

Surf Life Saving Australia

Champion Lifesaver 2010

Theory Paper – Open & Under 19

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the 33rd 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 may appear to be a simple rescue may become complex due to reasons including:
 - a. Surf conditions changing
 - b. A second patient not previously seen
 - c. The appearance of a flash rip
 - d. The rescuer themselves getting into trouble
2. Which of the following is a way in which alcohol affects the body?
 - a. Body temperature can drop more quickly
 - b. Circulation can become occluded
 - c. Co-ordination is diminished
 - d. The body becomes dehydrated more quickly
3. How should a patient who shows only a minor response, such as groaning without eye opening, be managed?
 - a. With oxygen therapy
 - b. By placing into the lateral position
 - c. As if unconscious
 - d. All of the above
4. If a defibrillator unit provides a prompt similar to “No Shock Advised” what should lifesavers do?
 - a. Place the patient in the lateral or recovery position
 - b. Continue CPR and have the AED re-analyse the patient
 - c. Check the electrode pads are properly placed on the patient
 - d. Confirm manually if signs of life are present
5. Which of the following persons should be sent to hospital as soon as possible?
 - a. One who may have inhaled a significant amount of water
 - b. One who has had major bleeding
 - c. One who has lost feeling, even temporarily, to any part of their body
 - d. One who has a respiratory condition
6. Poorly stored fuel is an example of what type of hazard?
 - a. Potential
 - b. Hidden
 - c. Developing
 - d. Obvious

7. A patient body check should be done in the following order:
 - a. Neck and head; Upper limbs; Shoulders and front of chest, abdomen and pelvis, ribs; Lower limbs; Back
 - b. Neck and head; Back; Shoulders and front of chest, abdomen and pelvis, ribs; Upper limbs; Lower limbs
 - c. Neck and head; Shoulders and front of chest, abdomen and pelvis, ribs; Back; Upper limbs; Lower limbs
 - d. Neck and head; Shoulders and front of chest, abdomen and pelvis, ribs; Upper limbs; Lower limbs; Back
8. According to current research, what percentage of Australian adults are not meeting national physical activity and nutrition guidelines?
 - a. 80%
 - b. 85%
 - c. 90%
 - d. 95%
9. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
 - a. Heat stroke
 - b. Dehydration
 - c. Cataracts
 - d. Myocardial infarction
10. Medical assistance should be sought if a nose bleed continues for more than:
 - a. 10 minutes
 - b. 15 minutes
 - c. 20 minutes
 - d. 30 minutes
11. The technique of popping a wave on a rescue board should only be used for:
 - a. Unbroken waves
 - b. Plunging waves
 - c. Small to medium broken waves
 - d. Large broken waves
12. What are the four stages of the "Chain of Survival"?
 - a. Early identification, early retrieval, early CPR and defibrillation, early advanced life support
 - b. Early access, early rescue, early CPR and defibrillation, early advanced life support
 - c. Early access, early CPR, early defibrillation, early advanced life support
 - d. Early identification, early CPR, early defibrillation, early advanced life support
13. Which of the following is one of the six strategic priorities of SLISA?
 - a. Providing a safe beach and aquatic environment throughout Australia
 - b. Skilling every lifesaver in Prevention, Recognition, Rescue and Recovery strategies
 - c. Becoming a unique, multi-dimensional organisation with a diverse scope of operational elements
 - d. Building frontline capacity and capability
14. In which part of the airway do the majority of object blockages occur?
 - a. Palate
 - b. Pharynx
 - c. Larynx
 - d. Trachea
15. Which is a sign of distress in a swimmer?
 - a. Bobbing up and down in water over their head with an obvious attempt to get air
 - b. Facing toward shore with hair in the eyes and waves breaking over the head
 - c. "Climbing the ladder" motion with the head tilted back
 - d. Calling for help or waving an arm

16. Why is added care needed when the nostrils are sealed with thumb and forefinger during mouth-to-mouth rescue breathing?
- There is a tendency to lose head tilt
 - There is increased risk of fluid contact and infection
 - Damage can be caused to the nasal passages
 - It becomes more difficult for the rescuer to hear the air being breathed out by the patient
17. Items that should be kept with the defibrillation unit include:
- Spare electrode pads
 - Scissors
 - Adhesive tape
 - Gauze wipes
18. To minimize the risk of infection, what disinfecting agent should manikin face pieces be soaked in?
- 15% bleach or 70% alcoholic chlorhexidine for at least 5 minutes
 - 15% bleach or 75% alcoholic chlorhexidine for at least 2 minutes
 - 10% bleach or 75% alcoholic chlorhexidine for at least 5 minutes
 - 10% bleach or 70% alcoholic chlorhexidine for at least 2 minutes
19. What is the name of the outer layer of the integumentary system?
- Dermis
 - Epidermis
 - Adipose
 - Skin
20. VHF (Very High Frequency) spans what part of the radio frequency spectrum?
- 10 – 30 MHz
 - 20 – 40 MHz
 - 30 – 50 MHz
 - 40 – 60 MHz
21. Under what beach safety rating does the level of safety depend on wave and weather conditions?
- Low danger
 - Moderate danger
 - High danger
 - Extreme danger
22. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 6 minutes?
- 65%
 - 55%
 - 45%
 - 35%
23. What will generally be the heart rate of a poorly perfused patient?
- Less than 70 or more than 100 beats per minute
 - Less than 60 or more than 100 beats per minute
 - Less than 60 or more than 80 beats per minute
 - Less than 70 or more than 90 beats per minute
24. 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

25. How would you respond to a radio check when you can receive and understand transmission?
- "Loud and clear"
 - "Reading you five"
 - "Roger Wilco"
 - "Affirmative"
26. PREVENTION includes:
- Verbal warnings given by patrol members to beach users
 - Use of whistles to clear the flagged area of boardriders
 - The placement of a lifesaver in an elevated position to view the beach
 - The establishing of areas designated by red and yellow flags
27. Which scenario can result in a mass rescue?
- A sandbank "collapses" leaving swimmers in deep water
 - A large group of people swim outside the flagged area
 - A boat overturns just outside the surf break
 - Wind conditions change suddenly
28. As a surf lifesaver you have a responsibility to:
- Learn new skills
 - Maintain a safe work environment with clear safety rules
 - Work closely with other lifesavers and the public
 - Promote a culture of safety and wellbeing
29. What is drowning?
- Death by suffocation due to liquid entering the lungs
 - Death by lack of oxygen to the brain due to immersion in liquid, whether or not the liquid has entered the lungs
 - Death by inhalation of liquid and subsequent flooding of the lungs
 - Death by suffocation from immersion in liquid, whether or not the liquid has entered the lungs
30. Passive drowning may be caused by:
- Exhaustion
 - Shock
 - Hyperventilation
 - Muscle cramp
31. "HARM" stands for:
- Heat, Alcohol, Running, Massage
 - Heat, Alcohol, Rubbing, Movement
 - Heat, Activity, Risk, Motion
 - Heat, Activity, Running, Massage
32. If inflation is not occurring during rescue breathing, the head is tilted back and the jaw is lifted correctly, the seal is firm and enough air is being blown in, what is the likely problem?
- The airway is not sufficiently open
 - The stomach is distended
 - There is foreign material in the airway
 - Chest compressions are going too deep and not allowing the lungs to expand
33. The classic behaviour exhibited by drowning patients includes:
- They are unable to support themselves in water when out of their depth
 - Face and eyes show panic
 - Swimming with a weak or ineffective stroke, making little or no progress
 - "Climbing the ladder" motion with the head tilted back

34. What attributes will help ensure that any rescue can be carried out with maximum 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
35. What is scanning?
- 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
 - The systematic watching of the water, its users and their activities
36. When should the wrist tow method be used?
- For taking a conscious or unconscious patient back to shallow water
 - When a conscious patient is able to maintain their body above the water
 - When a patient is suffering from multiple marine stings
 - For extra security when bring a patient in through the break in a rescue tube
37. The considerations a lifesaver must take into account before moving a patient include:
- Hazards
 - Route of movement
 - Distance of movement
 - Time until assistance arrives
38. What is perfusion?
- A diving emergency caused by too rapid and uncontrolled ascent
 - Pumping a liquid into an organ or tissue via blood vessels
 - A lack of oxygen to the brain
 - A heart rate between 60 and 100 beats per minute
39. What is the area of water between two crests called?
- Wavelength
 - Lull
 - Trough
 - Set
40. In what year did "Black Sunday", the mass rescue at Bondi in which five people died, occur?
- 1928
 - 1933
 - 1935
 - 1938

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