

Surf Life Saving Australia

Champion Lifesaver 2008

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 is the primary role of the first aider dealing with an unconscious patient?
 - a. To give immediate or emergency assistance to a person suffering from injury or the sudden onset of illness
 - b. To stabilise the patient until the arrival of medical assistance
 - c. To monitor vital signs and respond appropriately
 - d. To protect and prevent further injury
2. A helicopter must not be approached without the pilot's permission at what time?
 - a. When the main rotor and/or tail rotor are turning
 - b. When the engine is running
 - c. When the pilot is in the cockpit
 - d. At any time
3. What is the underlying principle of risk management?
 - a. Identification, isolation and mitigation of hazards
 - b. Assessment, isolation and control of hazards
 - c. Elimination, mitigation and reduction of hazards
 - d. Identification, assessment and control of hazards
4. A lifesaving incident debriefing session generally requires:
 - a. Counseling sessions for all lifesavers involved, conducted by a qualified psychologist or trauma counselor
 - b. Consideration of the need for formal written reports
 - c. Returning equipment used to a state of readiness and replenishing First Aid supplies
 - d. Investigation of the circumstances which led to the incident

5. What is the minimum number of patrol members required to secure a helicopter beach landing area to Civil Aviation Safety Authority standards?
 - a. Four
 - b. Six
 - c. Seven
 - d. Nine
6. What is the major factor in preventing cross-infection during manikin resuscitation training?
 - a. Ensuring every trainee has their own manikin mask and bag
 - b. Washing face masks in the recommended manner in between trainees using them
 - c. Washing hands before, during and after training sessions
 - d. Simple, basic hygiene
7. What is the hazard rating associated with a low tide terrace beach type?
 - a. Low danger
 - b. Low to moderate danger
 - c. Moderate danger
 - d. Moderate to high danger
 - e. High danger
8. In which part of the airway do the majority of object blockages occur?
 - a. Palate
 - b. Pharynx
 - c. Larynx
 - d. Trachea
9. What is resuscitation?
 - a. The preservation or restoration of life by establishing and maintaining a person's airway, breathing and circulation
 - b. The artificial supply of adequate oxygen to all body tissues of the drowned or asphyxiated patient
 - c. The maintenance of the body's vital systems by use of artificial methods and techniques
 - d. The establishment of a regime of substitution of the vital systems of the unconscious patient
10. A patient body check should be done in the following order:
 - a. Head and neck; Upper limbs; Chest (including shoulders) and abdomen; Lower limbs; Back
 - b. Head and neck; Back; Chest (including shoulders) and abdomen; Upper limbs; Lower limbs
 - c. Head and neck; Chest (including shoulders and abdomen); Back; Upper limbs; Lower limbs
 - d. Head and neck; Chest (including shoulders) and abdomen; Upper limbs; Lower limbs; Back
11. For how long should water be run over a chemical burn injury?
 - a. 15 minutes
 - b. 20 minutes
 - c. 30 minutes
 - d. Until the pain stops

12. An application for a meritorious award must be lodged within what time period of the date of the occurrence?
- 6 months
 - 12 months
 - 2 years
 - There is no time limit on meritorious awards
13. What makes the cervical spine particularly vulnerable to acceleration and deceleration injuries?
- The force that the heavy head and brain exert on the cervical spine
 - The narrow canal in which the spinal cord is contained within the cervical vertebrae
 - The lack of extra support from ribs, pelvis, etc.
 - It is often the first point of contact in an accident
14. After a patient begins breathing again following CPR, what should be done with defibrillator pads that have been applied to the patient?
- They should be removed but kept close at hand
 - They should be removed and re-stored in the defibrillator unit
 - They should be removed and discarded
 - They should be left in position on the patient
15. Which of the following persons should be sent to hospital as soon as possible?
- One who has a persistent cough or an abnormal colour
 - One who has suffered a marine envenomation
 - One who has lost feeling, even temporarily, to any part of their body
 - One who has a respiratory condition
16. Where the cause of unconsciousness in a patient was not witnessed, what should always be suspected?
- Lack of oxygen to the brain
 - The presence of some external danger
 - Spinal injury
 - Head injury
17. What is the procedure for treating a bleeding patient?
- Rest and reassure the patient, apply direct pressure, clean around the wound site, put on a sterile dressing, send for medical help
 - Rest and reassure the patient, clean around the wound site, apply direct pressure, put on a sterile dressing, send for medical help
 - Rest and reassure the patient, send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing
 - Send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing, rest and reassure the patient
18. VHF (Very High Frequency) spans what part of the radio frequency spectrum?
- 10 – 30 MHz
 - 20 – 40 MHz
 - 30 – 50 MHz
 - 40 – 60 MHz
19. Which is the preferred method of rescue breathing?
- Mouth-to-mask
 - Mouth-to-mouth
 - Mouth-to-nose
 - Air-bag resuscitation

20. For what sort of marine envenomation injury is heat usually effective in stopping pain?
- Jellyfish stings
 - Penetrating spines
 - Cyanea sting
 - Heat is not recommended in any treatment
21. If a patient leaves the water and immediately complains of a painful neck and pins and needles in the limbs, what is the first step to be taken?
- Immobilise the neck with a neck brace, sandbags or towels
 - Lie the patient down
 - Check DRABCD
 - Advise the patient not to move the neck at all
22. How is perfusion measured?
- By measuring changes in blood pressure over time
 - By monitoring vital signs
 - By monitoring core body temperature
 - By asking the patient simple questions
23. How many sections make up the respiratory system?
- Two – upper (airway) and lower (lungs)
 - Three – the airway, the throat and the lungs
 - Four – the mouth/nose, the larynx, the pharynx, and the lungs
 - Four – the mouth/nose, the pharynx, the trachea and the lungs
24. What is the difference between vomiting and regurgitation?
- If the patient is conscious it is called vomiting, if they are unconscious it is regurgitation
 - Vomiting is a noisy muscular action, regurgitation is a silent flow
 - Vomiting comes from the mouth, regurgitation through the nose
 - Vomiting is the ejection of foodstuffs from the stomach, regurgitation is the ejection of other bodily fluids
25. Research has shown that adding oxygen during mouth-to-mask rescue breathing can increase the oxygen received by the patient by how much?
- From 16% to 50%
 - From 5% to 50%
 - From 21% to 50%
 - From 18% to 45%
26. Effective communicators use different language in different situations. Language changes depending on:
- Where* we are communicating
 - When* we are communicating
 - How* the communication takes place
 - Why* we are communicating
27. In the response phase of a two-person patient assessment, who manages the roll of the patient?
- The EAR operator
 - The ECC operator
 - The airway operator
 - Both operators work together as a team

28. What percentage of a message is made up of audible non-verbal communication, such as voice tone, stress, pace and pitch?
- 15%
 - 22%
 - 38%
 - 55%
29. What are the two main purposes of the SLSA emergency call “rescue, rescue, rescue”?
- To alert patrol members to an emergency situation; and to clear the network of routine traffic
 - To advise the Surf Rescue Communication Centre or club base station that you have a situation that requires immediate assistance; and to alert neighbouring clubs to send backup
 - To alert patrol members to an emergency situation; and to advise the Surf Rescue Communication Centre or club base station that you have a situation that requires immediate assistance
 - To clear the network of routine traffic; and to advise the Surf Rescue Communication Centre or club base station that you have a situation that requires immediate assistance
30. To evaluate the risk and method to use in a rescue, the lifesaver needs to assess:
- The weather conditions, the patient's condition, the equipment available, the human resources available
 - The surf conditions, the patient's condition, the equipment available, the rescuers own ability in the surf
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 - The surf conditions, the patient's condition, the equipment available, the human resources available
31. When approaching a patient in the water, what do you need to do?
- Get into a position close to the head of the patient
 - Watch their location and condition continually
 - Signal to the beach for assistance
 - Continually reassess the prevailing surf conditions
32. What is the key to a good rescue?
- Teamwork
 - Flexibility
 - A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - Knowledge of the procedures and facilities available
33. What is the first duty of Surf Life Saving Australia?
- To provide a safe workplace environment for its members
 - To provide a safe beach and aquatic environment
 - To protect the public on the surfing beaches around Australia
 - To provide a safe beach environment for the public, to rescue swimmers in distress, and to effect the resuscitation of the apparently drowned
34. When should oxygen equipment be checked?
- At the start of patrol
 - At the start of patrol, and after the equipment is used
 - At the start of patrol, and immediately before being used
 - At the start of patrol, after the equipment is used, and at the end of patrol

35. Which is the main means of radio communication within SLSA?
- UHF
 - VHF
 - HF
 - DTRN
36. A basic principle of scanning is:
- Measure what you see against the characteristic profiles of potential trouble
 - Look and listen for the unusual
 - Take steps to minimize the effect of reflection or glare
 - Avoid staring fixedly for long periods at one thing
37. What are the steps which outline how to lift heavy items on your own or when lifting with two or more people?
- (1) Face in the direction of where you intend to lift; (2) Bend the knees and crouch down, with a straight back; (3) Balancing with a wide base of support, take hold of the object securely; (4) Keep the load close to the body wherever possible; (5) One member coordinates the lift and calls 'Ready, One, Two, Three, Lift'; (6) Brace your stomach muscles and, while keeping your back in a neutral position, lift the object using your legs
 - (1) Face in the direction of where you intend to lift; (2) Bend the knees and crouch down, with feet together; (3) Balancing with a wide base of support, take hold of the object with two hands; (4) Keep the load centred on the body wherever possible; (5) One member coordinates the lift and calls 'Ready, One, Two, Three, Lift'; (6) Brace your stomach muscles and, while keeping your back in an upright position, lift the object using your legs
 - (1) Ensure that the route on which you need to carry the object is clear and safe; (2) Face in the direction of where you intend to lift; (3) Bend the knees and crouch down, with feet together; (4) Balancing with a wide base of support, take hold of the object with two hands; (5) One member coordinates the lift and calls 'Ready, One, Two, Three, Lift'; (6) Brace your stomach muscles and, while keeping your back in a neutral position, lift the object using your legs
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38. What is first aid?
- The application of emergency assistance to persons in need in the period before the arrival of qualified medical personnel
 - The immediate response to an emergency situation involving any number of persons in distress
 - The rapid assessment of DRABCD and application of appropriate treatment
 - The immediate or emergency assistance given on the spot to persons suffering from injury or illness
39. How should a patient suffering a serious injury with massive blood loss be transported?
- The patient should be transported to hospital as fast as possible
 - The patient should be moved gently on a rigid frame stretcher
 - The patient should not be moved until a medical team have given an infusion of intravenous fluids
 - The patient should not be moved until a tourniquet has been applied

40. With regard to OH&S, which of the following is a SLSA volunteer/employee responsibility?
- a. Maintaining a safe work environment
 - b. Giving workers compensation claims to their senior club official or branch/state/territory centre
 - c. Maintaining an injury register
 - d. Taking care of the health and safety of other members

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