

Surf Life Saving Australia

Champion Lifesaver 2007

Open and Under 19 Competition Theory Paper

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the current edition of the SLSA training manual. As far as possible, the questions and answers have been written in the same words as in the manual.

If you wish to change an answer, cross out your first answer then clearly mark your final answer.

Time allowed: 30 minutes

1. What are the symptoms of shock?
 - a. Reduction in the pumping ability of the heart, blood or fluid loss, sweating and dehydration, and severe injuries
 - b. Faintness, breathlessness, nausea
 - c. Reduced level of consciousness, air hunger, pale cold clammy skin, weak rapid pulse, confusion
 - d. Blood loss, nausea, weak rapid pulse, breathlessness
2. A red annulus and bar on white ground is the symbolic shape for what sign function?
 - a. Regulatory prohibition
 - b. Suggestion
 - c. Warning
 - d. Information or permissive
3. What percentage of the normal diet should be made up of fats and oils such as olive oil and canola?
 - a. 25-30 per cent
 - b. 35-40 per cent
 - c. 45-50 per cent
 - d. 55-60 per cent
4. For how long should tap water generally be run over a burn injury?
 - a. 5-10 minutes
 - b. 10-20 minutes
 - c. 20-30 minutes
 - d. Until the pain stops
5. Which of the following is known to have been communicated during mouth to mouth resuscitation?
 - a. HIV
 - b. Tuberculosis
 - c. Hepatitis B
 - d. Hepatitis C

6. How do you treat a minor fracture to an arm?
 - a. Immobilise, apply a splint, bandage above and below the site, apply ice packs, raise the area, check for a pulse beyond the fracture
 - b. Immobilise, apply ice packs, apply a splint, bandage above and below the site, check for a pulse beyond the fracture, control bleeding
 - c. Immobilise, bandage above and below the site, apply a splint, raise the area, apply ice packs, check for a pulse beyond the fracture
 - d. Immobilise, raise the area, apply a splint, bandage above and below the site, apply ice packs, check for a pulse beyond the fracture
7. Where are the adenoids located?
 - a. In the groin and armpits
 - b. The back of the airway between the nasal passage and the mouth
 - c. The top of the nasal passage
 - d. The back of the throat
8. When using the pistol grip for jaw support, how are the fingers kept clear of the soft tissues of the patient's throat and neck?
 - a. The middle, ring and small fingers are curled in towards the palm of the hand
 - b. Backward head tilt should be sufficient to ensure the fingers are high enough to be away from the throat
 - c. Once the grip is established, the jaw is lifted forward, moving the fingers away from the throat
 - d. By keeping the airway operator's elbow lifted
9. Why is the cervical spine particularly vulnerable to injury?
 - a. The bones are thinner than the rest of the spine
 - b. It supports most of the weight of the body
 - c. The spinal cord is contained in a narrow canal
 - d. It is often the first point of contact when a swimmer is dumped by a wave
10. What is the frequency of the marine emergency radio channel?
 - a. 27.980 MHz
 - b. 27.880 MHz
 - c. 27.860 MHz
 - d. 27.940 MHz
11. A candidate who has successfully demonstrated competence in the Surf Life Saving Australia Bronze Medallion needs to complete what "on-the-job" component in order to be entitled to receive the Certificate II in Public Safety (Aquatic Rescue)?
 - a. Follow defined occupational health and safety policies and procedures
 - b. Operate communications systems and equipment
 - c. Work in a team
 - d. Work effectively in a public safety organization
12. With regard to OH&S, which of the following is a SLISA volunteer responsibility?
 - a. Maintaining a safe work environment
 - b. Giving workers compensation claims to their senior club official or branch/state/territory centre
 - c. Cooperating with patrol captains and officials
 - d. Taking care of the health and safety of other members

13. What is the average interval between successive high tides?
- 11 hours 45 minutes
 - 12 hours 5 minutes
 - 12 hours 25 minutes
 - 12 hours 45 minutes
14. What are the principles of management in first aid, in order of priority?
- (1) Rapidly assess the situation; (2) Ensure the safety of yourself, and bystanders and the patient(s); (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
 - (1) Ensure the safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
 - (1) Ensure the safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
 - (1) Rapidly assess the situation; (2) Ensure the safety of yourself, any bystanders and the patient(s); (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
15. What is perfusion?
- A diving emergency caused by too rapid and uncontrolled ascent
 - A lack of oxygen to the brain
 - A heart rate less than 60 or in excess of 100 beats per minute
 - The body's ability to deliver oxygen and nutrients to the cells
16. Why is it recommended that you wear protective gloves when treating a patient?
- For your own safety
 - To give you a better grip on the patient
 - To avoid contact with any stinger tentacles which may be stuck to the skin
 - To avoid contact with blood
17. Which of the following is **not** considered essential surf lifesaving equipment?
- Defibrillator
 - Helicopter landing area marker poles
 - RWCs (jetskis)
 - Signal flags
18. The two mechanisms operating in most spinal injuries sustained in water are:
- Flexion and vertical compression with rotation
 - Vertical flexion and rotation
 - Compression and vertical rotation
 - Vertical compression and flexion with rotation
19. A patient being placed in the lateral position on the beach should be placed on which side?
- The patient's left side
 - Either side
 - Whichever side the patient finds more comfortable
 - Facing the water
20. What is the key to successful resuscitation?
- Pistol grip
 - Teamwork
 - A clear airway
 - Adequate inflation of the lungs

21. Which of the following is **not** a method of controlling workplace hazards?
- Eliminate
 - Educate
 - Isolation
 - Work organisation
22. Why should backward head tilt not be used with infants?
- The head is relatively large and the neck is relatively short
 - The windpipe is soft and easily compressed
 - It stretches the tissues and may block the airway
 - Many infants breathe through their nose
23. Pressure immobilisation bandaging should **not** be used for:
- Irukandji stings
 - Chironex box jellyfish stings
 - Redback spider bites
 - Funnelweb spider bites
24. What are the stages in the “chain of survival”?
- Early access, early CPR, early oxygen, early defibrillation
 - Early intervention, early CPR, early defibrillation, early advanced life support
 - Early access, early CPR, early defibrillation, early advanced life support
 - Early intervention, early CPR, early defibrillation, early ambulance support
25. What is the third level of listening?
- Paying attention
 - Hearing
 - Non-hearing
 - Listening and thinking
26. The practice of keeping your workplace free from clutter or conditions that allow bacteria and vermin to thrive is called:
- Personal hygiene
 - Environment hygiene
 - Workplace hygiene
 - Organisational hygiene
27. What are the signs of a fracture?
- Pain and tenderness, loss of function, swelling, deformity
 - Swelling, deformity, unnatural movement, possible bleeding
 - Pain and tenderness, nausea, swelling, deformity, possible bleeding
 - Loss of function, swelling, deformity, possible bleeding
28. In an IRB carry, on what side of the boat should the patient be removed?
- The driver's side
 - The crewman's side
 - The upwind side
 - Either side
29. Who is responsible for the overall coordination of disaster and emergency rescue operations in most states?
- Police
 - Fire and Rescue
 - State Emergency Service
 - Australian Defence Forces

30. What is the appropriate treatment for a sea urchin sting?
- Ice packs
 - Hot water
 - Compression bandaging
 - Vinegar
31. Most spinal injuries sustained in the water involve which vertebrae?
- Third, fourth and fifth
 - Fourth, fifth and six
 - Fifth, sixth and seventh
 - Sixth, seventh and eighth
32. What attributes will help ensure that any rescue can be carried out with a maximum of efficiency and a minimum of delay?
- Recognising the patient, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
 - A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - Assessment of the surf conditions, the patient's condition, the equipment available, the human resources available
 - Knowledge, skill, fitness, judgment, discipline and resourcefulness
33. What is the "carybdea rastoni" also known as?
- Blubber
 - Fire jelly
 - Irukandji
 - Jimble
34. How should ECC be performed on a child of 1-8 years?
- With 2 fingers
 - With 1 hand
 - With 2 hands
 - With 1 or 2 hands
35. What piece of equipment is now used for most individual rescues?
- Contact (no equipment)
 - RescueTube
 - Rescue Board
 - RWC (Jetski)
36. Which of these factors does **not** influence the rate at which someone develops hypothermia in cold water?
- The age of the patient
 - The weight of the patient
 - The level of activity during immersion
 - Marijuana in the patient's system
37. What causes febrile convulsion?
- Above normal body temperature
 - Below normal body temperature
 - Marine envenomation
 - Penetrating spine injury

38. What are the most common errors in rescue breathing?
- a. Loss of head tilt, jaw lift, over-inflation
 - b. Insufficient head tilt, inadequate seal, stomach distension
 - c. Loss of head tilt, airway blockage, stomach distension
 - d. Insufficient head tilt, airway blockage, over-inflation
39. Which of these is **not** a vital sign measure?
- a. Blood pressure
 - b. Heart rate
 - c. Respiration
 - d. Skin
40. What is a sprain?
- a. Overstretching of muscles and tendons
 - b. When ligaments are forced beyond their normal range
 - c. The tearing of a tendon
 - d. When a tendon pulls away from the bone

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