AIR DIVING SUPERVISOR PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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.

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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!

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Questions

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1. What must be done when encountering O2 toxicity at 20'?

A. Shift to air and ventilate divers

B. Begin ascent to the surface

C. Administer additional O2

D. Complete decompression at 20'

2. What is the treatment for a diver surfacing without symptoms post-decompression?

A. 100% oxygen, TT-5

B. Immediate chamber treatment

C. Observation without treatment

D. Resume normal activity

3. What does effective communication help to maintain during a dive?

A. Specific dive equipment quality

B. The personal comfort of each diver

C. Safety and operational effectiveness

D. The leisure aspects of the diving experience

4. Why is buoyancy important to manage carefully underwater?

A. To enhance swimming strength

B. To prevent accidental ascents that can cause injuries

C. To improve visibility under water

D. To conserve oxygen more effectively

5. When arriving early at the first "D" stop, what is the action during an air stop?

A. Begin stop time when travel time is completed

B. Immediately start the decompression

C. Shift directly to oxygen

D. Add extra time to the stop

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6. If a diver is unconscious and not breathing, what is the most common reason?

A. Decompression sickness

B. Airway obstruction

C. Excessive pressure

D. Toxic gas exposure

7. Which category does not belong to Type II Decompression Sickness symptoms?

A. Neurological

B. Gastrointestinal

C. Inner Ear (staggers)

D. Cardiopulmonary (chokes)

8. What should divers breathe during temporary O2 loss in the chamber during Sur 'D'?

A. Chamber air

B. 50/50 gas mix

C. Only oxygen

D. Air mix with contaminants

9. What is a common symptom of nitrogen narcosis?

A. Decreased heart rate

B. Impaired judgment

C. Increased energy levels

D. Heightened sensory perception

10. What is the recommended action for treating Type II DCS during a surface interval?

A. Compress the diver to 40'

B. Compress the diver to 60'

C. Compress the diver to 50'

D. Compress the diver to 70'

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Answers

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

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Explanations

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1. What must be done when encountering O2 toxicity at 20'?

A. Shift to air and ventilate divers

B. Begin ascent to the surface

C. Administer additional O2

D. Complete decompression at 20'

In the case of encountering oxygen toxicity at a depth of 20 feet, the appropriate response is to shift to air and ventilate the divers. Oxygen toxicity occurs when divers breathe excessively high partial pressures of oxygen, leading to harmful physiological effects, which can manifest as symptoms such as visual disturbances, seizures, or other neurological issues. Shifting to air allows for a reduction in the partial pressure of oxygen inhaled by the divers. Since the risk of oxygen toxicity increases significantly with higher oxygen levels, transitioning to air effectively mitigates the danger by restoring the breathing gas to a composition that is safer for respiration at that depth. Ventilating divers can help ensure that they are receiving adequate air during a critical moment, especially if they are showing signs of oxygen toxicity, and helps to normalize their breathing patterns. Considering the alternatives, beginning ascent to the surface may seem like a viable solution, but it could potentially exacerbate the effects of oxygen toxicity, as rapid ascension can lead to other complications, including decompression sickness. Administering additional oxygen would increase the risk of anesthesia-like symptoms associated with oxygen toxicity, further complicating the situation. Completing decompression at 20 feet would be inappropriate in this scenario, as this would involve remaining in an environment where toxicity

2. What is the treatment for a diver surfacing without symptoms post-decompression?

A. 100% oxygen, TT-5

B. Immediate chamber treatment

C. Observation without treatment

D. Resume normal activity

When a diver surfaces without symptoms after a decompression dive, the appropriate treatment often includes administering 100% oxygen, especially if there is any suspicion of decompression sickness or excess nitrogen in the tissues. Providing 100% oxygen at the surface helps to enhance the elimination of nitrogen from the body and assists in preventing the onset of symptoms that may arise later. This treatment also serves as a precautionary measure because decompression sickness can sometimes present symptoms after a delay. By using pure oxygen, the diver's tissues are more efficiently cleared of any residual nitrogen, which reduces the risk of potential complications. The other options, while potentially relevant in different contexts or severity of symptoms, do not provide the proactive management that administering 100% oxygen offers. Simply observing without treatment might neglect the risk of developing symptoms later on, immediate chamber treatment may be unnecessary without signs of distress, and resuming normal activity does not account for the possible residual effects of decompression stress. Thus, administering 100% oxygen is the most effective and precautionary method in this scenario.

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3. What does effective communication help to maintain during a dive?

A. Specific dive equipment quality

B. The personal comfort of each diver

C. Safety and operational effectiveness

D. The leisure aspects of the diving experience

Effective communication is crucial during a dive as it plays a significant role in ensuring safety and operational effectiveness. This involves the ability to convey important messages about dive procedures, emergency protocols, and any changes in the dive plan. Clear communication allows divers to coordinate their actions, respond to potential hazards, and assist each other in real-time. In a diving environment, where conditions can change rapidly and visibility may be limited, having a reliable means of communication helps to ensure that all team members are aware of their surroundings and can execute the dive plan effectively. This not only preserves the safety of each diver but also enhances the overall effectiveness of the operations being conducted underwater. Other aspects, such as equipment quality, personal comfort, and leisure experiences, while important, may not directly influence the critical factors of safety and operational efficacy during a dive. Hence, communication's primary focus in this context is on fostering a safe and effective diving operation.

4. Why is buoyancy important to manage carefully underwater?

A. To enhance swimming strength

B. To prevent accidental ascents that can cause injuries

C. To improve visibility under water

D. To conserve oxygen more effectively

Buoyancy is essential to manage carefully underwater primarily because it plays a critical role in diver safety. When a diver is not properly buoyant, they risk ascending or descending uncontrollably. Accidental ascents, particularly rapid ones, can lead to serious injuries such as decompression sickness or barotrauma due to the changes in pressure. Managing buoyancy ensures that divers can maintain a desired depth while allowing for a smooth and controlled ascent or descent. While swimming strength, visibility, and oxygen conservation are also relevant aspects of diving, the direct and immediate concern with buoyancy is the safety and control of the diver in the water column. Correct buoyancy helps divers avoid potentially dangerous situations that could arise from unintentional movements caused by improper buoyancy control. Hence, understanding and managing buoyancy effectively is fundamental for safe diving practices.

5. When arriving early at the first "D" stop, what is the action during an air stop?

A. Begin stop time when travel time is completed

B. Immediately start the decompression

C. Shift directly to oxygen

D. Add extra time to the stop

When arriving early at the first "D" stop during an air dive, the appropriate action is to begin the stop time when the travel time is completed. This means that even if a diver arrives at the designated depth for the decompression stop before the calculated travel time has elapsed, the stop time should not start running until the entire ascent and travel time have been safely completed. This practice is essential because it ensures that the diver appropriately de-compresses at the required depths for the full duration as planned, thereby minimizing the risk of decompression sickness. Timing of stops is critical in diving physiology since it helps manage inert gas elimination from tissues, ensuring a safer ascent. This approach reflects a systematic adherence to established decompression protocols.

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6. If a diver is unconscious and not breathing, what is the most common reason?

A. Decompression sickness

B. Airway obstruction

C. Excessive pressure

D. Toxic gas exposure

The most common reason for a diver being unconscious and not breathing is airway obstruction. When a diver is underwater and becomes unconscious, their ability to protect the airway can be compromised. Various factors can lead to airway obstruction, including water entering the throat, a loss of muscle tone, or foreign body obstruction. If the airway is blocked, oxygen cannot reach the lungs, resulting in the diver not being able to breathe effectively. In diving scenarios, the effects of water and the physical state of the diver contribute significantly to this risk. It's crucial to assess the airway immediately in such emergencies because restoring the airway and enabling breathing is essential for survival. Addressing airway issues is often the first step in any emergency response protocol, especially in a diving context where rapid recognition and intervention are vital.

7. Which category does not belong to Type II Decompression Sickness symptoms?

A. Neurological

B. Gastrointestinal

C. Inner Ear (staggers)

D. Cardiopulmonary (chokes)

Type II Decompression Sickness is characterized by more severe symptoms that are systemic and can affect various bodily systems. While neurological symptoms and inner ear symptoms (also known as staggers) are well established as components of Type II DCS, they typically arise due to bubbles forming in the central nervous system and other critical areas. Cardiopulmonary symptoms, often referred to as chokes, are similarly associated with restrictive effects on the lungs and heart. Gastrointestinal symptoms, on the other hand, are primarily linked to Type I Decompression Sickness. These symptoms may include nausea or abdominal pain, typically resulting from bubbles affecting the body's tissues in less critical regions. Thus, gastrointestinal issues do not fit within the spectrum of Type II DCS symptoms and are considered a part of Type I Decompression Sickness profile, making this categorization distinct.

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8. What should divers breathe during temporary O2 loss in the chamber during Sur 'D'?

A. Chamber air

B. 50/50 gas mix

C. Only oxygen

D. Air mix with contaminants

During a temporary oxygen loss in the chamber during saturation diving operations, divers should breathe chamber air. This is primarily because chamber air, which is typically a mix of oxygen and nitrogen, provides a safe and immediate source of breathable gas. In the event of a loss of oxygen, the chamber air ensures that divers maintain their required levels of oxygen while also preventing a rapid increase in carbon dioxide levels, which could occur if the divers were restricted to only pure oxygen. Chamber air is specifically designed to be safe for respiratory use at the pressures encountered during saturation diving. It maintains normal physiological function for the divers as they remain under pressure, avoiding complications that might arise from breathing gases that are not suitable or could cause toxic effects, such as a high concentration of pure oxygen. Utilizing a 50/50 gas mix or other non-standard breathing gases, like an air mix with contaminants, can introduce additional risks, such as toxicity or the creation of a hypoxic environment, which are not present when using chamber air. This makes chamber air the most appropriate and safe choice during such emergencies.

9. What is a common symptom of nitrogen narcosis?

A. Decreased heart rate

B. Impaired judgment

C. Increased energy levels

D. Heightened sensory perception

Impaired judgment is a common symptom of nitrogen narcosis, which is a condition affecting divers who experience increased levels of nitrogen in their bloodstream as they descend to depths greater than approximately 30 meters (100 feet). This condition occurs because nitrogen acts as an anesthetic when under pressure, leading to effects similar to those of alcohol intoxication. Divers may exhibit poor decision-making skills, lack of coordination, and reduced ability to assess risk appropriately. In the context of deep diving, the impairments can lead to dangerous situations, as divers might misinterpret their surroundings or fail to recognize the need to ascend. Therefore, awareness of this symptom is crucial for the safety and effectiveness of diving operations. Understanding nitrogen narcosis and its impacts helps divers maintain clear judgment and avoid potential mishaps during their dives, reinforcing the importance of safety protocols and training in underwater environments.

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10. What is the recommended action for treating Type II DCS during a surface interval?

A. Compress the diver to 40'

B. Compress the diver to 60'

C. Compress the diver to 50'

D. Compress the diver to 70'

The recommended action for treating Type II Decompression Sickness (DCS) during a surface interval is to compress the diver to 60 feet. This depth is effective for providing the necessary pressure to help facilitate the absorption of inert gases that may have accumulated in the diver's body tissues. At 60 feet, the increased ambient pressure aids in reducing the size of gas bubbles formed during a dive, which can alleviate symptoms associated with Type II DCS such as joint pain, neurological symptoms, and other complications. The 60-foot depth provides optimal conditions for the treatment, allowing for a controlled environment where additional medical interventions, such as administering oxygen, can be successfully implemented. Differing depths such as 40 feet, 50 feet, or 70 feet are not optimal for treating Type II DCS. Restoring the diver's condition effectively requires a specific pressure environment that 60 feet provides, making it the standard recommendation in decompression practices.

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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:

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We wish you the very best on your exam journey. You've got this!

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