

Surf Life Saving Western Australia

Champion Lifesaver 2007

Under 17 and Under 15 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. Blue ground is the symbolic shape for what sign function?
 - a. Regulatory prohibition
 - b. Suggestion
 - c. Warning
 - d. Information or permissive
2. Oxygen therapy may be safely given by qualified lifesavers to:
 - a. Any patient
 - b. Any non-breathing patient
 - c. Any patient about whom they are worried
 - d. Any conscious patient
3. How many vertebrae are there in the spinal column?
 - a. 24
 - b. 27
 - c. 30
 - d. 33
4. When a full oxygen cylinder is fitted to an oxygen resuscitation unit and opened, what will the contents gauge read?
 - a. Full
 - b. Slightly above full
 - c. Slightly below full
 - d. It will read empty initially, but will move to full when oxygen begins to be used
5. During resuscitation, stomach swelling may be made worse if:
 - a. The victim has eaten or drunk just prior to the incident
 - b. Rescue breathing is performed with the airway partly blocked by the tongue or foreign material
 - c. In the process of drowning the victim swallowed great quantities of water and air
 - d. The patient regurgitates or vomits

6. What attributes of the lifesaver can help prevent problems that lead to rescues?
 - a. A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - b. An ability to identify and predict characteristics of ocean behaviour and an understanding of people's behaviour patterns
 - c. A sense of anticipation and an understanding of the oceans characteristics
 - d. An understanding of people's characteristic behaviour patterns and a knowledge of scanning techniques
7. A wave which never actually breaks as it approaches the water's edge is called what?
 - a. Plunging wave
 - b. Spilling wave
 - c. Surging wave
 - d. Dissipative wave
8. In what year was the International Lifesaving Federation (ILS) formed?
 - a. 1956
 - b. 1971
 - c. 1984
 - d. 1993
9. What is the treatment for needlestick injuries?
 - a. Wash the area in warm soapy water, report the incident to the Patrol Captain, advise the patient to go to their doctor or local hospital, dispose of needles in sharps container
 - b. Clean the area with a solution of alcoholic chlorhexidine, report the incident to the Patrol Captain, advise the patient to seek medical attention, dispose of needles in sharps container
 - c. Cover the wound with a sterile dressing, report the incident to the Patrol Captain, arrange for an ambulance to convey the patient to hospital for further treatment, dispose of needles in sharps container
 - d. Dispose of needles in sharps container, clean the wound, advise the patient to go to their doctor or local hospital, report the incident to the Patrol Captain
10. Which beach type is characterised by a moderately steep beach face with a low, flat sand bar with waves sometimes breaking on the outer edge of the sand bar?
 - a. Reflective
 - b. Low tide terrace
 - c. Bar and rip
 - d. Longshore trough
11. What is the brachial pulse?
 - a. The pulse found in the neck
 - b. The pulse found in the wrist
 - c. The pulse found in the groin
 - d. The pulse found in the upper arm
12. Which of the following is **not** a recognised method of closing a beach?
 - a. A "Swimming Prohibited" sign
 - b. Crossing the red and yellow patrol flags where the swimming area would normally be
 - c. A "No Aquatic Activities" sign
 - d. A red flag

13. Which scanning method uses peripheral vision to detect movement and notice activity?
- Fixed focus
 - Moving focus
 - Tracking
 - Wide focus
14. What is the appropriate depth for the pickup in a three-person carry?
- Waist deep
 - Knee deep
 - Ankle deep
 - Above the waterline
15. The origins of Surf Life Saving can be traced back to the actions of Mr William Gocher, who defied the law of the time by bathing during daylight hours at Manly Beach, in September of what year?
- 1900
 - 1902
 - 1905
 - 1907
16. How do you treat a patient with heat stroke?
- Monitor ABC, seek urgent medical help, cool the patient with fans, apply cold packs or ice
 - Monitor ABC, cool the patient with fans, give sips of cool water, apply cold packs or ice
 - Rest the patient, loosen clothing, cool the patient with fans, give drinks
 - Rest the patient, loosen clothing, douse the patient with water, cool the patient with fans, seek medical advice
17. What is the minimum age requirement for the Silver Medallion (Advanced Emergency Care)?
- 15 years
 - 16 years
 - 17 years
 - 18 years
18. The Certificate IV falls under which Australian Qualifications Framework sector?
- Schools sector
 - Vocational education and training sector
 - Post-secondary sector
 - Higher education sector
19. What is "duty of care"?
- Providing safety training and clear safety rules in the workplace
 - Maintaining a safe working environment
 - Ensuring that any injury or illness is reported as soon as possible
 - Accepting responsibility for the health and safety of people in the workplace
20. UHF (Ultra High Frequency) spans what part of the radio frequency spectrum?
- 200 – 2000 mHz
 - 300 – 3000 mHz
 - 400 – 4000 mHz
 - 500 – 5000 mHz

21. The blood vessels which carry blood from the heart are called what?
- Arteries
 - Veins
 - Capillaries
 - Aorta
22. What percentage of oxygen is contained in the fresh air we breathe?
- 16
 - 19
 - 21
 - 27
23. Which of the following is **not** a common location of lymph glands?
- Abdomen
 - Armpits
 - Groin
 - Neck
24. When is it recommended to use an arterial tourniquet?
- Never in any circumstances
 - As a last resort when limbs are bleeding
 - In the case of shark or crocodile attack
 - When the patient is suffering "crush syndrome"
25. What is the key to escaping from a panicking patient?
- Offering them a piece of rescue equipment on which to support themselves
 - Blocking the patient from approaching too close
 - The panicking patient will not want to go under water
 - The panicking patient will calm down once you are supporting them in the water
26. During a two person patient assessment, who makes the decision on whether the patient is breathing normally?
- The airway operator
 - The ECC operator
 - Qualified medical personnel
 - It is a joint decision by the airway operator and the ECC operator
27. An unconscious person who is breathing should be placed and transported in what position?
- On their back
 - On their front
 - On their side
 - In whatever position the patient is most comfortable
28. When listening for breathing, how far should the airway operator's ear be from the patient's nose and mouth?
- About 2 cm
 - About 3 cm
 - About 4 cm
 - About 5 cm
29. On which side of the patient should the ECC operator be positioned?
- The patient's left side
 - The patient's right side
 - The ocean side
 - Either side

30. What is the manual handling risk for objects such as signs/poles, tents and rescue boards?
- Low to moderate
 - Moderate
 - Moderate to high
 - High
31. What are the essential parts of a rescue?
- Recognising the patient, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
 - Recognising the patient, retrieving and securing the patient, calling for backup, returning the patient to the beach, assessing the patient's condition and responding accordingly
 - Recognising the patient, assessing the patient's condition and responding accordingly, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
 - Recognising the patient, calling for backup, assessing the patient's condition and responding accordingly, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
32. What does the regulator in an oxygen resuscitation unit do?
- Controls the flow of oxygen to the air-bag resuscitator
 - Prevents over-inflation of the lungs during resuscitation
 - Allows a larger oxygen cylinder to be attached without interrupting resuscitation
 - Controls oxygen pressure and the flow of oxygen to the therapy and oxygen control valve
33. Where is the breathing control centre located?
- Between the lungs and trachea
 - At the base of the brain
 - In the frontal lobe of the brain
 - Behind the medulla majora
34. Smoking is not allowed within what distance of a helicopter fuel installation or fuel drum?
- 15 metres
 - 20 metres
 - 30 metres
 - 40 metres
35. According to the Australian Nutrition Foundation, a balanced diet consists of 7 food groups. What are they?
- Carbohydrate, fat, protein, vitamins, minerals, sugars, water
 - Carbohydrate, fat, protein, vitamins, minerals, fibre, water
 - Carbohydrate, fibre, protein, vitamins, minerals, sugars, acids
 - Carbohydrate, fat, protein, vitamins, minerals, fibre, acids
36. What is the medical condition known as "shock"?
- When the patient is showing signs of "air hunger"
 - When the patient has received a fright, and faints
 - A reduction in the pumping ability of the heart
 - When the supply of oxygen to the body is inadequate
37. What does DRABCD stand for?
- Danger, Response, Airway, Breathing, Circulation, Defibrillation
 - Danger, Response, Airway, Breathing, Compressions, Defibrillation
 - Danger, Response, Airway, Breathing, CPR, Defibrillation
 - Danger, Response, Airway, Breathing, Call for assistance, Defibrillation

38. What is the appropriate treatment for a tamoya sting?
- a. Ice packs
 - b. Heat packs
 - c. Running water
 - d. Vinegar
39. Medical and rehabilitation costs as a result of workplace injuries are an example of:
- a. Human cost
 - b. Social cost
 - c. Economic cost
 - d. Organisational cost
40. How should the airway be managed when performing rescue breathing on an infant?
- a. Using backward head tilt but taking care not to over-extend the neck
 - b. The head should be kept in the neutral position
 - c. As far as possible the head should be maintained in the position it was found
 - d. An oropharyngeal airway should be fitted as soon as possible

UNDER 17

AND

UNDER 15