

02 Personal Safety Quiz 1

1. How much faster does a body lose heat in water rather than air (p.35)?
2. Name four features of your gear increases your chances of survival in cold water (p.36)?
 - a.
 - b.
 - c.
 - d.
3. A personal Flotation Device will right an unconscious person when in the water (p.37) T / F
4. A PFD or lifejacket must be worn when wearing a dry suit (p.40) T / F?
5. Name three items of personal clothing you should carry when attending a call (p.41).
 - a.
 - b.
 - c.
6. Name five items to be found in an equipment vest (p.42)
 - a.
 - b.
 - c.
 - d.
 - e.
7. Name three items of spare gear you should carry (p.43)?
 - a.
 - b.
 - c.

8. How high will Type B distress flares go (p.42)?

9. What action does the brain take when the human body is suffering from hypothermia (p.45)?

10. What are six signs and symptoms of hypothermia (p.45)?

- a.
- b.
- c.
- d.
- e.
- f.