

Surf Life Saving Australia

Champion Lifesaver 2011

Theory Paper – Masters

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 Public Safety and Aquatic Rescue 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. Which group of people needs to be watched with special attention?
 - a. Distressed people
 - b. People who have recently eaten
 - c. Drug users
 - d. Float users
2. Items that should be kept with the defibrillation unit include:
 - a. Spare electrode pads
 - b. Space blanket
 - c. Petroleum jelly
 - d. Adhesive tape
3. What is an appropriate carry for a patient who is conscious and can help support themselves but may need assistance?
 - a. Two person carry
 - b. Two handed seat
 - c. Two person drag
 - d. Fireman's lift
4. The patrol method which allows a minimum patrol to be set up at a less popular but safe area is called:
 - a. Traditional
 - b. Roving
 - c. Outpost
 - d. Between The Flags
5. What is the third level of listening?
 - a. Paying attention
 - b. Hearing
 - c. Non-hearing
 - d. Listening and thinking
6. What is the minimum roped-off area required for helicopter beach landings?
 - a. 20 metres by 20 metres
 - b. 30 metres by 30 metres
 - c. 40 metres by 40 metres
 - d. 50 metres by 50 metres

7. 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
8. The considerations a lifesaver must take into account before moving a patient include:
 - a. Location
 - b. Weather conditions
 - c. Hazards
 - d. Time until assistance arrives
9. What is perfusion?
 - a. A diving emergency caused by too rapid and uncontrolled ascent
 - b. A lack of oxygen to the brain
 - c. A heart rate less than 60 or in excess of 100 beats per minute
 - d. The body's ability to deliver oxygen and nutrients to the cells
10. Factors that may influence your course of action in a rescue may include:
 - a. Weather conditions
 - b. The time of day
 - c. Human and equipment resources available
 - d. Availability of backup
11. Which of the following is **not** a sign of critical incident stress?
 - a. Persistent feelings of self-blame related to the traumatic event
 - b. Avoiding thoughts, feelings or conversations associated with the trauma
 - c. Flashbacks
 - d. Difficulty concentrating
12. Which beach type often has tidal currents which increases the danger?
 - a. Reflective
 - b. Low tide terrace
 - c. Bar and rip
 - d. Longshore trough
 - e. Dissipative
13. A sprain is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints
14. Passive drowning may be caused by:
 - a. Exhaustion
 - b. Shock
 - c. Muscle cramp
 - d. Cold water
15. A function of the integumentary system is to:
 - a. Break down and process food
 - b. Detect stimuli
 - c. Contain nerves, blood vessels and fat tissue
 - d. Help rid the body of waste products

16. A clear airway is achieved by:
- Applying backward head tilt
 - Use of correct pistol grip
 - Backward head tilt and jaw support
 - Backward head tilt and chin lift
17. 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
 - Wind conditions change suddenly
 - Unsuspecting bathers are washed off a sandbank
18. What is the characteristic of the passive drowning patient?
- Bobbing up and down in water over their head with an obvious attempt to get air
 - Going below the surface without calling out for help or struggling
 - Facing toward shore with hair in the eyes and waves breaking over the head
 - They are unable to support themselves in water when out of their depth
19. Safety considerations in the operation of the AED include:
- All electrical devices within five metres must be switched off
 - Respond to all prompts within safety constraints
 - Electrode pads are single-use only
 - The operator should be trained in the use of the defibrillator
20. Smoking is not allowed within what distance of a helicopter?
- 10 metres
 - 15 metres
 - 20 metres
 - 30 metres
21. Which of the following persons should be sent to hospital as soon as possible?
- One who has suffered a marine envenomation
 - One who has had major bleeding
 - One who has lost consciousness for a brief period
 - One who has a respiratory condition
22. What is the underlying principle of risk management?
- Identification, isolation and mitigation of hazards
 - Assessment, isolation and control of hazards
 - Elimination, mitigation and reduction of hazards
 - Identification, assessment and control of hazards
23. What is the survival rate for sudden cardiac arrest patients who receive defibrillation after more than 10 minutes?
- Less than 2%
 - Less than 5%
 - Less than 7%
 - Less than 10%
24. The classic behaviour exhibited by drowning patients includes:
- They are unable to support themselves in water when out of their depth
 - Non-supportive leg action
 - Bobbing up and down in water over their head with an obvious attempt to get air
 - Swimming with a weak or ineffective stroke, making little or no progress

25. For which first aid cases should gloves be worn?
- Cases where the patient is known to carry HIV or Hepatitis C
 - All cases
 - Cases involving patients who use intravenous drugs
 - Cases involving patients who are bleeding
26. A basic principle of scanning is:
- Counting the number of people in your area on each scan
 - Compensate for being unable to see below the surface and for distance from surf users
 - Avoid staring fixedly for long periods at one thing
 - Give your eyes a break by focusing momentarily on some distant object or on the horizon
27. How is perfusion status measured?
- By measuring changes in blood pressure over time
 - By monitoring vital signs
 - By monitoring core body temperature
 - By asking the patient simple questions
28. What will help ensure effective adherence of electrode pads for defibrillation?
- Wearing of gloves to prevent pads sticking to the rescuer's fingers
 - Use of alcohol wipes on the skin before applying pads
 - Application of a lubricant between the skin and the pads
 - Not using pads after their expiry date
29. When is a double tube tow a very effective rescue method?
- With a heavy patient
 - Where the rescuers are not strong swimmers
 - Where the patient is unconscious
 - When the water is flat and the patient can "plane"
30. 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
31. What will generally be the respiration rate of a poorly perfused patient?
- More than 16 breaths per minute
 - More than 18 breaths per minute
 - More than 20 breaths per minute
 - More than 22 breaths per minute
32. Which of the following is **not** a recognised method of closing a beach?
- A "Swimming Prohibited" sign
 - Crossing the red and yellow patrol flags where the swimming area would normally be
 - A "No Aquatic Activities" sign
 - A red flag

33. What is the treatment for needlestick injuries?
- 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
 - 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
 - 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
 - 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
34. What is the management for a conscious patient with hypothermia?
- Prevent further heat loss, give warm sweet or alcoholic drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, massage limbs, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks or warm coffee, massage limbs, use a companion for body warmth
35. What is the appropriate treatment for a tamoya sting?
- Cold packs or ice
 - Heat packs
 - Immersion in hot water, or apply cold packs
 - Vinegar
36. Broken glass on a walkway is an example of what type of hazard?
- Potential
 - Hidden
 - Developing
 - Obvious
37. What is the appropriate treatment for a sea snake bite?
- Ice packs
 - Hot water
 - Compression immobilization bandaging
 - Vinegar
38. What percentage of a message is made up of visual non-verbal communication, such as body gestures, postures and facial expressions?
- 15%
 - 22%
 - 38%
 - 55%
39. What are SLSA's important concepts of lifesaving practice?
- Prevention, recognition, rescue
 - Prevention, recognition, rescue, recovery
 - Prevention, recognition, rescue, retrieval
 - Vigilance and service

40. RECOVERY includes:

- a. Completion of reports and debriefing
- b. Repairing damaged equipment
- c. Rotating patrol members between roles
- d. Recalling all patrol members to the patrol shelter

MASTERS