



# ■ sdi rescue diver knowledge quest

**Student Name** \_\_\_\_\_

## Scuba KQ Review for SDI Rescue Diving Manual

### Directions

- Using *SDI Rescue Diving Manual* as a reference, supply the missing words for each statements on the following pages.
- Complete the blank sections as appropriate by using the word or words that best complete each statement.
- Do not sign or date the Student Statement at the end of each chapter's statements until you have reviewed this material with your instructor, and your instructor tells you to do so.

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## Chapter 1:

### Safe Diving and the Diver

1. What does the term "self-reliant" diver mean? \_\_\_\_\_  
\_\_\_\_\_
2. A diver's sense of awareness underwater is made up of what two components?
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
3. List three essential parts of a good dive plan.
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
  - 3) \_\_\_\_\_
4. What two broad categories of options describe responses to out-of-air emergencies?
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_
5. When might a diver favor a buddy-independent response to a buddy-dependent response in an out-of-air emergency? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. Describe two self-rescue options for an out-of-air diver at a depth of 6 m / 20ft .
  - 1) \_\_\_\_\_
  - 2) \_\_\_\_\_

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## Chapter 2:

### How Stress Leads to Diving Emergencies

1. What are some common sources of pre-dive stress? \_\_\_\_\_

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2. How might you recognize stress in your dive buddy? \_\_\_\_\_

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3. Describe some ways you might help reduce pre-dive stress in yourself and a buddy.

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4. How can visualization be helpful to a scuba diver? \_\_\_\_\_

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5. What factors may cause stress and panic in a diver while underwater?

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6. What dangers does the rescuer face when attempting to help a panicky diver? \_\_\_\_\_

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7. Why do alterations in breathing patterns affect a struggling or panicky diver? \_\_\_\_\_

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## Chapter 3:

### The Causes of Diving Accidents

1. List four common problems that may lead to diving accidents.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

2. Relative to the observer on the shore, in which direction do the tides run?

\_\_\_\_\_

\_\_\_\_\_

3. What is one way of solving the problem of divers being unable to swim back to the dive boat against the current? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

4. What are rip currents? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

How are they formed? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. Describe the danger of strainers to river divers. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

6. Why are low-head dams and other hydraulics so dangerous to divers?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

7. The water need not be freezing cold for a free-flow or freeze up to occur. Why is this so? \_\_\_\_\_

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8. What kinds of injuries might you expect to find on a diver struck by a boat?

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9. List the four ways in which our bodies lose heat to the environment.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_

10. Describe the two main methods the body uses to manage heat loss in cold water.

- 1) \_\_\_\_\_
- 2) \_\_\_\_\_

11. Discuss the dangers of diving in overhead environments without specialized training.

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## Chapter 4:

### Responding to Emergencies on the Surface

1. What signs might signal to an observer that a diver on the surface may be in distress?

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2. Why is a reaching or throwing response the preferred way of assisting a diver to shore or to the boat? \_\_\_\_\_

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3. Why is it prudent to stop at least 15 ft. (5 m) away from a diver whom you think might be having problems? \_\_\_\_\_

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4. Why is panic the leading cause of diver accidents? \_\_\_\_\_

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5. What are the best steps to follow in assisting a panic or struggling diver?

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6. The most likely rescue scenario in aiding a fellow diver is...?

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7. An unconscious, breathing diver on the surface is in extreme danger of.... ?

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8. How do we determine if a person is breathing?

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## Chapter 5:

### Responding to Emergencies Underwater

1. What indicators of problems that your buddy may be experiencing might be apparent to you? \_\_\_\_\_

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2. What are the watchwords to keep in mind in any underwater problem?

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3. Describe the carotid sinus reflex. \_\_\_\_\_

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4. What is the danger of carbon monoxide contamination in a diver's air supply?

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5. What is the best way to deal with nitrogen narcosis problems?

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6. Describe the physics of an ear squeeze. \_\_\_\_\_

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7. Why is the BC a factor in dry suit squeezes? \_\_\_\_\_

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8. What is a barotrauma? \_\_\_\_\_

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9. Why is recommended ascent rate only 30 ft. (9 m) per minute?

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10. List some contributing factors to the occurrence of decompression sickness. \_\_\_\_\_

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11. What is the difference between Type I and Type II bends? \_\_\_\_\_

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12. What is the on-scene treatment of choice in the event of decompression sickness? \_\_\_\_\_

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13. How does a lung over-expansion injury happen? \_\_\_\_\_

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14. List the most common signs and symptoms of a lung over-expansion injury.

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15. Why is a lung over-expansion injury immediately life threatening?

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16. Why is decompression sickness a venous gas embolism and bubbles in the blood from a lung over-expansion injury an arterial gas embolism? \_\_\_\_\_

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17. Describe the signs and symptoms of a venomous puncture wound from a lionfish or stonefish. \_\_\_\_\_

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18. Describe how you would handle the tentacles of a stinging jellyfish. \_\_\_\_\_

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## Chapter 6:

### Dive Accident Management

1. Why is good, general dive site organization a benefit in the event of a diving accident? \_\_\_\_\_  
\_\_\_\_\_
2. List and explain the four R's of the emergency plan.  
R \_\_\_\_\_  
R \_\_\_\_\_  
R \_\_\_\_\_  
R \_\_\_\_\_
3. Who is the most important person on the accident scene? \_\_\_\_\_  
\_\_\_\_\_
4. What is meant by the A, B, C's of the Primary Survey?  
A \_\_\_\_\_  
B \_\_\_\_\_  
C \_\_\_\_\_
5. What are the indications that CPR should be begun on a diving accident victim?  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
6. What will we measure and record on the Secondary Survey?  
\_\_\_\_\_  
\_\_\_\_\_
7. Describe the steps in a field neurological examination. \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_



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8. How often should the Secondary Survey and neuro exam be repeated?

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9. What is shock and how do we treat it? \_\_\_\_\_

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10. Why is oxygen therapy so valuable in treating diving injuries?

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11. List and describe the main methods of delivering oxygen to the patient.

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12. How do we recognize hypothermia? \_\_\_\_\_

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13. What are the signs and symptoms of heat exhaustion and heat stroke?

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## Chapter 7:

### Lost Diver Search and Recovery

1. What kinds of information do we need to gather to plan an underwater search? \_\_\_\_\_

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2. List the three major components in any underwater search pattern.

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

3. When might we use free-swimming divers to conduct random searches?

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4. How would you bring a conscious, but confused diver to the surface?

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5. If the diver is breathing, but unresponsive on the bottom, what would our main concern be as we bring him to the surface? \_\_\_\_\_

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6. Why is a lung over-expansion injury not a serious consideration when bringing an unconscious, non-breathing victim to the surface?

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## Chapter 8:

### Recompression Chambers and Therapy

1. What is the value of recompression in decompression sickness accidents?

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2. What is the difference between decompression chambers and recompression chambers? \_\_\_\_\_

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3. How does a chamber simulate descending to depth? \_\_\_\_\_

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4. Do you know where the nearest chamber is to your frequent dive sites?

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## notes

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