

# Air Quality



1.  
True or False: Carbon Monoxide (CO) is absorbed 200 times more by haemoglobin than oxygen is.

- A. True
- B. False

2.  
Which statement is NOT correct?

- A. Carbon dioxide (CO<sub>2</sub>) in excessive quantities increases the rate of breathing and in deeper diving causes respiratory risk
- B. Excessive moisture can make regulators freeze or fail to open
- C. Low levels of Carbon monoxide (CO) in the breathing gas can only result in mild CO intoxication
- D. Especially smaller oil particles create health concerns as they will not be removed by the body's clearance mechanisms and can cause inflammation

3.  
True or False: CO contamination usually arises from impurities in the air taken into the compressor or from contaminants generated by the compressor itself.

- A. True
- B. False

4.  
When filling cylinders, the compressor's air intake should:

- A. Be placed upwind from the exhaust
- B. Be placed upwind from any source of contamination
- C. Be placed at least 15m away from the compressor itself
- D. A&B
- E. All of the above

5.  
When using a compressor, you must:

- A. Make sure the correct compressor oil and filters are used

- B. Regularly check that the air intake hose is not damaged and couplings are not loose
- C. Ensure proper maintenance of the compressor
- D. Regular check the quality of the air
- E. A&C
- F. All of the above

6.

What can the diver do to reduce the risk of CO intoxication?

- A. Only obtain air or breathing gas fills from a reputable dive centre, club or dive shop
- B. Ask the air supplier how often they check the quality of their air and if they periodically perform compressor maintenance and have a compressor log
- C. If possible, check the location of the air intake of the compressor
- D. Avoid smoking immediately prior to the dive as cigarette smoke also contains CO
- E. Check your air cylinder for the presence of CO using a personal CO detector device, especially if you have concerns about the quality of the air supplier or when you cannot determine how the dive cylinders were filled
- F. All of the above

7.

Which of the following is NOT a sign or symptom of CO intoxication?

- A. Headache and sensation of pressure inside the head
- B. Vertigo
- C. Nausea
- D. Over-confidence and sense of well-being
- E. Breathlessness with exertion
- F. Confusión
- G. All of the above are signs and symptoms of CO intoxication

8.

What should the diver do, when experiencing signs and symptoms of CO intoxication?

- A. The diver should stop breathing from the contaminated cylinder and end the dive
- B. The diver should ascent a few meters, while taking deep breaths
- C. The diver should descent until signs and symptoms disappear

9.

True or False: in case of CO intoxication, 100% Oxygen should be administered as soon as possible.

- A. True
- B. False

10.

True or False: divers with a severe CO intoxication can benefit from treatment in a hyperbaric chamber.

- A. True
- B. False

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