

# Surf Life Saving Australia

## Champion Lifesaver 2012

### 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 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. What are the stages in the “chain of survival”?
  - a. Early access, early CPR, early oxygen, early defibrillation
  - b. Early intervention, early CPR, early defibrillation, early advanced life support
  - c. Early access, early CPR, early defibrillation, early advanced life support
  - d. Early intervention, early CPR, early defibrillation, early ambulance support
2. Correct positioning of the electrode pads is essential for successful defibrillation to take place. The apex electrode pad should be placed:
  - a. To the left of the sternum, with the upper edge of the pad below and to the left of the nipple
  - b. To the left of the sternum, with the upper edge of the pad level with and to the left of the nipple
  - c. To the right of the sternum, with the upper edge of the pad below and to the right of the nipple
  - d. To the right of the sternum, with the upper edge of the pad level with and to the right of the nipple
3. What is the hazard rating associated with a low tide terrace beach type?
  - a. Low danger
  - b. Low to moderate danger
  - c. Moderate danger
  - d. Moderate to high danger
4. Which of the following is a method of controlling workplace hazards?
  - a. Education
  - b. Personal protective equipment
  - c. Report
  - d. Eradicate
5. 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

6. Why is added care needed when the nostrils are sealed with thumb and forefinger during mouth-to-mouth rescue breathing?
  - a. There is a tendency to lose head tilt
  - b. There is increased risk of fluid contact and infection
  - c. Damage can be caused to the nasal passages
  - d. It becomes more difficult for the rescuer to hear the air being breathed out by the patient
7. Which wave type is commonly associated with rock ledges that face into deep water?
  - a. Plunging wave
  - b. Spilling wave
  - c. Surging wave
  - d. Dissipative wave
8. 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
9. Why is the cervical spine particularly vulnerable to injury?
  - a. The bones are thinner than the rest of the spine
  - b. It supports most of the weight of the body
  - c. Lack of extra support from ribs, pelvis etc
  - d. It is often the first point of contact when a swimmer is dumped by a wave
10. What are the principles of management in first aid, in order of priority?
  - a. (1) Rapidly assess the situation; (2) Ensure the continuing safety of yourself, and bystanders and the patient(s); (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
  - b. (1) Rapidly assess the situation; (2) Ensure the continuing safety of yourself, any bystanders and the patient(s); (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
  - c. (1) Ensure the continuing safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
  - d. (1) Ensure the continuing safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
11. Which is a sign of distress in a swimmer?
  - a. Flailing of the arms in an attempt to keep the head above water
  - b. Seeming to be in pain, holding their arm, leg, head or stomach
  - c. Facing toward shore with hair in the eyes and waves breaking over the head
  - d. Bobbing up and down in water over their head with an obvious attempt to get air
12. What will generally be the heart rate of a well perfused patient?
  - a. 70-100 beats per minute
  - b. 60-100 beats per minute
  - c. 60-80 beats per minute
  - d. 70-90 beats per minute

13. When connected to a patient, the AED will:
- Advise to recommence CPR if no shockable arrhythmia is detected
  - Automatically deliver a shock if an appropriate arrhythmia is detected
  - Monitor the patient's heartrate
  - All of the above
14. Which of these factors does **not** influence the rate at which someone develops hypothermia in cold water?
- The age of the patient
  - The level of activity during immersion
  - The weight of the patient
  - Marijuana in the patient's system
15. 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
16. To communicate effectively we have to match our language to the situation. We need to clearly work out:
- The location, timing and best form of the communication
  - The purpose, location and best form of the communication
  - The purpose, audience and timing of the communication
  - The purpose, audience and best form of the communication
17. How would you respond to a radio check when you can receive and understand transmission?
- "Loud and clear"
  - "Reading you five"
  - "Roger Wilco"
  - "Affirmative"
18. How should the airway be managed when performing rescue breathing on an infant?
- Using backward head tilt but taking care not to over-extend the neck
  - The head should be kept in the neutral position
  - As far as possible the head should be maintained in the position it was found
  - An oropharyngeal airway should be fitted as soon as possible
19. What causes angina?
- Blockage of one of the arteries supplying the heart
  - Oxygen deprivation resulting in the death of heart muscles
  - A decrease in the blood flow and oxygen delivery to the heart muscle
  - The onset of shock in combination with chest pain
20. What is the appropriate treatment for a catostylus sting?
- Cold packs or ice
  - Heat packs
  - Immersion in hot water, or apply cold packs
  - Vinegar

21. 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
22. Factors that may influence your course of action in a rescue may include:
- The distance from a lifesaving service
  - Weather conditions
  - Tides
  - Availability of backup
23. "HARM" stands for:
- Heat, Alcohol, Running, Massage
  - Heat, Alcohol, Rubbing, Movement
  - Heat, Activity, Risk, Motion
  - Heat, Activity, Running, Massage
24. As a surf lifesaver you have a responsibility to:
- Follow safe work practices and procedures
  - Learn new skills
  - Work closely with other lifesavers and the public
  - Identify, assess and control hazards
25. What is one of the advantages of using a rescue board for a rescue?
- They are easy to become proficient at paddling
  - The patient can see the rescuer approaching from a distance and is less likely to panic
  - They can provide floatation for up to five people
  - Patrol members can go surfing on them during patrol, so they are closer to the patient when an emergency arises
26. What is the major hazard when returning to shore and lifting the patient out of an IRB?
- Lifting the patient from the boat into an inshore hole
  - "Landing" the IRB too hard onto the shore, causing injury to patient and crewman
  - Pulling the driver out of the IRB as the driver is stepping over the pontoon
  - The IRB may be knocked by the next incoming wave as the lift is being made
27. Joints are held in place by:
- Tendons
  - Ligaments
  - Muscles
  - Cartilage
28. 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

29. Which of these is not a vital sign measure?
- Blood pressure
  - Heart rate
  - Respiration
  - Skin
30. For what sort of marine envenomation injury is heat usually effective in stopping pain?
- Jellyfish stings
  - Penetrating spines
  - Cyanea sting
  - Heat is not recommended in any treatment
31. The considerations a lifesaver must take into account before moving a patient include:
- Weather conditions
  - Lifting and carrying technique
  - Distance of movement
  - Occupational health and safety
32. What are the essential steps of aquatic rescues?
- Recognising the patient, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
  - Recognising the patient, alerting the patrol captain, deciding on a course of action, retrieving the patient
  - Recognising the patient, calling for backup, deciding on a course of action, retrieving the patient, alerting the patrol captain
  - Recognising the patient, calling for backup, assessing the patient's condition and responding accordingly, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
33. In the jaw thrust method of chin lift, which fingers are applied to the back part of the patient's jaw?
- Thumb and index finger
  - Index and middle fingers
  - Middle and ring fingers
  - Ring and pinky fingers
34. What is the name of the outer layer of the integumentary system?
- Dermis
  - Epidermis
  - Adipose
  - Skin
35. What may appear to be a simple rescue may become complex due to reasons including:
- A second patient not previously seen
  - The appearance of a flash rip
  - The rescuer themselves getting into trouble
  - Underestimating the surf conditions
36. VHF (Very High Frequency) spans what part of the radio frequency spectrum?
- 10 – 30 mHz
  - 20 – 40 mHz
  - 30 – 50 mHz
  - 40 – 60 mHz

37. Poisonous gases are an example of what type of hazard?
- Potential
  - Hidden
  - Developing
  - Obvious
38. What are the five common signs of a rip current?
- Sand stirred up from the bottom, foam floating seaward, waves breaking further out on both sides of the rip, debris floating on the surface, a rippled appearance among breaking waves
  - Sand stirred up from the bottom, foam on the surface extending beyond the break, waves breaking further out on both sides of the rip, debris floating seaward, a rippled appearance where the surrounding water is generally calm
  - Sand stirred up from the bottom, foam floating seaward, waves breaking further out in the rip, debris floating seaward, a rippled appearance where the surrounding water is generally calm
  - Sand stirred up from the bottom, foam on the surface extending beyond the break, waves breaking further out in the rip, debris floating on the surface, a rippled appearance among breaking waves
39. 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
40. If a defibrillator unit provides a prompt similar to "No Shock Advised" what should lifesavers do?
- Place the patient in the lateral or recovery position
  - Continue CPR and have the AED re-analyse the patient
  - Check the electrode pads are properly placed on the patient
  - Confirm manually if the patient is responsive or breathing

**UNDER 17**

**UNDER 19**

**OPEN**