

# Surf Life Saving Australia

## Champion Lifesaver 2013

### 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. 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
2. 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
3. What is the most important organ of the body?
  - a. The heart
  - b. The lungs
  - c. The brain
  - d. The skin
4. 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
5. A basic principle of scanning is:
  - a. Measure what you see against the characteristic profiles of potential trouble
  - b. Look and listen for the unusual
  - c. Take steps to minimize the effect of reflection or glare
  - d. Avoid staring fixedly for long periods at one thing
6. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 6 minutes?
  - a. 65%
  - b. 55%
  - c. 45%
  - d. 35%

7. When is it recommended to use the resuscitation setting rather than the therapy setting for adding oxygen to mouth-to-mask rescue breathing?
  - a. Never
  - b. Always
  - c. When an AED is to be used
  - d. When there is enough oxygen available
8. 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
9. In which part of the airway do the majority of object blockages occur?
  - a. Palate
  - b. Pharynx
  - c. Larynx
  - d. Trachea
10. 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
11. What is the major factor in preventing cross-infection during manikin resuscitation training?
  - a. Ensuring every trainee has their own manikin mask and bag
  - b. Washing face masks in the recommended manner in between trainees using them
  - c. Washing hands before, during and after training sessions
  - d. Simple, basic hygiene
12. Which beach type is characterised by strong waves and currents found in the trough and outer surf zone?
  - a. Low tide terrace
  - b. Bar and rip
  - c. Longshore trough
  - d. Dissipative
13. 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
14. Safety considerations in the operation of the AED include:
  - a. All electrical devices within five metres must be switched off
  - b. Oxygen equipment must be removed from the patient
  - c. Electrode pads are single-use only
  - d. Do not operate the AED where gases or fumes might be present
15. Poorly stored fuel is an example of what type of hazard?
  - a. Potential
  - b. Hidden
  - c. Developing
  - d. Obvious

16. 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
17. Which of the following is a method of controlling workplace hazards?
- Ventilation
  - Education
  - Report
  - Eradicate
18. What will generally be the heart rate of a poorly perfused patient?
- Less than 70 or more than 100 beats per minute
  - Less than 60 or more than 100 beats per minute
  - Less than 60 or more than 80 beats per minute
  - Less than 70 or more than 90 beats per minute
19. Hypothermia occurs when the deep body temperature falls below:
- 35 degrees Celsius
  - 35.5 degrees Celsius
  - 36 degrees Celsius
  - 37 degrees Celsius
20. What is "arrhythmia"?
- Any rhythm of the heart, normal or abnormal
  - A normal rhythm of the heart
  - Any deviation from a normal rhythm of the heart
  - A rhythm of the heart suitable for defibrillation
21. The considerations a lifesaver must take into account before moving a patient include:
- Location
  - Weather conditions
  - Hazards
  - Time until assistance arrives
22. During resuscitation, stomach swelling may be made worse if:
- The victim has eaten or drunk just prior to the incident
  - Rescue breathing is performed with the airway partly blocked by the tongue or foreign material
  - In the process of drowning the victim swallowed great quantities of water and air
  - The patient regurgitates or vomits
23. 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
24. What is the key to a good rescue?
- Teamwork
  - Flexibility
  - A sense of anticipation and an understanding of people's characteristic behaviour patterns
  - Knowledge of the procedures and facilities available

25. 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
26. What is the "cyanea" also known as?
- Bluebottle
  - Hair jellyfish
  - Blubber
  - Jimble
27. What is the appropriate treatment for a stingray sting?
- Ice packs
  - Hot water
  - Compression bandaging
  - Vinegar
28. What is the medical condition known as "shock"?
- When the patient is showing signs of "air hunger"
  - When the patient has received a fright, and faints
  - A reduction in the pumping ability of the heart and a subsequent loss of effective circulation
  - When the oxygen supply to the tissues becomes inadequate to meet the body's needs
29. What is the area of water between two crests called?
- Wavelength
  - Lull
  - Trough
  - Set
30. 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
31. Passive drowning may be caused by:
- Exhaustion
  - Shock
  - Muscle cramp
  - Cold water
32. 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

33. Why is the cervical spine particularly vulnerable to injury?
- The bones are thinner than the rest of the spine
  - It supports most of the weight of the body
  - The spinal cord is contained in a narrow canal
  - It is often the first point of contact when a swimmer is dumped by a wave
34. 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 automatically deliver a shock if an appropriate arrhythmia is detected
  - Not deliver a shock if anyone is touching the patient
35. 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
36. What is drowning?
- The process of experiencing respiratory impairment from submersion/immersion in liquid
  - 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
37. What percentage of a message is made up of audible non-verbal communication, such as voice tone, stress, pace and pitch?
- 15%
  - 22%
  - 38%
  - 55%
38. 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
39. Why are lifesavers encouraged to use the jaw thrust method of achieving chin lift?
- It reduces the risk of cross-infection during resuscitation
  - It reduces the risk of injury to the patient
  - It is also used in mouth-to-mask resuscitation
  - It allows the rescuer to be in a semi-reclining position, making it easier to perform resuscitation for long periods
40. Items that should be kept with the defibrillation unit include:
- Spare electrode pads
  - Petroleum jelly
  - Adhesive tape
  - Resuscitation masks