

# Surf Life Saving Australia

## Champion Lifesaver 2016

### 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 34<sup>th</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. The depth of water above mean sea level is called the:
  - a. Significant wave height
  - b. Set-up
  - c. Swell
  - d. Trough
2. Safety precautions when using oxygen include:
  - a. Never allow anyone to tamper with oxygen equipment
  - b. Do not use oxygen equipment in confined spaces
  - c. Only qualified operators who the Advanced Resuscitation Techniques Certificate may operate oxygen equipment
  - d. Never use petroleum-based lubricants with oxygen equipment
3. What will generally be a normal heart rate?
  - a. 70-100 beats per minute
  - b. 60-100 beats per minute
  - c. 60-80 beats per minute
  - d. 70-90 beats per minute
4. What may be the effect on rock platforms of a falling to low tide?
  - a. Better fishing conditions due to marine life being attracted to food sources dislodged by the tide
  - b. Greater exposure to slippery moss and algae
  - c. Waves overtopping higher up the platform, more dangerous for rock fishing
  - d. Intertidal zone becoming exposed, leading to faster currents in rock channels

5. What is first aid?
  - a. The application of emergency assistance to persons in need in the period before the arrival of qualified medical personnel
  - b. The immediate response to an emergency situation involving any number of persons in distress
  - c. The rapid assessment of DRSABCD and application of appropriate treatment
  - d. The immediate or emergency assistance given to people suffering from illness or injury
6. PREVENTION includes:
  - a. Effective surveillance
  - b. Warnings
  - c. Use of whistles
  - d. Public address announcements
7. Hard tissue injuries include:
  - a. Contusions
  - b. Sprains
  - c. Subluxations
  - d. Strains
8. What is a typical hazard of a bar and rip beach type?
  - a. Surging waves and deep water close to shore
  - b. Risk of spinal injuries in higher wave conditions
  - c. Sandbars are deceptive, tempting inexperienced beach users into the water
  - d. Deep water in trough close to shore
9. What is a function of the lymphatic system?
  - a. Relaying impulses from the central nervous system to the autonomic nervous system
  - b. Maintaining and regulating body temperature
  - c. Eliminating waste products from the digestive process
  - d. Returning water and proteins from various tissues back to the blood
10. Items that should be kept with the defibrillation unit include:
  - a. Spare electrode pads
  - b. Scissors
  - c. Pen and paper
  - d. Adhesive tape
11. Flow behavior of rip currents can include:
  - a. A rippled appearance, surrounded by smoother water
  - b. Short episodic 'pulses' forcing water to exit the surf zone following set waves
  - c. Foamy or discoloured sandy water extending beyond the surf zone
  - d. Littoral currents feeding into the rip
12. A function of the integumentary system is to:
  - a. Relay impulses from the central nervous system
  - b. Contain nerves, blood vessels and fat tissue
  - c. Maintain and regulate body temperature
  - d. Break down and process food

13. In the jaw thrust method of chin lift, which fingers are applied to the back part of the patient's jaw?
- Middle, ring and little fingers
  - Index and middle fingers
  - Middle and ring fingers
  - All fingers
14. What is a rule to help prevent cross-infection during resuscitation?
- Used needles should be placed in 'sharps' containers
  - Immunise against infectious diseases such as tetanus and hepatitis
  - Ensure a high standard of environmental hygiene
  - Assess the risk by obtaining patient history when possible
15. What is the "morbakka" also known as?
- Bluebottle
  - Fire jelly
  - Jimble
  - Irukandji
16. What is one of the options described in the "rip current survival principles"?
- Regularly reassess the situation
  - Conserve your energy
  - Swim
  - Return to shore
17. Safety considerations in the operation of the AED include:
- All electrical devices within five metres must be switched off
  - Do not operate the unit in an unstable environment
  - Do not operate the unit in close proximity to mobile phones, radios, etc.
  - Remove any metallic jewellery from the patient
18. The considerations a lifesaver must take into account before moving a patient include:
- Urgency
  - Weather conditions
  - Occupational health and safety
  - Time until assistance arrives
19. Which of the following is a method of controlling workplace hazards?
- Education
  - Reporting
  - Eradication
  - Isolation
20. Who is responsible for ensuring that the correct defibrillator process is followed?
- The defibrillator operator
  - The most skilled and/or experienced lifesaver present
  - The ECC operator
  - The Patrol Captain
21. A major organ in the digestive system is the:
- Ganglia
  - Diaphragm
  - Duodenum
  - Epidermis

22. Members needing support and time off as a result of a workplace accident is an example of:
- Human cost
  - Social cost
  - Economic cost
  - Organisational cost
23. As a first aider, you can protect yourself against litigation by:
- Not speaking to relatives or friends of the patient about the treatment you are giving
  - Obtaining photographs or video of the incident scene
  - Informing patients of your qualifications before commencing treatment
  - Keeping accurate and detailed records of first aid provided
24. Triggers for asthma include:
- Cigarettes
  - Humidity
  - Insect stings or bites
  - Emotional factors
25. What is typical of the wave pattern for a low tide terrace beach type?
- No surf zone to break down wave energy
  - Sometimes breaking on outer edge of sandbar
  - Waves break on the sandbar, then move shoreward and sideways in the rip feeder channels
  - Waves begin on outer surf bar, re-form in trough and break again on inner sandbar
26. Reducing the public's exposure to rip currents is the primary intervention to reduce the drowning rate related to the hazard. This can be achieved by:
- Closing beaches when rips are present
  - People following the rip current survival principles
  - "If in doubt, don't go out"
  - People obeying safety signage
27. Aims of first aid include:
- Promote recovery
  - Comply with the requirements of the "duty of care"
  - Obtain expert medical assistance for the patient as soon as possible
  - Find out what happened to the patient
28. What acronym describes a strategy for prevention of hypothermia?
- H.A.R.M.
  - H.E.A.T.
  - H.E.L.P.
  - H.A.T.E.
29. The main features of fatal drowning can be characterized as:
- Calling for help, raising an arm or waving an arm, ineffectively treading water with the head thrust back, floating face down at or below the surface
  - Swimming with a weak or ineffective stroke, making little or no progress, airway compromised, unconsciousness
  - Instinctive reflex, upright body position, airway compromised, death
  - Airway compromised, instinctive reflex, unconsciousness, death

30. An infant's airway is more likely to become blocked because:
- Backward head tilt cannot be used
  - The windpipe is smaller and more easily obstructed
  - The tongue is larger
  - Infants often breathe through their nose
31. Factors that may influence your course of action in a rescue may include:
- Rescuers and equipment resources available
  - Weather conditions
  - The time of day
  - Availability of backup
32. 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
  - Wind conditions change suddenly
  - Swimmers are suddenly washed off a sandbank
33. If a defibrillator unit provides a prompt similar to "No Shock Advised" what action should be taken?
- Place the patient in the lateral or recovery position
  - Ensure that the AED is being used on a stable surface
  - Check the electrode pads are properly placed on the patient
  - Confirm manually if the patient is responsive or breathing
34. What is a disadvantage of using an IRB to perform a rescue?
- It may not be nearby
  - Qualified personnel are required to operate the equipment
  - A number of extra patrol members are required to ensure safety of the public during launch and return
  - Mechanical failure may turn rescue equipment into a hazard
35. What causes angina?
- Poor blood flow and oxygen delivery to the heart muscle
  - Blockage of one of the arteries supplying the heart
  - Oxygen deprivation resulting in the death of heart muscles
  - The onset of shock in combination with chest pain
36. Signs of non-fatal drowning may include:
- Unconsciousness
  - Lying immobilized underwater
  - Cyanosis on the lips
  - Water draining from the mouth and nose
37. If transporting a patient in an ATV, it is important that:
- Patients suspected of suffering spinal injury are transported at walking pace only
  - The patient is assisted to enter and exit the vehicle
  - Unconscious patients are laid in the tray area and continually monitored
  - The ATV is fitted with an emergency flashing light
38. The way in which you scan while on patrol will be influenced by:
- The availability of elevated observation points
  - The shape and size of the supervision zone
  - Information about specific incidents relayed to you by other patrol members
  - Unusual sounds alerting you to any risks to swimmers

39. What is the autonomic nervous system?
- a. The system which relays impulses from the central nervous system to the peripheral nervous system
  - b. The system which relays information back to the brain from the body, including sensation and temperature
  - c. The nerve supply to those parts of the body which are not consciously directed
  - d. The system which regulates the involuntary urge to breathe
40. Guiding principles that need to be taken into consideration when deciding whether to rescue someone include:
- a. Has your patrol captain directed you to assist?
  - b. Is the person an adult or child?
  - c. Is it foreseeable that the person will need help?
  - d. Is the incident occurring between the flags?

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