

Surf Life Saving Australia

Champion Lifesaver 2013

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. What will generally be the heart rate of a poorly perfused patient?
 - a. Less than 70 or more than 100 beats per minute
 - b. Less than 60 or more than 100 beats per minute
 - c. Less than 60 or more than 80 beats per minute
 - d. Less than 70 or more than 90 beats per minute
2. 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
3. For how long should water be run over a chemical burn injury?
 - a. At least 15 minutes
 - b. At least 20 minutes
 - c. At least 30 minutes
 - d. Until the pain stops
4. What is the medical condition known as “shock”?
 - a. When the patient is showing signs of “air hunger”
 - b. When the patient has received a fright, and faints
 - c. A reduction in the pumping ability of the heart and a subsequent loss of effective circulation
 - d. When the oxygen supply to the tissues becomes inadequate to meet the body’s needs
5. Passive drowning may be caused by:
 - a. Exhaustion
 - b. Shock
 - c. Muscle cramp
 - d. Cold water
6. What is the appropriate treatment for a stingray sting?
 - a. Ice packs
 - b. Hot water
 - c. Compression bandaging
 - d. Vinegar

7. What is the key to a good rescue?
 - a. Teamwork
 - b. Flexibility
 - c. A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - d. Knowledge of the procedures and facilities available
8. PREVENTION includes:
 - a. Verbal warnings given by patrol members to beach users
 - b. Use of whistles to clear the flagged area of boardriders
 - c. The placement of a lifesaver in an elevated position to view the beach
 - d. The establishing of areas designated by red and yellow flags
9. What is the preferred method of deep water rescue breathing?
 - a. Mouth to mouth
 - b. Mouth to nose
 - c. Mouth to mouth and nose
 - d. Mouth to mouth if outside the break, mouth to nose in the surf zone
10. A function of the integumentary system is to:
 - a. Prevent the entry of infectious agents
 - b. Relay impulses from the central nervous system
 - c. Contain nerves, blood vessels and fat tissue
 - d. Help rid the body of waste products
11. What guides SLSA in establishing occupational health and safety guidelines?
 - a. Legislation, regulations, and codes of practice
 - b. Legislation, policy statements and regulations
 - c. Legislation, regulations and policy statements
 - d. Policy statements, regulations and codes of practice
12. During resuscitation, stomach swelling may be made worse if:
 - a. The victim has eaten or drunk just prior to the incident
 - b. Rescue breathing is performed with the airway partly blocked by the tongue or foreign material
 - c. In the process of drowning the victim swallowed great quantities of water and air
 - d. The patient regurgitates or vomits
13. 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
14. What percentage of a message is made up of audible non-verbal communication, such as voice tone, stress, pace and pitch?
 - a. 15%
 - b. 22%
 - c. 38%
 - d. 55%

15. The intensity of a rip current is generally dependent on what?
- The strength of the wind
 - The depth of the water
 - The size of the surf
 - All of the above
16. Hypothermia occurs when the deep body temperature falls below:
- 35 degrees Celsius
 - 35.5 degrees Celsius
 - 36 degrees Celsius
 - 37 degrees Celsius
17. Which of the following is a method of controlling workplace hazards?
- Eliminate
 - Education
 - Report
 - Eradicate
18. What attributes of the lifesaver can help prevent problems that lead to rescues?
- A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - An ability to identify and predict characteristics of ocean behaviour and an understanding of people's behaviour patterns
 - A sense of anticipation and an understanding of the oceans characteristics
 - An understanding of people's characteristic behaviour patterns and a knowledge of scanning techniques
19. 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
20. From top to bottom, the three mobile sections of the spinal column are:
- Thoracic spine, cervical spine, lumbar spine
 - Lumbar spine, thoracic spine, cervical spine
 - Cervical spine, lumbar spine, thoracic spine
 - Cervical spine, thoracic spine, lumbar spine
21. 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
22. What may appear to be a simple rescue may become complex due to reasons including:
- A second patient not previously seen
 - The condition of the patient deteriorating
 - The appearance of a flash rip
 - The rescuer themselves getting into trouble
23. What is the "cyanea" also known as?
- Bluebottle
 - Hair jellyfish
 - Blubber
 - Jimble

24. According to current research, what percentage of Australian adults are not meeting national physical activity and nutrition guidelines?
- 80%
 - 85%
 - 90%
 - 95%
25. What determines how much energy you need from your diet?
- The amount of physical activity you undertake in your daily life
 - The level of manifested physicality in your exercise schedule
 - Your height, weight, age and gender
 - Your BMI rating
26. What percentage of oxygen is contained in the air we breathe?
- 16
 - 19
 - 21
 - 27
27. A patient being placed in the lateral position on the sand should be placed on which side?
- The patient's left side
 - Either side
 - Whichever side the patient finds more comfortable
 - Facing down the beach
28. The considerations a lifesaver must take into account before moving a patient include:
- Location
 - Weather conditions
 - Hazards
 - Time until assistance arrives
29. 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
30. What is the area of water between two crests called?
- Wavelength
 - Lull
 - Trough
 - Set
31. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
- Heat stroke
 - Dehydration
 - Cataracts
 - Myocardial infarction
32. In which part of the airway do the majority of object blockages occur?
- Palate
 - Pharynx
 - Larynx
 - Trachea

33. 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
34. 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
35. Indications for the use of an Automatic External Defibrillator (AED) are: the patient is not responsive and not breathing; and:
- CPR has commenced
 - An ambulance has been called
 - The patient is in a location where the use of the AED is safe
 - The rescuer has access to the AED
36. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 6 minutes?
- 65%
 - 55%
 - 45%
 - 35%
37. What is the hazard rating associated with a bar and rip beach type?
- Low to moderate danger
 - Moderate danger
 - Moderate to high danger
 - High danger
38. Who is in charge of a defibrillation procedure?
- The EAR operator
 - The ECC operator
 - The defibrillator operator
 - The Patrol Captain
39. If the AED gives the prompt "No shock advised", what does this mean?
- A non-shockable rhythm is present
 - A normal heartbeat has returned
 - The ECG signal is unsatisfactory
 - An arrhythmia has been detected
40. 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"