

Surf Life Saving Australia

Champion Lifesaver 2008

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. From top to bottom, the three mobile sections of the spinal column are:
 - a. Cervical spine, thoracic spine, lumbar spine
 - b. Thoracic spine, cervical spine, lumbar spine
 - c. Lumbar spine, thoracic spine, cervical spine
 - d. Cervical spine, lumbar spine, thoracic spine
2. The time taken to train a new person as a result of workplace injuries is an example of:
 - a. Organisational cost
 - b. Human cost
 - c. Social cost
 - d. Economic cost
3. Which of the following factors will not change beach hazard ratings?
 - a. Rising waves
 - b. Changes in wind
 - c. Strong tides
 - d. High tide
4. What is the highest meritorious award that can be given to an individual for acts of bravery in Surf Life Saving?
 - a. Certificate of Merit
 - b. Gold Medallion
 - c. Silver Medallion
 - d. Bronze Medallion
5. 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

6. In what year was oxygen first used by Australian lifesavers in the treatment of serious illness or injury?
 - a. 1956
 - b. 1961
 - c. 1971
 - d. 1973
7. 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
8. How far into water can Ultraviolet (UV) rays in sunlight penetrate?
 - a. At least 10 centimetres
 - b. At least 15 centimetres
 - c. At least 20 centimetres
 - d. At least 25 centimetres
9. What is the major hazard when returning to shore and lifting the patient out of an IRB?
 - a. The IRB may be knocked by the next incoming wave as the lift is being made
 - b. Lifting the patient from the boat into an inshore hole
 - c. "Landing" the IRB too hard onto the shore, causing injury to patient and crewman
 - d. Pulling the driver out of the IRB as the driver is stepping over the pontoon
10. What is the tidal volume?
 - a. The amount of water displaced by a rip over a set period of time
 - b. The difference in cubic metres between high and low tide at a particular location
 - c. The amount of water moved between successive high tides
 - d. The average amount of air taken in during one breath
11. Before entering the surf, always:
 - a. Ensure your personal belongings are placed above the high-water mark
 - b. Check with the patrol or lifeguards for details of any hazards
 - c. Note the prevailing currents of the beach, the location of rips, and the wind conditions
 - d. Make note of a landmark such as a building or headland
12. What is first aid?
 - a. The application of emergency assistance to persons in need in the period before the arrival of qualified medical personnel
 - b. The immediate response to an emergency situation involving any number of persons in distress
 - c. The rapid assessment of DRABCD and application of appropriate treatment
 - d. The immediate or emergency assistance given on the spot to persons suffering from injury or illness
13. Muscles are attached to the bones by:
 - a. Tendons
 - b. Ligaments
 - c. Capillaries
 - d. Cartilage

14. How do you treat someone who has fainted?
- Lie the patient flat, keep the head level with the heart, raise the legs
 - Lie the patient on a pillow, keep the head level with the heart, lower the legs
 - Lie the patient on a pillow, keep the head lower than the heart, raise the legs
 - Lie the patient flat, keep the head lower than the heart, lower the legs
15. What is the purpose of a surf lifesaving group on patrol?
- Prevention, recognition, rescue
 - To provide a safe beach and aquatic environment
 - To work effectively together to fulfill their patrol duties
 - To protect the public on the surfing beaches around Australia
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. A patient body check should be done in the following order:
- Head and neck; Upper limbs; Chest (including shoulders) and abdomen; Lower limbs; Back
 - Head and neck; Back; Chest (including shoulders) and abdomen; Upper limbs; Lower limbs
 - Head and neck; Chest (including shoulders and abdomen); Back; Upper limbs; Lower limbs
 - Head and neck; Chest (including shoulders) and abdomen; Upper limbs; Lower limbs; Back
18. 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
19. Where should the handset or microphone be held when speaking into a radio?
- Approximately 10cm from your mouth and to the side
 - Approximately 15cm from your mouth and to the side
 - Approximately 10cm from and in front of your mouth
 - Approximately 15cm from and in front of your mouth
20. What is the primary role of the first aider dealing with an unconscious patient?
- To protect and prevent further injury
 - To give immediate or emergency assistance to a person suffering from injury or the sudden onset of illness
 - To stabilise the patient until the arrival of medical assistance
 - To monitor vital signs and respond appropriately
21. 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

22. When should resuscitation be withheld because of fear of infection?
- When the patient is known to carry HIV or the hepatitis viruses
 - Resuscitation should never be withheld because of fear of infection
 - When no resuscitation mask or gloves are available
 - At the choice of the rescuer
23. During CPR, how far is the sternum compressed on each compression?
- At least 4-5 cm
 - As far as the operator can comfortably maintain
 - Until the operator meets resistance
 - One third of the depth of the chest
24. To communicate effectively we have to match our language to the situation. We need to clearly work out:
- The purpose, audience and timing of the communication
 - The purpose, audience and form of the communication
 - The location, timing and form of the communication
 - The purpose, location and form of the communication
25. Under what beach hazard rating is experience in strong surf required?
- Low danger
 - Moderate danger
 - High danger
 - Extreme danger
26. For how long should water be run over a chemical burn injury?
- 15 minutes
 - 20 minutes
 - 30 minutes
 - Until the pain stops
27. 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
 - The surf conditions, the weather conditions, the patient's condition, the equipment available, the rescuers own ability in the surf
 - The surf conditions, the patient's condition, the equipment available, the human resources available
28. When should an oxygen cylinder be rejected and a new cylinder fitted?
- If the gauge reads less than full
 - If the gauge reads less than three quarters full
 - If the gauge reads less than half full
 - If the gauge reads half or less than half full
29. What are the steps for personal injury reporting?
- Fill in the injury report form, and give it to your club OH&S representative. The State body will then complete compensation forms if appropriate
 - Report the incident to your club OH&S representative, who will provide support and assistance in completing compensation forms
 - Fill in the injury report form, give it to your club OH&S representative, and fill in a compensation form if appropriate
 - Procedures vary according to State legislation – consult your State body for guidance on the appropriate action to take

30. What is scanning?
- The systematic watching of the venue, its users and their activities
 - Systematic visual surveillance of the patrol area and surrounds
 - The practice of monitoring swimmers and their activity
 - The practice of ensuring that all beach users are under constant watch
31. What is the number of people required for straight lifting and short carry of fuel tanks?
- One
 - Two
 - Three
 - Fuel tanks should only be transported by trolley
32. What is resuscitation?
- The preservation or restoration of life by establishing and maintaining a person's airway, breathing and circulation
 - The artificial supply of adequate oxygen to all body tissues of the drowned or asphyxiated patient
 - The maintenance of the body's vital systems by use of artificial methods and techniques
 - The establishment of a regime of substitution of the vital systems of the unconscious patient
33. Which of the following is **not** identified as a group of people who should be watched with special attention at the beach?
- Very young children
 - Poor swimmers
 - Overweight people
 - Immigrants and tourists
34. 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
35. When should the deck of rescue boards be waxed?
- Weekly
 - At the beginning of patrol
 - At the beginning of the season
 - At the beginning of and during patrol
36. When launching an IRB, which side will the driver stand?
- The port (left) side
 - The starboard (right) side
 - Either side depending on the preference of the driver
 - The driver will be already in the boat
37. A basic principle of scanning is:
- Measure what you see against the characteristic profiles of potential trouble
 - Use peripheral vision to detect movement and notice activity
 - Understand the signs of potential trouble and the characteristic behaviours of those in need of help
 - Avoid staring fixedly for long periods at one thing

38. What is "Triage"?
- a. The initial assessment of the patient by the first-aider
 - b. A brand of bandage
 - c. The system used for categorising and sorting patients
 - d. The three-point safety check performed by the rescuer (safety of self, safety of bystanders, safety of patient)
39. Sealing the patient's nose is necessary during mouth-to-mouth rescue breathing. How is this best done?
- a. By pinching the nose between the thumb and forefinger
 - b. By the rescuer's cheek
 - c. By using the jaw thrust method
 - d. By the rescuer placing their mouth over the patient's mouth and nose
40. A lifesaving incident debriefing session generally requires:
- a. Returning equipment used to a state of readiness and replenishing First Aid supplies
 - b. Counseling sessions for all lifesavers involved, conducted by a qualified psychologist or trauma counselor
 - c. Investigation of the circumstances which led to the incident
 - d. Review of the effectiveness of all the procedures carried out

UNDER 17

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UNDER 15