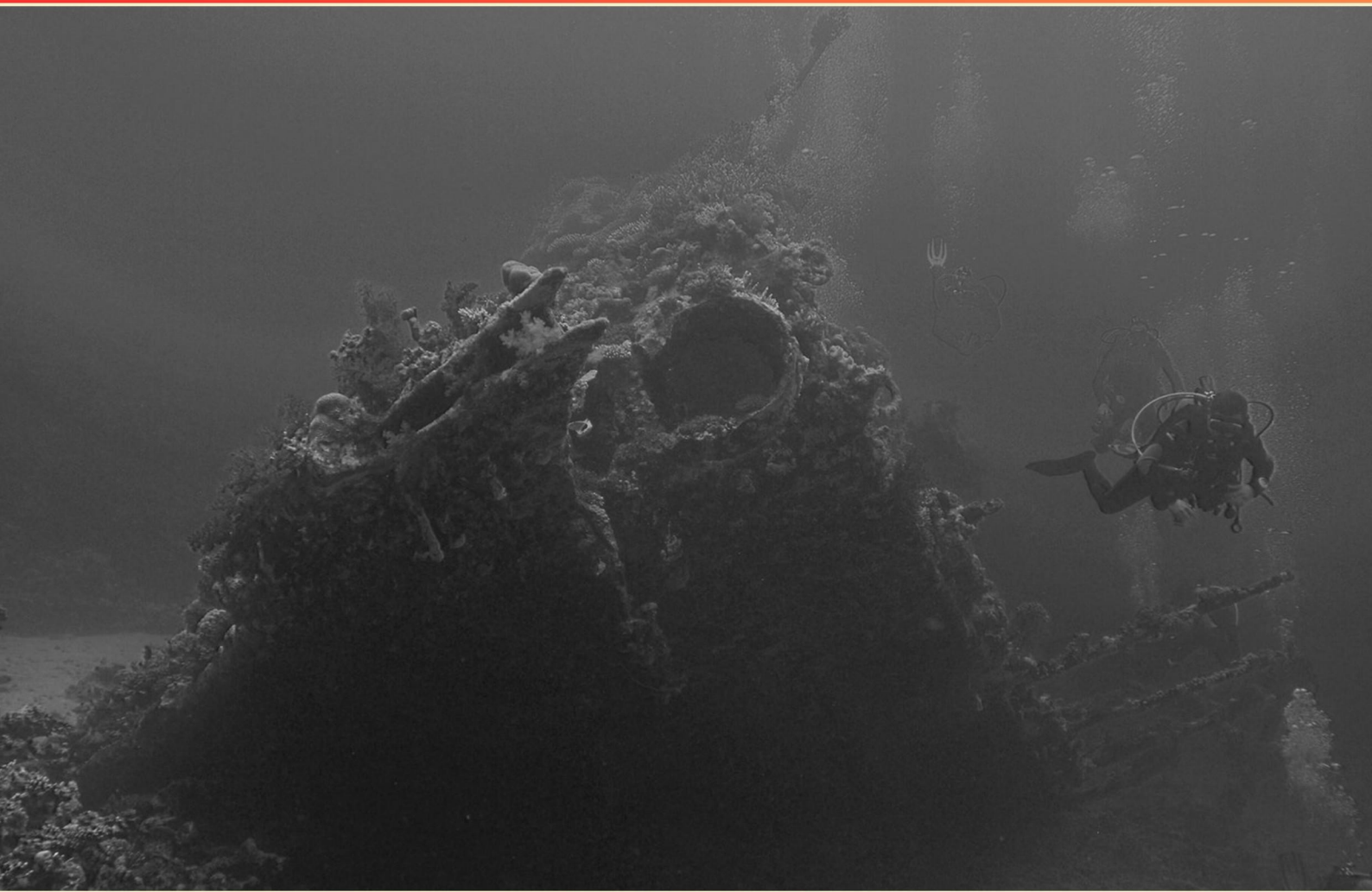


DIVING FIRST AID FOR PROFESSIONAL DIVERS PRACTICE TEST (SAMPLE)

STUDY GUIDE



**SAMPLE STUDY GUIDE
WITH LIMITED QUESTIONS**

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

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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. Why is it important to place an unconscious, breathing victim in the recovery position?**
 - A. To maintain an open airway
 - B. To ensure comfort
 - C. To minimize the risk of injury
 - D. To allow for better breathing
- 2. In the event of an allergic reaction, what should the rescuer do?**
 - A. Assist the injured person with any medications prescribed for him
 - B. Monitor airway and breathing
 - C. Immediately begin CPR
 - D. A and B only
- 3. Which of the following is a function of a tourniquet?**
 - A. To completely stop all blood flow
 - B. To control severe bleeding
 - C. To prevent pain in a limb
 - D. To allow for easy removal of foreign materials
- 4. 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
- 5. Which of the following are signs and symptoms of infection?**
 - A. Pus, redness, sweating
 - B. Prickly feeling, rash, increased thirst
 - C. Pain, redness, loss of function
 - D. Excessive sweating, chills
- 6. Which of the following is a vital sign to monitor in a choking victim?**
 - A. Respiration rate
 - B. Heart rate
 - C. Consciousness
 - D. Skin color

- 7. What is the goal of conducting a scene safety assessment?**
- A. To determine the best dive spots
 - B. To ensure the area is free of hazards for rescues
 - C. To assess water temperature
 - D. To calculate dive times
- 8. Mental function assessment typically includes which of the following?**
- A. Only orientation to time
 - B. Memory and speech
 - C. Comprehension skills
 - D. All of the above
- 9. Which substances do standard precautions protect against?**
- A. Blood
 - B. Body fluids
 - C. Both A and B
 - D. Environmental hazards
- 10. Marine life injuries can occur due to which of the following?**
- A. Accidental touching
 - B. Poor situational awareness
 - C. Perceived threats to the marine life
 - D. All of the above

Answers

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

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Explanations

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1. Why is it important to place an unconscious, breathing victim in the recovery position?

- A. To maintain an open airway**
- B. To ensure comfort
- C. To minimize the risk of injury
- D. To allow for better breathing

Placing an unconscious, breathing victim in the recovery position is crucial for maintaining an open airway. An individual who is unconscious lacks the ability to protect their airway; they may vomit or have fluids that can obstruct breathing. By positioning them on their side, the recovery position helps prevent aspiration of these substances and allows for gravity to assist in keeping the airway clear. This position also reduces the risk of the tongue blocking the airway, which can happen when a person is lying flat on their back. While ensuring the victim's comfort is important, and minimizing the risk of injury is a consideration, the primary reason for using the recovery position is to protect the airway and ensure that normal breathing can continue without obstruction. Although positioning might have additional benefits, the critical aspect remains the preservation of an open airway to support adequate respiration.

2. In the event of an allergic reaction, what should the rescuer do?

- A. Assist the injured person with any medications prescribed for him
- B. Monitor airway and breathing
- C. Immediately begin CPR
- D. A and B only**

In cases of an allergic reaction, the primary concern is to ensure the safety and well-being of the affected individual. Assisting the individual with any prescribed medications, such as antihistamines or an epinephrine auto-injector for severe reactions, is crucial. This action can help mitigate the reaction and prevent further complications. Additionally, monitoring the airway and breathing is essential since allergic reactions can lead to swelling of the throat or airway constriction, which can be life-threatening. Keeping a close watch on these vital signs allows the rescuer to respond quickly if the situation worsens, potentially needing to perform interventions like positioning or calling for emergency help. While initiating CPR may be necessary if the individual becomes unresponsive with no breathing, it is not a standard immediate response to an allergic reaction unless the person collapses and shows no signs of life. Therefore, the steps of assisting with medications and monitoring vital functions are the critical actions to take in the event of an allergic reaction, making the correct answer a combination of those two actions.

3. Which of the following is a function of a tourniquet?

- A. To completely stop all blood flow
- B. To control severe bleeding**
- C. To prevent pain in a limb
- D. To allow for easy removal of foreign materials

A tourniquet is a medical device used primarily in emergency situations to control severe bleeding from a limb. When applied correctly, it compresses the blood vessels in the affected area, significantly reducing or stopping blood flow to the wound. This is particularly important in life-threatening scenarios where rapid action is necessary to minimize blood loss and stabilize the patient before further medical treatment can be administered. While a tourniquet can create high pressure at the application site, it does not function to completely stop all blood flow throughout the entire circulatory system; thus, its main purpose is to control bleeding rather than eliminate all circulation. Additionally, it does not prevent pain nor is it intended for the removal of foreign materials from a wound. The focus remains on managing blood loss and maintaining the patient's safety until professional medical help can be reached.

4. 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.

5. Which of the following are signs and symptoms of infection?

- A. Pus, redness, sweating
- B. Prickly feeling, rash, increased thirst
- C. Pain, redness, loss of function**
- D. Excessive sweating, chills

The signs and symptoms of infection typically relate to the body's inflammatory response to pathogens, and choice C encompasses key indicators of such a response. Pain indicates irritation and inflammation in the affected area, redness signifies increased blood flow as a part of the inflammatory response, and loss of function often occurs due to swelling, pain, or both, which can hinder the usual capabilities of the affected area. Other options present symptoms that might arise in various contexts, but they do not specifically correlate with infection. For instance, pus is generally associated with infection and might also be found in some of the other symptoms listed; however, it is not included in the chosen answer, which focuses on a broader set of infection-related symptoms.

6. Which of the following is a vital sign to monitor in a choking victim?

- A. Respiration rate
- B. Heart rate
- C. Consciousness**
- D. Skin color

Monitoring the level of consciousness in a choking victim is crucial because it provides immediate insight into their airway status and overall condition. A victim who is choking may become unconscious if their airway is completely obstructed. When consciousness is assessed, it helps determine whether the person is still able to respond and breathe adequately. If the victim loses consciousness, it indicates a critical situation requiring immediate intervention, such as performing chest thrusts or resuscitation measures. While respiration rate, heart rate, and skin color are also important vital signs that can reflect a person's health status, the level of consciousness directly correlates with the effectiveness of their airway management in the context of choking.

7. What is the goal of conducting a scene safety assessment?

- A. To determine the best dive spots
- B. To ensure the area is free of hazards for rescues**
- C. To assess water temperature
- D. To calculate dive times

The goal of conducting a scene safety assessment is to ensure the area is free of hazards for rescues. This assessment is crucial because it allows rescuers to identify potential dangers that could jeopardize their safety or the safety of the victims. By evaluating the physical environment, such as the presence of underwater obstacles, water conditions, and current, responders can make informed decisions about the safest approach to a rescue. This proactive measure is essential in emergency situations where time is of the essence, and the risks must be minimized to protect both the rescuer and the individuals being rescued.

8. Mental function assessment typically includes which of the following?

- A. Only orientation to time
- B. Memory and speech
- C. Comprehension skills
- D. All of the above**

Mental function assessment is a comprehensive evaluation that seeks to understand various cognitive abilities. This assessment often includes evaluating several key areas: orientation to time, memory, speech, and comprehension skills. Each of these components plays a crucial role in determining an individual's overall mental state. Orientation to time helps assess if a person is aware of the current date and time, which is essential in understanding their cognitive processes. Memory evaluation checks the individual's ability to recall information, both short-term and long-term, and speech assessment looks at their ability to articulate thoughts clearly and coherently. Comprehension skills involve assessing how well the individual understands spoken or written information, which is vital for effective communication and decision-making. Given that mental function is multifaceted, a thorough assessment typically combines all these aspects to provide a complete picture of an individual's cognitive health. Thus, the most accurate response reflects the inclusion of all these dimensions in a mental function evaluation.

9. Which substances do standard precautions protect against?

- A. Blood
- B. Body fluids
- C. Both A and B**
- D. Environmental hazards

Standard precautions are designed to minimize the risk of transmission of infectious agents in healthcare settings. These precautions are applicable not only to blood but also to other body fluids, regardless of whether they appear to be infectious. This means that when standard precautions are in place, they cover a broad range of potential exposure risks associated with all body fluids, including saliva, urine, vomit, and any other fluid that may come into contact with skin or mucous membranes. The rationale behind considering both blood and body fluids is rooted in the understanding that many infections can be transmitted through multiple routes, not solely through blood. By implementing measures to protect against both, professionals can significantly reduce the risk of disease transmission, providing a comprehensive layer of safety for both healthcare providers and patients. Environmental hazards, while important to recognize in a broader health and safety context, do not fall under the scope of standard precautions, which specifically focus on biological hazards related to human fluids.

10. Marine life injuries can occur due to which of the following?

- A. Accidental touching
- B. Poor situational awareness
- C. Perceived threats to the marine life
- D. All of the above**

Marine life injuries can occur due to a combination of factors, which is why the comprehensive choice that encompasses all these reasons is the most accurate. Accidental touching can lead to injuries as divers may inadvertently come into contact with potentially dangerous marine animals, such as stingrays or jellyfish, which can result in painful stings or bites. Being aware of the surroundings and the types of marine life present is crucial, as this can help divers avoid such incidents. Poor situational awareness is another significant contributor to marine life injuries. When divers are not paying attention to their environment, they may not notice potentially hazardous animals nearby, increasing the risk of encounters that could lead to injury. Perceived threats to marine life can also trigger defensive responses from animals. For instance, if a diver approaches a creature too closely or makes sudden movements, the animal may react aggressively in an attempt to defend itself, leading to injuries. Considering all these factors—accidental touches, lack of awareness, and threats perceived by marine life—it's clear that these elements are interconnected and can cause injuries, making the choice that includes all options the correct and most complete answer.

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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