

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 ☒