

# Ears and Equalisation



1.

What is the most common dive injury?

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

2.

In what position is it typically easiest to equalize?

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

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

4.

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

- A. True
- B. False

5.

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

- A. True
- B. False

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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

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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

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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

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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

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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

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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

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