

# Ears and Equalisation



1.

What is the most common dive injury?

- A. Decompression sickness
- B. Lionfish stings
- C. Middle ear barotrauma
- D. Jellyfish stings

None

2.

In what position is it typically easiest to equalize?

- A. Head up, feet down
- B. Horizontally
- C. Head down, feet up
- D. Lotus

None

3.

If you are unable to equalize, what should you do?

- A. Continue to descend
- B. Force it
- C. Ascend a little bit; try again gently. If still unable, end the dive
- D. Stay where you are
- E. Both B and D

None

4.

True or False: When you reach maximum depth, you should equalize again.

- A. True
- B. False

None

5.

True or False: You should treat barotrauma with ear drops.

- A. True

B. False

None

6.

If you surface with a feeling of fullness in your ears or hear crackling sounds, you should:

A. Continue diving

B. Discontinue diving

C. Attempt to equalize

D. Seek a medical evaluation

E. Both B and D

None

7.

A reverse block is...

A. A blockage of the outer ear canal that occurs on ascent and may result in barotrauma

B. A blockage of the Eustachian tube that occurs on ascent and may result in barotrauma

C. A blockage of the Eustachian tube that occurs on descent and may result in barotrauma

D. A blockage of the outer ear canal that occurs on descent and may result in barotrauma

None

8.

What do you do if you experience a reverse block?

A. Descend a little and gently try to equalize

B. Ascend a little and gently try to equalize

C. Shake your head from side to side

D. Descend quickly to avoid further injury

E. Both C and D

None

9.

What is the most common contributor to a reverse block?

A. Difficulty equalizing on descent

B. Cold water

C. Congestión

D. Both A and C

None

10.

What do you do if you experience a sinus squeeze during descent?

A. Ascend a few feet and gently try to equalize

B. Descend a few feet and gently try to equalize

C. Level off

D. Clear your mask

None

11.

A diver surfaces and reports his ears are ringing; he is nauseous and extremely dizzy. What should you do?

A. Ask him to try to equalize

B. Have a trained oxygen provider administer oxygen

C. Seek the closest emergency medical care

D. Call DAN Europe

E. Drive him to the nearest hyperbaric chamber

F. B, C and D

None