Diving Emergency Management Provider

Student Quiz and Answer Key
DAN Basic Life Support: CPR and First Aid Provider Assessment

The following questions have only one correct answer.

1. Which of the following is the first link in the chain of survival?
   a. Rapid initiation of CPR
   b. Rapid activation of EMS
   c. Post cardiac arrest care
   d. Advanced Life Support

2. The mnemonic S-A-F-E is used to:
   a. Protect the rescuer from injury or impairment
   b. Assist with circumstances surrounding the injured person
   c. Remind the rescuer of important equipment and supplies
   d. All of the above

3. Personal safety is your number one priority when providing care. What are possible concerns?
   a. Traffic at the scene of a collision
   b. Animals
   c. Toxic gas, such as carbon monoxide
   d. All of the above

4. Personal protective equipment which can help prevent infection while providing care includes:
   a. Gloves
   b. Mask or face shield for CPR
   c. Resuscitation mask
   d. All of the above

5. Place an injured, unresponsive but breathing person in what position?
   a. Supine (on their back)
   b. Sitting up
   c. Recovery position
   d. Prone (on their stomach)

6. The goal of CPR is to maintain adequate circulation of oxygenated blood to vital organs
   a. True
   b. False

7. What is the most effective way to open the airway for rescue breathing?
   a. Keep the head still and open the mouth
   b. Tilt the head back while lifting the chin
   c. Tilt the head back while flexing the neck with your hand
   d. They all work just fine

8. Rescue breaths should be given for about ____ second using a ______ breath to make the chest rise.
   a. 2, deep
   b. 1, normal
   c. 1, deep
   d. 2, normal

9. Compression to ventilation ratio in single rescuer CPR is 30:2. What is the rate per minute for chest compressions?
   a. As fast as you can push
   b. 100-120
   c. 70-80
   d. 180-200

10. Chest compressions should be delivered to a depth of
    a. At least 1 ½" (3 cm.)
    b. At least 2" (5 cm.)
    c. At least 3" (7.5 cm.)
    d. Depth is not important as long as compressions are being done.
11. The chance of survival in cardiac arrest can decrease by _____ for each minute defibrillation is not available.
   a. 50%
   b. 15%
   c. 7-10%
   d. 20%

12. With drowning victims, if you are alone
   a. perform CPR for 2 minutes then call EMS
   b. call EMS then wait for their support
   c. use the same protocols as with any unresponsive person
   d. perform CPR for 1 minute then reassess the victim

13. Grasping the neck is a common sign made by choking victims?
   a. True
   b. False

14. What are some differences between a mild and severe airway obstruction in choking?
   a. Mild obstruction means the person can effectively cough and should be encouraged to do so.
   b. Severe obstruction means the person cannot effectively cough or speak and first aid intervention must be provided.
   c. It does not matter if the choking is mild or severe
   d. A & B only

15. If a choking victim loses consciousness you should:
   a. Begin CPR
   b. Activate EMS if not already done
   c. Try to remove objects from throat you cannot see
   d. A & B only

16. What is not part of a secondary assessment?
   a. SAMPLE
   b. Head to toe physical exam
   c. Ongoing assessment including any changes to initial assessment
   d. Moving the person to a more comfortable location

17. An individual who has become severely hypothermic is at risk for cardiac arrest if not handled gently
   a. true
   b. false

18. Heat stroke requires
   a. Cool drinks and rest
   b. Aggressive intervention and cooling
   c. Lots of water with salt mixed in
   d. move to air conditioning and see how they do

19. Injured persons should not be moved unless there is a threat of further harm to themselves or the rescuers.
   a. True
   b. False

20. CPR and first aid training should be refreshed regularly to assure your ability to respond in an emergency.
   a. True
   b. False
Neurological Assessment Provider Assessment

The following questions have only one correct answer.

1. The brain, spinal cord and nerves make up the:
   a. Circulatory system
   b. Respiratory system
   c. Nervous system
   d. Skeletal system

2. Stroke symptoms include:
   a. inability to speak or understand
   b. visual disturbances
   c. sudden loss of motor function
   d. all of the above

3. Stroke is the leading cause of long term disability
   a. True
   b. False

4. F-A-S-T stands for
   a. Facts, attitude, sensitivity, talent
   b. Face, arms, speech, time
   c. Feet, arms, spine, toes
   d. Face, ankles, stability, touch

5. F-A-S-T is a quick assessment to determine if a neurological injury is a possibility. If any portion of the assessment shows deficits, EMS should be called immediately
   a. True
   b. False

6. Which one of the following is not an area evaluated as part of a neurological assessment?
   a. Mental Function
   b. Coordination
   c. Cranial Nerves
   d. Skin Sensation

7. The tests to assess mental function in the neurological assessment include:
   a. Coordination and flexibility
   b. Memory and speech
   c. SAT scores
   d. None of the above

8. Testing an injured person’s motor function includes providing pressure that they must resist and evaluating if there is a significant difference in strength from one side to the other.
   a. True
   b. False

9. Motor functions are classified as normal, evidence of weakness, or paralysis.
   a. True
   b. False

10. Taking a history helps determine if signs and symptoms present may be due to a previous injury or illness.
    a. True
    b. False

11. If the injury may be related to a scuba diving incident, you need to document:
    a. All dives for 24 hours before the injury
    b. Symptom onset time
    c. Pre-existing conditions
    d. All of the above
12. Conducting a neurological assessment may convince an injured diver of the need for oxygen first aid.
   a. True
   b. False

13. Testing an injured person’s mental function includes asking the patient to count backward from 100 by:
   a. 2’s (100, 98, 96, …)
   b. 3’s (100, 97, 94, …)
   c. 7’s (100, 93, 86, …)
   d. 9’s (100, 91, 82, …)

14. Tests of an injured person’s cranial nerves include:
   a. Eye Control
   b. Facial Control
   c. Hearing
   d. All of the above

15. The Romberg test assesses:
   a. motor function
   b. cranial nerves
   c. mental status
   d. balance

16. Hearing tests can be performed by holding your hand about 12 inches away from the person’s ear and rubbing your thumb, index and middle fingers together:
   a. True
   b. False

17. Assuming you are a long distance from emergency help, how often should you repeat an on-site neurological assessment? Every ____ minutes.
   a. 15
   b. 30
   c. 60
   d. Never

18. Neurological symptoms tend to be fixed when they develop and never change, until definitive treatment has begun.
   a. True
   b. False

19. Information gathered during a neurological assessment helps a patient’s physician understand the extent of the injury and determine how it has changed over time.
   a. True
   b. False

20. Retraining as a DAN Neurological Assessment provider is required every 36 months:
   a. True
   b. False
Emergency Oxygen for Scuba Diving Injuries
Provider Assessment

The following questions have only one correct answer.

1. The atmosphere is compromised of what percent of oxygen, nitrogen and inert gases?
   a. 21% O₂, 78% N₂, 1% inert gases  
   b. 15% O₂, 65% N₂, 20% inert gases  
   c. 25% O₂, 74% N₂, 1% inert gases  
   d. 33% O₂, 33% N₂, 34% inert gases

2. The primary cause for decompression illness (DCI) is:
   a. dehydration and cold water.  
   b. heavy exertion before diving.  
   c. heavy exertion after diving.  
   d. inert gas bubbles in the body

3. Gas exchange takes place at the:
   a. Trachea and intrapulmonary bronchi  
   b. Long bone joints  
   c. Alveolar-capillary membrane  
   d. Muscle-nerve junctions

4. Symptoms of decompression illness (DCI) may include:
   a. dizziness/vertigo  
   b. motor weakness  
   c. pain, numbness or tingling  
   d. all of the above.

5. A diver with suspected decompression illness (DCI) may benefit from breathing 100 percent inspired oxygen before medical treatment, because:
   a. symptoms may be relieved and results of recompression treatment may be enhanced.  
   b. it may make recompression treatment unnecessary.  
   c. oxygen stimulates breathing.  
   d. All of the above

6. When faced with a fellow diver who presents with symptoms that might be related to DCI, the correct course of action may include:
   a. Placing them on oxygen  
   b. Alerting local emergency services first and call DAN  
   c. Getting them to a medical facility  
   d. All of the above

7. The device that delivers the highest possible concentration of inspired oxygen to a breathing injured diver is the:
   a. nasal cannula  
   b. oronasal resuscitation mask with supplemental oxygen.  
   c. non-rebreather mask  
   d. demand inhalator valve and mask.
8. Before providing oxygen to an injured diver using a non-rebreather mask, the mask must be:

   a. cleaned with a 10 percent bleach solution to prevent contamination.
   b. primed by inflating the reservoir bag.
   c. attached to the primary threaded DISS outlet by the clear oxygen tubing.
   d. none of the above.

9. When choosing an oxygen cylinder for use in a diving emergency, what should you consider?

   a. type of oxygen delivery device or mask.
   b. cylinder capacity.
   c. time and distance to the next level of emergency response.
   d. all of the above should be considered.

10. A breathing injured diver who is in danger of vomiting should be placed:

    a. in the supine position (on his or her back).
    b. in someone else’s boat.
    c. in the recovery position (on his or her side with head supported).
    d. in a litter and made ready for helicopter evacuation.

11. While the immediate first aid for AGE and DCS is emergency oxygen, symptoms of these conditions often occur at different times following decompression:

    a. DCS symptoms typically occur within 6 hours
    b. AGE symptoms occur within 15 minutes
    c. AGE symptoms may be delayed up to 24 hours
    d. both a and b

12. The dive boat is three hours from shore and your emergency oxygen unit has a single full oxygen cylinder that will only last one hour. When providing oxygen first aid to a breathing injured diver with suspected DCI, you should use the:

    a. demand inhalator valve continuously for as long as the oxygen supply lasts.
    b. non-rebreather mask at a reduced flow rate so that the oxygen will last.
    c. oronasal resuscitation mask at a minimum continuous flow rate of 10 LPM.
    d. demand inhalator valve only until the injured diver feels better.

13. In an emergency, it is not necessary to distinguish between decompression sickness and arterial gas embolism.

    a. True
    b. False.
14. The primary reason to provide the highest concentration of oxygen possible is to speed inert gas washout/removal and slow symptom progression.
   a. True
   b. False.

15. Effective oxygen administration may result in symptom resolution. In such cases divers should still receive medical evaluation and potentially hyperbaric oxygen therapy.
   a. True
   b. False

16. The initial oxygen flow rate for the non-rebreather mask is:
   a. 2-4 LPM
   b. 10-15 LPM
   c. 20-25 LPM
   d. the rate the injured diver will tolerate.

17. As a first responder to a non-fatal drowning, your primary role is to:
   a. monitor vital signs
   b. provide supplemental oxygen
   c. facilitate transport to the nearest medical facility
   d. all of the above

18. Oxygen should be provided only to injured divers in or around:
   a. confined areas without ventilation.
   b. petroleum products.
   c. open, well-ventilated areas.
   d. burning materials or other ignition sources.

19. The pin indexing system is one method used to:
   a. prevent the use of non-oxygen compatible regulators with oxygen cylinders.
   b. prevent oxygen from flowing from an open threaded DISS outlet.
   c. hold oxygen-compatible washers in place.
   d. hold one-way valves on the non-rebreather mask.

20. A BVM can only be used to ventilate a non-breathing diver.
   a. True
   b. False

21. Before using a MTV, its function should be checked by:
   a. connect the hose to a barbed outlet
   b. setting the constant flow to 10 lpm
   c. testing the safety shut off against the palm of your hand
   d. priming the unit with several breaths
22. If symptoms of possible DCI occur following a dive, DAN advises in addition to emergency oxygen to:

a. go to the nearest emergency facility for evaluation
b. refrain from proceeding directly to the closest known chamber which may not be open, available, or have staff on duty
c. contact DAN early so we may assist you and medical personnel who may not be familiar with diving medicine
d. all of the above

On your answer sheet, identify the component parts of the DAN Oxygen Unit.

**Identify Standard DAN Emergency Oxygen Components**

<table>
<thead>
<tr>
<th>Component</th>
<th>Number</th>
<th>Description</th>
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<tbody>
<tr>
<td>Tru-Fit® Mask</td>
<td>23</td>
<td>Oronasal resuscitation mask with oxygen inlet</td>
</tr>
<tr>
<td>Oxygen cylinder and valve</td>
<td>24</td>
<td>Non-rebreather mask</td>
</tr>
<tr>
<td>DISS hose connector</td>
<td>25</td>
<td>Intermediate pressure hose</td>
</tr>
<tr>
<td>T-handle</td>
<td>26</td>
<td>Pressure gauge</td>
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<td>Handwheel wrench</td>
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<td>Constant-flow controller</td>
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<td>Barbed constant-flow outlet</td>
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<td>Demand inhalator valve</td>
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<td>Multifunction regulator</td>
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</table>
First Aid for Hazardous Marine Life Injuries Provider Assessment

The following questions have only one correct answer.

1. The general categories of marine life injuries are
   a. Envenomations
   b. Traumatic injuries
   c. Seafood poisonings
   d. All of the above

2. Marine animal bites are usually the result of
   a. Hungry animals
   b. Defensive action by the animal
   c. Humans feeding marine life
   d. B and C

3. Food contamination with bacteria, parasites, viruses, or toxins is the most common cause of seafood poisonings.
   a. True
   b. False

4. Envenomations occur by means of
   a. Spoiled food or bacteria
   b. Improperly stored food.
   c. Stings, spines, bites, barbs
   d. B and C
   e. 

5. The severity of envenomations is impacted by
   a. Potency and volume of toxin injected
   b. Time and storage method since the marine animal was caught
   c. Victim’s health status and sensitivity to the venom
   d. A and C

6. Pressure Immobilization Technique is recommended for which of the following types of injuries?
   a. Lionfish stings, sea urchin punctures and bristle worm contact
   b. Cone snail, sea snake, blue-ring octopus
   c. Bites from triggerfish, moray eels and grouper
   d. Bluebottle jellyfish, sea stars and fire coral

7. In general, jellyfish stings should be treated using which of the following sequences:
   a. Treat symptoms, remove tentacles, soak affected area in hot water
   b. Remove tentacles, rinse with vinegar, manage pain
   c. Inactivate nematocysts, remove tentacles, wash area, manage pain
   d. Manage pain, remove tentacles, inactivate nematocysts

8. Which is the first step in first aid treatment of contact injuries?
   a. Control bleeding
   b. Wash the area with soap and water
   c. Getting the injured individual to an emergency room
   d. None of the above
9. Marine animal bites are of particular concern due to the resulting high volume of blood loss.
   a. True  
   b. False

10. Bites from marine animals should be followed up with a medical evaluation because a tetanus booster may be indicated.
   a. True  
   b. False

11. Signs of infection include
   a. Pain, redness and swelling  
   b. Loss of function and increased heat in the affected area.
   c. Tissue blanching and poor circulation  
   d. A and B

12. Symptoms of a life threatening allergic reaction include
   a. Raised, itching rash  
   b. Pus and foul smell  
   c. Airway narrowing and difficulty breathing  
   d. None of the above

14. Symptoms of cardiogenic shock include
   a. Pale, cool, clammy skin  
   b. Severe shortness of breath and a weak pulse  
   c. Altered mental state and possibly unconsciousness  
   d. All of the above

15. Hypovolemic shock is the result of a sudden decrease in circulating blood. In the marine environment, this is usually due to bites from large marine animals.
   a. True  
   b. False

16. Seafood poisoning is the result of
   a. Toxins stored in skin and muscles of seafood  
   b. Bacteria, parasites, viruses or toxins  
   c. Spoilage from improper storage  
   d. A and B

17. Many contaminates that cause seafood poisoning can be eliminated by thorough cooking.
   a. True  
   b. False

18. Scromboid fish poisoning is primarily the result of improper storage.
   a. True  
   b. False

19. Most injuries due to marine life are accidental.
   a. True  
   b. False
20. Dive practices that can help you prevent injuries from marine life are:
   a. Practicing good buoyancy control and streamlining your equipment
   b. Situational awareness as you dive and looking up and around as you ascend
   c. Shuffling your feet when entering the water from shore and wearing appropriate exposure protection for environmental risks
   d. All of the above
Final examination may be administered in written or oral form.

Each question must be reviewed with each student so that 100 percent comprehension of the material is assured.

Questions have only one correct answer.

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### Emergency Oxygen for Scuba Injuries

**Exam Answer Sheet**

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### First Aid for Hazardous Marine Life Injuries Provider Exam Answer Sheet

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I have reviewed this examination with the course instructor. I understand the correct response as indicated by my initials. Any questions regarding this examination and the contents of this course have been answered to my satisfaction.

____________________________________________________________________________________

Student signature                                           Date
Emergency Oxygen for Scuba Diving Injuries
Exam Answer Sheet

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First Aid for Hazardous Marine Life Injuries Provider Exam Answer Sheet

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I have reviewed this examination with the course instructor. I understand the correct response as indicated by my initials. Any questions regarding this examination and the contents of this course have been answered to my satisfaction.

__________________________________________________________     ____________________
Student signature        Date

DAN | Diving Emergency Management Provider  16
## Basic Life Support: CPR & First Aid

### Practical Evaluation Record

**Student Name** __________________

**BLS: CPR and First Aid Skills Development**

<table>
<thead>
<tr>
<th>Skill</th>
<th>Instructor Initials</th>
<th>Student Initials</th>
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<tbody>
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<td>• Donning and Doffing Gloves After Use</td>
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<td>• Secondary Assessment</td>
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I am comfortable with the performance of my skills as a DAN BLS: CPR & FA Provider.

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**Student Signature** ______________________________________  **Date** __________________

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## Emergency Oxygen for Scuba Diving Injuries

### Practical Evaluation Record

**Student Name** __________________

**Provider Skills Development**

<table>
<thead>
<tr>
<th>Skill</th>
<th>Instructor Initials</th>
<th>Student Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Equipment Identification, assembly and disassembly</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Demand inhalator valve</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Non-rebreather mask</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Resuscitation with a Bag Valve Mask</td>
<td></td>
<td></td>
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<tr>
<td>• Using an MTV</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Emergency assistance plan</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I am comfortable with my skills performance as an Emergency Oxygen for Scuba Diving Injuries Provider.

I have reviewed this examination with the course instructor. I understand the correct response as indicated by my initials. Any questions regarding this examination and the contents of this course have been answered to my satisfaction.

**Student Signature** ______________________________________  **Date** __________________
# Neurological Assessment

**Practical Evaluation Record**

<table>
<thead>
<tr>
<th>Neuro Provider Skills Development</th>
<th>Instructor Initials</th>
<th>Student Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Conduct a F-A-S-T assessment</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Taking a History</td>
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<td></td>
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<tr>
<td>Taking Vital Signs</td>
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<tr>
<td>Mental Function</td>
<td></td>
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</tr>
<tr>
<td>Cranial Nerves</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Motor Function</td>
<td></td>
<td></td>
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<tr>
<td>Coordination and Balance</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I am comfortable with the performance of my skills as a DAN Neuro Provider.

I have reviewed this examination with the course instructor. I understand the correct response as indicated by my initials. Any questions regarding this examination and the contents of this course have been answered to my satisfaction.

Student Signature ____________________________ Date ________________

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# First Aid for Hazardous Marine Life Injures

**Practical Evaluation Record**

<table>
<thead>
<tr>
<th>HMLI Provider Skills Development</th>
<th>Instructor Initials</th>
<th>Student Initials</th>
</tr>
</thead>
<tbody>
<tr>
<td>Shock Management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Traumatic Injuries (Control of External Bleeding)</td>
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<td></td>
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<tr>
<td>Severe Allergic Reactions</td>
<td></td>
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<tr>
<td>Injury Management</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Pressure Immobilization Techniques</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Emergency Assistance Plan</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

I am comfortable with the performance of my skills as a DAN HMLI Provider.

I have reviewed this examination with the course instructor. I understand the correct response as indicated by my initials. Any questions regarding this examination and the contents of this course have been answered to my satisfaction.

Student Signature ____________________________ Date ________________