

Knowledge Development One

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Prescriptive

Knowledge Review One – Question 1

- *What is the most common cause of diver emergencies?*
 - Poor judgment.

Knowledge Review One – Question 2

- *List the three things to consider before attempting an inwater rescue.*
 - ☐ 1. Do you need to enter the water at all?
 - ☐ 2. Do you have the equipment and training necessary for your safety and the victim's safety?
 - ☐ 3. Can you reasonably expect to accomplish the rescue without getting into trouble yourself?

Knowledge Review One – Question 3

- *What is diver stress? Explain what effects stress can produce in a diver and how perceptual narrowing relates to these effects.*
 - Stress is defined as a physical or mental tension that results in physical, chemical and/or emotional (psychological) changes in the body.
 - As stress increases, a diver may experience perceptual narrowing – a decrease in broad awareness. Perceptual narrowing may reduce the ability to look for the real problem or alternate solutions, or to perceive other problems arising.

Knowledge Review One – Question 4

- *What are four advantages of a pocket mask?*
 - 1. Simplifies getting an effective seal and head positioning.
 - 2. Reduces worries about disease transmission.
 - 3. One of the most effective ways to provide inwater rescue breathing for a non-breathing diver.
 - 4. You can connect a pocket mask to emergency oxygen to provide oxygenated air with your breaths.

Knowledge Review One – Question 5

- *What are the two types of emergency oxygen systems recommended for rescue divers? How do these systems differ?*
 - Nonresuscitator demand valve units and continuous flow units.

Nonresuscitator demand valve unit.	Continuous flow unit.
Oxygen flows only when the diver inhales.	Releases oxygen continuously.
Minimizes oxygen waste.	More wasteful of oxygen.
Can deliver nearly 100% oxygen.	Can deliver more than 90% oxygen.
Used with a breathing diver.	Used with a diver who has difficulty breathing.

Knowledge Review One – Question 6

- *What are the six basic steps for emergency management?*
 - ☐ 1. Assess the situation.
 - ☐ 2. Act on your plan.
 - ☐ 3. Delegate.
 - ☐ 4. Attend to injuries.
 - ☐ 5. Control the scene.
 - ☐ 6. Arrange evacuation to medical care.

Knowledge Review One – Question 7

- *What five skills increase your self-rescue abilities? What should you do when you encounter a problem while diving?*
 - Stop. Breathe. Think. Act.
 - 1. Good buoyancy control.
 - 2. Proper airway control.
 - 3. Cramp removal.
 - 4. Handling air depletion.
 - 5. Responding to vertigo.

Knowledge Review One – Question 8

- *What are the signs and behaviors that indicate a diver may have a problem at the surface? Compare and contrast the characteristics of tired divers versus panicked divers.*

Problem at Surface	Tired Diver	Panicked Diver
Distress signals.	Adequately manages stress.	Fails to establish buoyancy and swims to exhaustion.
Struggling on or just below the surface.	Asks for help and responds to directions.	Abandons rational responses.
High treading or kicking.	Doesn't reject equipment.	Reacts through instinct and fear.
Rejecting equipment.	Usually assists efforts.	Tends to reject equipment.
Clinging or clamoring.	Often recovers quickly.	Overwhelmed.
Not moving.		Eyes wide and unseeing.
		Does not respond to you.

Knowledge Review One – Question 9

- *Why does the rescuer's safety take priority over the distressed diver's safety? With that in mind what four types of rescues should you consider before an inwater rescue?*
 - You can't help a victim if you're in trouble. If you become a victim, it divides the remaining rescue resources between you and the original victim.
 - 1. Reaching and extension assists.
 - 2. Throwing assists.
 - 3. Wading assists.
 - 4. Watercraft assists.

Knowledge Review One – Question 10

- *Describe the steps for inwater rescues of responsive divers at the surface. Explain how to make contact with a panicked diver at the surface.*

Making Contact with a Panicked Diver

Approach.	Keep your eyes on the victim and pace yourself.
Evaluate.	Stop out of reach and assess diver's state of mind and equipment.
Make contact.	Establish ample buoyancy for yourself and victim.
Reassure diver.	Make eye contact and talk directly to the victim.
Assist and transport.	Reassure the diver while assisting them.

Knowledge Review One – Question 1

- The most common cause of diver emergencies is poor judgment.
 - Perform proper safety checks.
 - Maintain equipment.
 - Postpone dive in poor conditions.
 - Dive within personal limits.



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Knowledge Review One – Question 2

- Use good judgment; ask yourself:
 - ☐ Do I need to enter the water?
 - ☐ Do I have the equipment and training to help another?
 - ☐ Can I do this without injury to myself?



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Knowledge Review One – Question 3

Stress is defined as physical or mental tension.

Perceptual narrowing is a decrease in broad awareness.

Knowledge Review One – Question 4

- Pocket mask:
 - Simplifies seal and positioning.
 - Reduces worries about disease transmission.
 - Most effective way to provide inwater rescue breathing.
 - Can be connected to emergency oxygen.



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Knowledge Review One – Question 5

- Nonresuscitator demand valve and continuous flow units are recommended for rescue diver use.



Knowledge Review One – Question 6

- Emergency management:
 - 1. Assess the situation.
 - 2. Act on your plan.
 - 3. Delegate.
 - 4. Attend to injuries.
 - 5. Control the scene.
 - 6. Arrange evacuation to medical care.



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Knowledge Review One – Question 7

Increase your self-rescue skills and be more prepared to solve problems.

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Knowledge Review One – Question 8

Signs and behaviors that indicate a diver is in trouble at the surface.

Handling a panicked diver is the most hazardous situation for a rescuer.

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Knowledge Review One – Question 9

You can't help others if you're in trouble yourself.

Think: reaching and extension assists, throwing assists, wading assists, and watercraft assists.

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Knowledge Review One – Question 10

The steps for inwater rescues of responsive divers at the surface.

Gain control of the situation when you make contact with a panicked diver.

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