

## Scuba Safety & First Aid – Module 1 – Version 1

1. The Scuba Safety & First Aid course prepares divers to better fulfil their responsibility toward other divers.

- a) True
- b) False

2. Early recognition of minor problems and reacting to them in an appropriate manner go a long way in the prevention of many diving emergencies.

- a) True
- b) False

3. Which of the following are physical stressors (check all correct answers)?

- a) Strenuous activity
- b) Hunger
- c) Fear of darkness
- d) Illness
- e) Pain
- f) Doubts about one's own abilities

4. Actions to deal with stress can involve a better way of coping with the stressor, but it can also be evasive.

- a) True
- b) False

5. To help a diver in panic, the only thing you have to do is to give clear instructions on what to do.

- a) True
- b) False

6. Underwater, cognitive symptoms such as reaction to hand signals or delays in adjustment of buoyancy are often a good indication or stress in another diver.

- a) True
- b) False

7. Which of the following are evasive strategies to deal with a stressor (check all correct answers)?

- a) Deciding not to dive
- b) Getting information on what to expect to overcome fear of the unknown
- c) Agree not to start the dive against the current
- d) Agree to dive at shallower depth

8. A simple inadequacy in skills can lead to heightened anxiety and that can in turn lead to panic.

- a) True
- b) False

9. The hydrostatic test for scuba cylinders is required (by a government body outside of the diving industry) and involves testing the cylinder at the same pressure as its normal working pressure.

- a) True
- b) False

10. To be sure that a regulator will not freeze during a deep dive, you should breathe carefully from it in shallow water before you descent.

- a) True
- b) False