serious diving-related health issues.

10. With complete airway obstruction, what is the victim unable to do?

- A. Scream
- B. Talk
- C. Breathe, cough, or speak**
- D. Signal for help

When a victim experiences complete airway obstruction, the most critical and defining issue is their inability to breathe, cough, or speak. This situation occurs when an object completely blocks the airflow into the lungs, preventing oxygen intake. The inability to breathe is the immediate medical emergency because the victim cannot get the oxygen necessary for survival. While it's true that the victim may also struggle to signal for help, the answers focusing on breathing and speaking capture the essential physiological dysfunction caused by the obstruction. Complete airway obstruction fundamentally hinders all functions that rely on airflow, marking it as a life-threatening condition that requires immediate intervention. In such a scenario, the victim may produce some sounds or attempts to communicate, but without the ability to breathe, their oxygen levels will plummet quickly, making this inability the most critical aspect to address.

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!

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