

Surf Life Saving Australia

Champion Lifesaver 2015

Theory Paper – Under 17, Under 19, Open, Masters

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the 34th 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 acronym is used to identify a stroke?
 - a. H.E.L.P.
 - b. H.A.R.M.
 - c. R.I.C.E.R.
 - d. F.A.S.T.
2. What is a rule to help prevent cross-infection during resuscitation?
 - a. Immunise against infectious diseases such as tetanus and hepatitis
 - b. Assess the risk by obtaining patient history when possible
 - c. Wash hands after resuscitation and first aid treatments
 - d. Rotate ECC operator regularly, however do not change the airway operator
3. What scanning strategy involves moving from head to head in an area?
 - a. Tracking
 - b. Connecting the dots
 - c. Letters
 - d. Hot spots
4. If transporting a patient in an ATV, it is important that:
 - a. The patients consents to being transported in the ATV
 - b. Patients suspected of suffering spinal injury are transported at walking pace only
 - c. Unconscious patients are laid in the tray area and continually monitored
 - d. The ATV is fitted with an emergency flashing light
5. Aims of first aid include:
 - a. Gain the consent of the patient to be treated
 - b. Prevent injury or illness becoming worse
 - c. Record actions taken
 - d. Find out what happened to the patient

6. Signs of non-fatal drowning may include:
 - a. Unconsciousness
 - b. Lying immobilized underwater
 - c. Disorientation
 - d. Cyanosis on the lips
7. What is a typical hazard of a low tide terrace beach type?
 - a. Surging waves and deep water close to shore
 - b. Rip currents are stronger at low tide
 - c. Sandbars are deceptive, tempting inexperienced beach users into the water
 - d. Risk of spinal injuries in higher wave conditions
8. An infant's airway is more likely to become blocked because:
 - a. Backward head tilt cannot be used
 - b. The airway is smaller
 - c. Infants often breathe through their nose
 - d. The windpipe is softer and more easily compressed
9. Flow behavior of rip currents can include:
 - a. A regular flow dispersing in a 'rip head' just beyond the surf zone
 - b. Littoral currents feeding into the rip
 - c. Debris floating seaward
 - d. Foamy or discoloured sandy water extending beyond the surf zone
10. Guiding principles that need to be taken into consideration when deciding whether to rescue someone include:
 - a. Are there other members of the public already assisting?
 - b. Does it appear that the person will probably get themselves out of trouble unassisted?
 - c. Is the beach closed?
 - d. Is the incident occurring between the flags?
11. What is the sequence of circulation of blood through the heart, lungs and body?
 - a. Body, right atrium, right ventricle, lungs, left atrium, left ventricle, body
 - b. Body, left ventricle, left atrium, lungs, right ventricle, right atrium, body
 - c. Body, left atrium, left ventricle, lungs, right atrium, right ventricle, body
 - d. Body, right ventricle, right atrium, lungs, left ventricle, left atrium, body
12. As a surf lifesaver you have a responsibility to:
 - a. Implement risk management procedures
 - b. Understand your limitations and act accordingly
 - c. Maintain a high standard of personal hygiene
 - d. Complete patrol duties at a high standard of professionalism
13. The AED will recommend a shock in approximately what percentage of drowning patients?
 - a. 56%
 - b. 36%
 - c. 26%
 - d. 6%
14. Which of the following is not a sign of critical incident stress?
 - a. Hyper-vigilance
 - b. Avoidance or withdrawal behaviours
 - c. Flashbacks
 - d. Difficulty concentrating

15. Correct positioning of the electrode pads is essential for successful defibrillation to take place. The apex electrode pad should be placed:
- To the left of the sternum, with the upper edge of the pad below and to the left of the nipple
 - To the left of the sternum, with the upper edge of the pad level with and to the left of the nipple
 - To the right of the sternum, with the upper edge of the pad below and to the right of the nipple
 - To the right of the sternum, with the upper edge of the pad level with and to the right of the nipple
16. Which of the following is a way in which alcohol affects the body?
- Heart-rate is increased
 - The integumentary system can break down
 - The body has less stamina
 - The body becomes dehydrated more quickly
17. You should seek medical assistance for a burn bigger than what diameter?
- 5 cm
 - 6 cm
 - 7 cm
 - 8 cm
18. After realizing you are in deep water moving away from the shoreline, what is the first rip current survival principle?
- Float
 - Swim
 - Conserve your energy and consider your options
 - Stay calm and seek help
19. What does the acronym S.A.M.P.L.E. stand for?
- Signs and symptoms; Allergies; Medical history; Prescribed medications; Last oral intake; Event
 - Signs and symptoms; Activity; Memory; Previous medical history; Last oral intake; Event
 - Signs and symptoms; Activity; Medication; Previous medical history; Last oral intake; Event
 - Signs and symptoms; Allergies; Medication; Previous medical history; Last oral intake; Event
20. Members or workers have a duty of care to:
- Cooperate with supervisors and officers
 - Meet the highest standards of personal hygiene
 - Promote a culture of safety and wellbeing
 - Establish risk management procedures
21. What is the primary communication tool for getting the attention of swimmers and surfcraft users?
- Loudhailers
 - Whistles
 - Signal flags
 - Patrol information board

22. Medical assistance should be sought if a nose bleed continues for more than:
- 10 minutes
 - 15 minutes
 - 20 minutes
 - 30 minutes
23. How should a visibly pregnant woman be managed during CPR?
- No differently to any other patient
 - A towel or blanket should be placed under her left buttock
 - A towel or blanket should be placed under her right buttock
 - A towel or blanket should be placed under both buttocks
24. The patrol method which involves the minimum number of lifesavers during periods of low activity is called:
- Surveillance
 - Open Beach
 - Outpost
 - Stand-by
25. Safety precautions when using oxygen include:
- Ensure "No Smoking" signs are placed conspicuously around the area where oxygen is stored
 - Do not use oxygen equipment in confined spaces
 - Store oxygen bottles lying flat, or securely fastened if upright
 - Never use petroleum-based lubricants with oxygen equipment
26. What is a function of the lymphatic system?
- Maintaining and regulating body temperature
 - Eliminating waste products from the digestive process
 - Collecting and returning to the bloodstream over time some venoms and toxins
 - Production and storage of Vitamin D
27. How do you manage someone who has fainted and is unconscious?
- Lie the patient on their back, keep the head level with the heart, raise the legs
 - Lie the patient on a pillow, keep the head level with the heart, lower the legs
 - Lie the patient on a pillow, keep the head lower than the heart, raise the legs
 - Place into the lateral position
28. What are the key steps to performing a rescue?
- Recognising the patient, communication, 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, communication, deciding on a course of action, rescue

29. What are the five common signs of a rip current?
- Sand stirred up from the bottom; debris floating seaward; fewer breaking waves; foamy or discoloured sandy water extending beyond the surf zone; a rippled appearance, surrounded by smoother water
 - 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
 - Deeper, darker-coloured water; waves breaking further out in the rip; debris floating seaward; a rippled appearance where the surrounding water is generally calm
 - Deeper, darker-coloured water; fewer breaking waves; a rippled appearance, surrounded by smoother water; debris floating seaward; foamy or discoloured sandy water extending beyond the surf zone
30. The Pressure Immobilisation Technique is recommended for bites/stings by:
- Redback spider
 - Stonefish
 - Tropical jellyfish
 - Cone shell
31. 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
32. What is bathymetry?
- The measurement of the mean distance between crests in a set of waves
 - The action of a swell becoming larger and slowing down as it approaches shallow water
 - The measurement of the number of waves in a set and the duration of the lull between sets within a given swell
 - The interaction of a swell with the shape of the coastline and the underwater geography as it approaches land
33. What is a safety point to emphasise for a bar and rip beach type?
- Supervision of children and poor swimmers is needed
 - Incoming tides may trap unsuspecting swimmers on sandbars
 - At high tide the sandbar may be covered by deep water, with rip currents and a shore break
 - A forceful shore break is common
34. What is proprioception?
- The body's perception of sensation and temperature
 - The impulse communication between the nerves and sensory receptors
 - The sense of where parts of the body are in relation to each other
 - The nerve supply to those parts of the body which are not consciously directed
35. If clear water or frothy fluid accumulates in the upper airway during resuscitation, you should:
- Roll the patient on their side and clear the airway
 - Do not attempt to clear it as this causes unnecessary interruptions to CPR
 - If available, use the suction function of the oxy-viva to clear
 - Continue resuscitation only if a mask is available to prevent cross-infection

36. For which patients should two rescue breaths be given before commencing CPR?
- a. All patients
 - b. Patients who have been submerged
 - c. Patients who required their airway to be cleared
 - d. Is it up to the preference of the rescuer
37. What is a cause of shock?
- a. Severe emotional trauma
 - b. Redistribution of fluids in the body
 - c. Heart failure
 - d. Low blood pressure
38. Cramp most commonly involves which muscles?
- a. Calf muscles
 - b. Foot muscles
 - c. Quadriceps
 - d. Hamstrings
39. In non-tropical areas of Australia, what should be used to remove nematocysts from a patient?
- a. Fresh water
 - b. Cold water
 - c. Sea water
 - d. Hot water
40. On average, how many fatal drownings occur on Australia's coast each year?
- a. 65
 - b. 75
 - c. 85
 - d. 95

UNDER 17

UNDER 19

OPEN

MASTERS