

APPENDIX 4-QUIZ
Swimming and diving accidents

Circle the letter of the best answer.

1. Which of the following statements about swimming and diving accidents is true?
 - a. Cardiac arrest is usually related to respiratory arrest.
 - b. For hypothermia to develop, the water temperature must be below 38_F.
 - c. Spasms along the airway are uncommon in cases of near-drowning.
 - d. Head and neck injuries are the number one consideration in water-related accidents.

2. When attempting to rescue someone who is in the water, the last resort should be to:
 - a. reach.
 - b. throw.
 - c. tow.
 - d. row.

3. To rescue a near-drowning victim, First Responders who cannot swim should:
 - a. not enter the water.
 - b. wade into the water as far as possible.
 - c. either with or without wearing a personal flotation device, take an available boat to the patient.
 - d. wear a mandatory personal flotation device and take an available boat to the patient.

4. The term for gas bubbles in the blood that occur when gases leave a diver's injured lung and enter the bloodstream is:
 - a. decompression.
 - b. hyperoxygenation.
 - c. hyperbaremia.
 - d. air embolism.

5. Your first choice of action in an ice rescue is to:
 - a. don a personal flotation device and walk on the ice to the victim.
 - b. crawl along a ladder to the victim.
 - c. throw a line to the victim or reach out with a pole.
 - d. use a light boat to move along the ice to the victim.

APPENDIX 4-REVIEW

Write the word or words that best complete each sentence in the space provided.

1. When caring for victims of water-related accidents, be sure to assess them for _____ , _____ , and _____ .
2. Human beings have a reaction in cold water that is similar to other mammals, which is called the _____ .
3. If a patient is unconscious, _____ and _____ may not be detected.
4. To open the airway of the victim of a water-related accident, use the _____ - _____ .
5. The "bends" are really part of what is called _____ .