

Surf Life Saving Australia

Champion Lifesaver 2013

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 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 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
2. 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
3. Passive drowning may be caused by:
 - a. Exhaustion
 - b. Shock
 - c. Muscle cramp
 - d. Cold water
4. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
 - a. Heat stroke
 - b. Dehydration
 - c. Cataracts
 - d. Myocardial infarction
5. When should the wrist tow method be used?
 - a. For taking a conscious or unconscious patient back to shallow water
 - b. When a conscious patient is able to maintain their body above the water
 - c. When a patient is suffering from multiple marine stings
 - d. For extra security when bring a patient in through the break in a rescue tube

6. What attributes of the lifesaver can help prevent problems that lead to rescues?
 - a. A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - b. An ability to identify and predict characteristics of ocean behaviour and an understanding of people's behaviour patterns
 - c. A sense of anticipation and an understanding of the oceans characteristics
 - d. An understanding of people's characteristic behaviour patterns and a knowledge of scanning techniques
7. When breathing and the heart both stop, how long is it before damage to the brain begins?
 - a. Less than one minute
 - b. Less than two minutes
 - c. Less than three minutes
 - d. Less than four minutes
8. The intensity of a rip current is generally dependent on what?
 - a. The size of the surf
 - b. The strength of the wind
 - c. The depth of the water
 - d. All of the above
9. 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
10. 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
11. Why are lifesavers encouraged to use the jaw thrust method of achieving chin lift?
 - a. It is also used in mouth-to-mask resuscitation
 - b. It reduces the risk of cross-infection during resuscitation
 - c. It reduces the risk of injury to the patient
 - d. It allows the rescuer to be in a semi-reclining position, making it easier to perform resuscitation for long periods
12. Where is the breathing control centre located?
 - a. In the brain stem
 - b. At the base of the brain
 - c. In the frontal lobe of the brain
 - d. At the top of the cervical spine
13. Effective communicators use different language in different situations. Language changes depending on:
 - a. *Where* we are communicating
 - b. *When* we are communicating
 - c. *Why* we are communicating
 - d. *Who* we are communicating with

14. 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
15. 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
16. As a surf lifesaver you have a responsibility to:
- Learn new skills
 - Maintain a safe work environment with clear safety rules
 - Work closely with other lifesavers and the public
 - Promote a culture of safety and wellbeing
17. Poorly stored fuel is an example of what type of hazard?
- Developing
 - Potential
 - Hidden
 - Obvious
18. PREVENTION includes:
- Verbal warnings given by patrol members to beach users
 - Use of whistles to clear the flagged area of boardriders
 - The placement of a lifesaver in an elevated position to view the beach
 - The establishing of areas designated by red and yellow flags
19. 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
20. What is the appropriate treatment for a stingray sting?
- Ice packs
 - Hot water
 - Compression bandaging
 - Vinegar
21. What is the "cyanea" also known as?
- Bluebottle
 - Hair jellyfish
 - Blubber
 - Jimble
22. 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

23. What is the most common inshore current?
- A rip
 - An undertow
 - A littoral current
 - A backwash
24. 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
25. Before entering the surf, always:
- Ensure your personal belongings are placed above the high-water mark
 - Check with the patrol or lifeguards for details of any hazards
 - Note the prevailing currents of the beach and the wind conditions
 - Make note of a landmark such as a building or headland
26. In which part of the airway do the majority of object blockages occur?
- Palate
 - Pharynx
 - Larynx
 - Trachea
27. Which beach type is characterised by strong waves and currents found in the trough and outer surf zone?
- Low tide terrace
 - Bar and rip
 - Longshore trough
 - Dissipative
28. What is the preferred method of deep water rescue breathing?
- Mouth to mouth
 - Mouth to nose
 - Mouth to mouth and nose
 - Mouth to mouth if outside the break, mouth to nose in the surf zone
29. Which of the following is a way in which alcohol affects the body?
- Circulation can become occluded
 - Co-ordination is diminished
 - The body becomes dehydrated more quickly
 - Risk-taking behaviour increases
30. What is the name of the inner layer of the integumentary system?
- Dermis
 - Epidermis
 - Adipose
 - Skin
31. 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

32. What is the area of water between two crests called?
- Wavelength
 - Lull
 - Trough
 - Set
33. 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
34. 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
35. 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
36. 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
37. Hypothermia occurs when the deep body temperature falls below:
- 35 degrees Celsius
 - 35.5 degrees Celsius
 - 36 degrees Celsius
 - 37 degrees Celsius
38. What percentage of oxygen is contained in the air we breathe?
- 16
 - 19
 - 21
 - 27
39. 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
40. For how long should water be run over a chemical burn injury?
- At least 15 minutes
 - At least 20 minutes
 - At least 30 minutes
 - Until the pain stops