

# Surf Life Saving Australia

## Champion Lifesaver 2011

### Theory Paper –Under 15

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the 33<sup>rd</sup> 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. A sprain is an injury relating to:
  - a. Ligaments
  - b. Muscles and tendons
  - c. Bones
  - d. Joints
2. 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
3. What is the appropriate treatment for a tamoya sting?
  - a. Cold packs or ice
  - b. Heat packs
  - c. Immersion in hot water, or apply cold packs
  - d. Vinegar
4. What does ECC stand for?
  - a. External chest compression
  - b. External cardiac compression
  - c. Extensive chest compression
  - d. Extensive cardiac compression
5. 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
6. What is cardiac arrest?
  - a. The stopping of the heart from beating
  - b. The absence of breathing and signs of life
  - c. The blockage of one of the arteries supplying the heart
  - d. A decrease in the blood flow and oxygen delivery to the heart muscle

7. A basic principle of scanning is:
  - a. Counting the number of people in your area on each scan
  - b. Compensate for being unable to see below the surface and for distance from surf users
  - c. Avoid staring fixedly for long periods at one thing
  - d. Give your eyes a break by focusing momentarily on some distant object or on the horizon
8. What will generally be the respiration rate of a poorly perfused patient?
  - a. More than 16 breaths per minute
  - b. More than 18 breaths per minute
  - c. More than 20 breaths per minute
  - d. More than 22 breaths per minute
9. Broken glass on a walkway is an example of what type of hazard?
  - a. Potential
  - b. Hidden
  - c. Developing
  - d. Obvious
10. 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%
11. What are the most common errors in rescue breathing?
  - a. Loss of head tilt and over-inflation
  - b. Insufficient head tilt and stomach distension
  - c. Insufficient head tilt and over-inflation
  - d. Loss of head tilt and chin lift
12. What is the signal for a mass rescue, and what action should you take?
  - a. Three blasts of the siren; all available members should assist in rescues
  - b. A long blast of the siren; all available members should report to the patrol captain
  - c. Three blasts of the siren; all available members should report to the patrol captain
  - d. A long blast of the siren; all available members should get rescue equipment from the clubhouse
13. 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
14. Passive drowning may be caused by:
  - a. Exhaustion
  - b. Shock
  - c. Muscle cramp
  - d. Cold water

15. 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
16. Which of the following is a way in which alcohol affects the body?
- Heart-rate is increased
  - Judgement is impaired
  - Co-ordination is diminished
  - The body becomes poorly perfused
17. Which beach type often has tidal currents which increases the danger?
- Reflective
  - Low tide terrace
  - Bar and rip
  - Longshore trough
18. What are SLISA's important concepts of lifesaving practice?
- Prevention, recognition, rescue
  - Prevention, recognition, rescue, recovery
  - Prevention, recognition, rescue, retrieval
  - Vigilance and service
19. What is the name of the inner layer of the integumentary system?
- Dermis
  - Epidermis
  - Adipose
  - Skin
20. When should dentures be removed from a patient?
- If they are loose and interfering with the patient's airway
  - If they are impeding the insertion of an oropharyngeal airway
  - They should never be removed
  - If the patient is more comfortable with them removed
21. What is the most important organ of the body?
- The heart
  - The lungs
  - The brain
  - The skin
22. 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

23. When assessing a scene for danger, who are you checking for danger to (in order of priority)?
- The patient, bystanders, any lifesavers present
  - Yourself, bystanders, the patient
  - Yourself, other lifesavers, bystanders, the patient
  - The patient, yourself, bystanders
24. 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
25. The distance between successive waves is called what?
- The wavelength
  - The period
  - The swell-metre
  - The trough
26. How do you manage 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
27. How far away from a patient should you slow your approach in order to consider their condition and the action to be taken?
- About one metre
  - About two metres
  - About three metres
  - As far as you consider necessary to safely assess the patient
28. What stops skin pain for the majority of common jellyfish stings?
- Vinegar
  - Ice
  - Stingose
  - Sand
29. Which scanning method involves moving your eyes at a moderate pace across the surveillance area?
- Fixed focus
  - Wide focus
  - Moving focus
  - Tracking
30. 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

31. What is the appropriate treatment for a sea snake bite?
- Ice packs
  - Hot water
  - Compression immobilization bandaging
  - Vinegar
32. Smoking is not allowed within what distance of a helicopter?
- 10 metres
  - 15 metres
  - 20 metres
  - 30 metres
33. What is the third level of listening?
- Paying attention
  - Hearing
  - Non-hearing
  - Listening and thinking
34. RECOVERY includes:
- Re-waxing rescue boards
  - Restoration of equipment
  - Rotating patrol members between roles
  - Recalling all patrol members to the patrol shelter
35. What is the manual handling risk for objects such as signs/poles, tents and rescue boards?
- Low
  - Low to moderate
  - Moderate
  - Moderate to high
36. On which side of the patient should you be positioned to apply chest compressions?
- The patient's left side
  - The patient's right side
  - The ocean side
  - Either side
37. 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"
38. Which scenario can result in a mass rescue?
- A flash rip drags swimmers into deeper water
  - A sandbank "collapses" leaving swimmers in deep water
  - A large group of people swim outside the flagged area
  - Wind conditions change suddenly
39. The patrol method which allows a minimum patrol to be set up at a less popular but safe area is called:
- Traditional
  - Roving
  - Outpost
  - Between The Flags

40. The classic behaviour exhibited by drowning patients includes:
- a. They are unable to support themselves in water when out of their depth
  - b. Non-supportive leg action
  - c. Bobbing up and down in water over their head with an obvious attempt to get air
  - d. Swimming with a weak or ineffective stroke, making little or no progress

**UNDER 15**