

Surf Life Saving Australia

Champion Lifesaver 2011

Theory Paper –Under 17, Under 19, Open

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. If the AED gives the prompt "Check electrodes", what does this mean?
 - a. The electrode pads are not correctly positioned
 - b. The ECG signal is unsatisfactory
 - c. A pacemaker has been detected
 - d. The electrode pads may be out of date
2. What is drowning?
 - a. The process of experiencing respiratory impairment from submersion/immersion in liquid
 - b. Death by suffocation due to liquid entering the lungs
 - c. Death by lack of oxygen to the brain due to immersion in liquid, whether or not the liquid has entered the lungs
 - d. Death by inhalation of liquid and subsequent flooding of the lungs
3. Financial burden on another member of an injured worker's family is an example of:
 - a. Human cost
 - b. Social cost
 - c. Economic cost
 - d. Organisational cost
4. A function of the integumentary system is to:
 - a. Relay impulses from the central nervous system
 - b. Break down and process food
 - c. Help rid the body of waste products
 - d. Prevent dehydration
5. What percentage of a message is made up of visual non-verbal communication, such as body gestures, postures and facial expressions?
 - a. 15%
 - b. 22%
 - c. 38%
 - d. 55%
6. Which is **not** a factor affecting scanning requirements and techniques on patrol?
 - a. The beach layout and any geographical features
 - b. The level of experience and training of the lifesavers on duty
 - c. The availability of raised observation points
 - d. The number of lifesavers and their location

7. Items that should be kept with the defibrillation unit include:
 - a. Spare electrode pads
 - b. Neck braces
 - c. Pen and paper
 - d. Adhesive tape
8. What is the xiphoid?
 - a. A small bony portion attached to the lower end of the sternum
 - b. The full medical name for the sternum
 - c. The lining inside the sternum which separates the bone from the organs behind
 - d. The name used to refer to the sternum and ribcage taken together
9. What does "duty of care" mean?
 - a. Providing safety training and clear safety rules in the workplace
 - b. Maintaining a safe working environment
 - c. Ensuring that any injury or illness is reported as soon as possible
 - d. Accepting responsibility for the health and safety of people in the workplace
10. What is the hazard rating associated with a bar and rip beach type?
 - a. Low to moderate danger
 - b. Moderate danger
 - c. Moderate to high danger
 - d. High danger
11. For which of the following is it important that an ambulance is summoned as early as possible?
 - a. A patient with major bleeding
 - b. A patient suspected of having had a heart attack
 - c. A patient with a suspected spinal injury
 - d. A patient who has received resuscitation
12. Why are lifesavers encouraged to use the jaw thrust method of achieving chin lift?
 - a. It reduces the risk of cross-infection during resuscitation
 - b. It reduces the risk of injury to the patient
 - c. It is also used in mouth-to-mask resuscitation
 - d. It allows the rescuer to be in a semi-reclining position, making it easier to perform resuscitation for long periods
13. The classic behaviour exhibited by drowning patients includes:
 - a. They are unable to support themselves in water when out of their depth
 - b. Bobbing up and down in water over their head with an obvious attempt to get air
 - c. "Climbing the ladder" motion with the head tilted back
 - d. No call for help or wave
14. What does ECC stand for?
 - a. External chest compression
 - b. External cardiac compression
 - c. Extensive chest compression
 - d. Extensive cardiac compression

15. Safety considerations in the operation of the AED include:
- Oxygen equipment must be removed from the patient
 - Remove any metallic jewellery from the patient
 - If the patient has an implanted pacemaker, make sure the pads are at least 2.5cm away from it
 - If operating in an enclosed space, potentially harmful objects such as furniture should be moved away from the patient where possible
16. The considerations a lifesaver must take into account before moving a patient include:
- Weather conditions
 - Distance of movement
 - Time until assistance arrives
 - Danger and safety
17. 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 go; (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 go; (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
 - (1) Face in the direction of where you intend to go; (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
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18. Who is in charge of a defibrillation procedure?
- The EAR operator
 - The ECC operator
 - The defibrillator operator
 - The Patrol Captain
19. Factors that may influence your course of action in a rescue may include:
- Weather conditions
 - Surf and prevailing conditions
 - The time of day
 - Availability of backup

20. What will generally be the state of consciousness of a poorly perfused patient?
- Drowsy or unconscious
 - Awake and alert
 - Alert and orientated
 - Conscious but drowsy
21. What does SPF stand for?
- Solar Precision Factor
 - Sun Protection Focus
 - Sun Precision Focus
 - Sun Protection Factor
22. What is the appropriate treatment for a sea urchin sting?
- Ice packs
 - Hot water
 - Compression bandaging
 - Vinegar
23. With regard to defibrillation, which of the following is an important shock delivery protocol?
- Only place electrodes on clean, dry skin
 - Electrode pads are single-use only
 - Respond to all prompts in all circumstances
 - If the patient has an implanted pacemaker the defibrillator should not be used
24. Effective communicators use different language in different situations. Language changes depending on:
- Where* we are communicating
 - When* we are communicating
 - Why* we are communicating
 - Who* we are communicating with
25. PREVENTION includes:
- Warnings
 - Use of whistles
 - Education
 - Public address announcements
26. What is the major factor in preventing cross-infection during manikin resuscitation training?
- Ensuring every trainee has their own manikin mask and bag
 - Washing face masks in the recommended manner in between trainees using them
 - Washing hands before, during and after training sessions
 - Simple, basic hygiene
27. Who is responsible for the overall coordination of disaster and emergency rescue operations in many states?
- Police
 - Fire and Rescue
 - State Emergency Service
 - Australian Defence Forces
28. Passive drowning may be caused by:
- Exhaustion
 - Intoxication
 - Poor perfusion
 - Muscle cramp

29. Two successful defibrillation cases from SLISA occurred after what durations of continuous and effective CPR?
- 15 and 22 minutes
 - 22 and 27 minutes
 - 22 and 44 minutes
 - 27 and 44 minutes
30. What guides SLISA in establishing occupational health and safety guidelines?
- Legislation, regulations, and codes of practice
 - Legislation, policy statements and regulations
 - Legislation, regulations and policy statements
 - Policy statements, regulations and codes of practice
31. How should ECC be performed on a child of 1-8 years?
- With two fingers
 - With one hand
 - With two hands
 - With one or two hands
32. Which of the following is a method of controlling workplace hazards?
- Education
 - Mitigation
 - Report
 - Eradicate
33. When connected to a patient, the Automatic External Defibrillator (AED) will:
- Automatically deliver a shock
 - Deliver a shock when activated by the operator
 - Analyse the patient's cardiac activity and deliver a shock if an appropriate arrhythmia is detected
 - Not deliver a shock if anyone is touching the patient
34. 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
35. 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
36. After a patient shows signs of life, what should be done with electrode 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
37. Which of the following is **not** a sign of critical incident stress?
- Persistent feelings of self-blame related to the traumatic event
 - Avoiding thoughts, feelings or conversations associated with the trauma
 - Flashbacks
 - Difficulty concentrating

38. What is the most important organ of the body?

- a. The heart
- b. The lungs
- c. The brain
- d. The skin

39. A basic principle of scanning is:

- a. Measure what you see against the characteristic profiles of potential trouble
- b. Use peripheral vision to detect movement and notice activity
- c. Avoid staring fixedly for long periods at one thing
- d. Lifesavers should rotate at regular intervals of approximately 30 minutes to achieve optimum efficiency

40. What are the steps for personal injury reporting?

- a. 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
- b. Report the incident to your club OH&S representative, who will provide support and assistance in completing compensation forms
- c. Fill in the injury report form, give it to your club OH&S representative, and fill in a compensation form if appropriate
- d. Procedures vary according to State legislation – consult your State body for guidance on the appropriate action to take

UNDER 17

UNDER 19

OPEN