

Surf Life Saving Australia

Champion Lifesaver 2014

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 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. For how long should tap water generally be run over a burn injury?
 - a. 5-10 minutes
 - b. 10-20 minutes
 - c. 20-30 minutes
 - d. At least 20 minutes
2. What will help ensure effective adherence of electrode pads for defibrillation?
 - a. Applying firm pressure over the pads
 - b. Use of alcohol wipes on the skin before applying pads
 - c. Not repositioning or removing pads unless advised by the defibrillator
 - d. Use of adhesive tape to secure the edges of the pads
3. What is the appropriate treatment for a sea urchin sting?
 - a. Ice packs
 - b. Hot water
 - c. Compression bandaging
 - d. Vinegar
4. RECOVERY includes:
 - a. Completion of reports and debriefing
 - b. Repairing damaged equipment
 - c. Rotating patrol members between roles
 - d. Recalling all patrol members to the patrol shelter
5. Safety considerations in the operation of the AED include:
 - a. All electrical devices within five metres must be switched off
 - b. Remove any metallic jewellery from the patient
 - c. Electrode pads are single-use only
 - d. Use only equipment (electrodes, batteries) that is compatible with the unit
6. Which scanning method uses peripheral vision to detect movement and notice activity?
 - a. Fixed focus
 - b. Wide focus
 - c. Moving focus
 - d. Tracking

7. Which beach type is characterised by deep water found in the trough close to shore and heavy surf on sand bars?
 - a. Low tide terrace
 - b. Bar and rip
 - c. Longshore trough
 - d. Dissipative
8. When is a double tube tow a very effective rescue method?
 - a. With a heavy patient
 - b. Where the rescuers are not strong swimmers
 - c. Where the patient is unconscious
 - d. When the water is flat and the patient can "plane"
9. What is the "physalia" also known as?
 - a. Bluebottle
 - b. Hair jellyfish
 - c. Snotty
 - d. Fire jelly
10. Which scenario can result in a mass rescue?
 - a. A sandbank "collapses" leaving swimmers in deep water
 - b. A large surging wave engulfs swimmers and pulls them out of their depth
 - c. A large group of people swim outside the flagged area
 - d. Wind conditions change suddenly
11. What is the "hip carry"?
 - a. A method of carrying used for infants or small children
 - b. A method of rescue which can be used for taking conscious or unconscious patients back to shallow water
 - c. A method of rescue without equipment, suitable for taking a conscious patient back to shallow water
 - d. A method of taking a patient through the break while ensuring absolute control and contact is maintained
12. Factors that may influence your course of action in a rescue may include:
 - a. Weather conditions
 - b. The time of day
 - c. Availability of backup
 - d. The number of patients and their condition
13. 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 who has lost consciousness for a brief time
 - c. A patient suspected of having had a heart attack
 - d. A patient with a suspected spinal injury
14. A basic principle of scanning is:
 - a. Be positioned to maintain clear, unobstructed sight-lines
 - b. Counting the number of people in your area on each scan
 - c. Look and listen for the unusual
 - d. Maintain focus and avoid turning your back to the sea

15. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 7 minutes?
- 40%
 - 30%
 - 20%
 - 10%
16. The considerations a lifesaver must take into account before moving a patient include:
- Weather conditions
 - Distance of movement
 - Equipment
 - Hazards
17. Blue ground is the symbolic shape for what sign function?
- Regulatory prohibition
 - Suggestion
 - Warning
 - Information or permissive
18. The classic behaviour exhibited by drowning patients includes:
- Upright body position
 - They are unable to support themselves in water when out of their depth
 - Visibly holding their breath, cheeks puffed out and not looking comfortable
 - "Climbing the ladder" motion with the head tilted back
19. A function of the integumentary system is to:
- Relay impulses from the central nervous system
 - Contain nerves, blood vessels and fat tissue
 - Produce and store Vitamin D
 - Help rid the body of waste products
20. What is the third level of listening?
- Paying attention
 - Hearing
 - Non-hearing
 - Listening and thinking
21. 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
22. What is a sprain?
- When ligaments are forced beyond their normal range
 - The tearing of a tendon
 - A soft tissue injury affecting muscle and tendons
 - When a tendon pulls away from the bone
23. How many Australian lives are claimed each year by sudden cardiac arrest?
- 20,000
 - 25,000
 - 30,000
 - 40,000

24. What are the two main purposes of the SLSA emergency call "rescue, rescue, rescue"?
- To alert patrol members to an emergency situation; and to clear the network of routine traffic
 - To advise the Surf Rescue Communication Centre or club base station of a situation that requires immediate assistance; and to alert neighbouring clubs to send backup
 - To alert patrol members to an emergency situation; and to advise the Surf Rescue Communication Centre or club base station of a situation that requires immediate assistance
 - To clear the network of routine traffic; and to advise the Surf Rescue Communication Centre or club base station of a situation that requires immediate assistance
25. Which type of rip will remain in the same area for months or years, due to the ocean bottom and prevailing conditions changing very little?
- Fixed
 - Flash
 - Permanent
 - Travelling
26. A dislocation is an injury relating to:
- Ligaments
 - Muscles and tendons
 - Bones
 - Joints
27. Passive drowning may be caused by:
- Exhaustion
 - Stroke
 - Obesity
 - Muscle cramp
28. What is the appropriate treatment for a carybdea rastoni sting?
- Cold packs
 - Heat packs
 - Immersion in hot water, or apply cold packs
 - Vinegar
29. Which of the following persons should be sent to hospital as soon as possible?
- One who may have inhaled a significant amount of water
 - One who has had major bleeding
 - One who has lost feeling, even temporarily, to any part of their body
 - One who has a respiratory condition
30. What is perfusion?
- A diving emergency caused by too rapid and uncontrolled ascent
 - Pumping a liquid into an organ or tissue via blood vessels
 - A lack of oxygen to the brain
 - A heart rate between 60 and 100 beats per minute
31. If another lifesaver is available to assist with CPR, how often should operators change?
- At least every five minutes
 - Approximately every two minutes
 - Every 200 compressions
 - As often as can be achieved with the qualified operators available

32. UHF (Ultra High Frequency) spans what part of the radio frequency spectrum?
- 200 – 2000 mHz
 - 300 – 3000 mHz
 - 400 – 4000 mHz
 - 500 – 5000 mHz
33. What may appear to be a simple rescue may become complex due to reasons including:
- Surf conditions changing
 - A second patient not previously seen
 - The appearance of a flash rip
 - The rescuer themselves getting into trouble
34. What is the manual handling risk for objects such as signs/poles, tents and rescue boards?
- Low
 - Low to moderate
 - Moderate
 - Moderate to high
35. Pain, suffering and/or financial hardship as a result of an accident is an example of:
- Human cost
 - Social cost
 - Economic cost
 - Organisational cost
36. Under what beach safety rating does the level of safety depend on wave and weather conditions?
- Low danger
 - Moderate danger
 - High danger
 - Extreme danger
37. Sealing the patient's nose is necessary during mouth-to-mouth rescue breathing. How is this best done?
- By pinching the nose between the thumb and forefinger
 - By the rescuer's cheek
 - By using the jaw thrust method
 - By the rescuer placing their mouth over the patient's mouth and nose
38. How should ECC be performed on a child of 1-8 years?
- With two fingers
 - With one hand
 - With two hands
 - With one or two hands
39. Which group of people needs to be watched with special attention?
- Distressed people
 - People who have recently eaten
 - Drug users
 - Float users
40. Items that should be kept with the defibrillation unit include:
- Spare electrode pads
 - Neck braces
 - Shears
 - Adhesive tape