

Surf Life Saving Western Australia

Champion Lifesaver 2007

Open and Under 19 Competition Theory Paper

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the current edition of the SLSA training 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 underlying principle of risk management?
 - a. Identification, isolation and mitigation of hazards
 - b. Assessment, isolation and control of hazards
 - c. Elimination, mitigation and reduction of hazards
 - d. Identification, assessment and control of hazards
2. What scanning strategy involves sorting bathers by sex, age, risk potential and activity?
 - a. Head counting
 - b. Grouping
 - c. Profile matching
 - d. Mental filing
3. If a patient leaves the water and immediately complains of a painful neck and pins and needles in the limbs, what is the first step to be taken?
 - a. Immobilise the neck with a neck brace, sandbags or towels
 - b. Lie the patient down
 - c. Check DRABCD
 - d. Advise the patient not to move the neck at all
4. With regard to hypothermia, what effect does activity have during immersion?
 - a. Exercise helps to keep the person warm
 - b. In water below 24 degrees Celsius, exercise speeds the drop in body temperature
 - c. In water below 24 degrees Celsius, exercise slows the drop in body temperature
 - d. Exercise always makes body temperature fall faster
5. What is amnesia?
 - a. Low iron levels in the blood
 - b. Permanent memory loss
 - c. Temporary memory loss
 - d. Memory loss which may be permanent or temporary

6. What proportion of smokers will develop lung cancer?
 - a. One in five
 - b. One in seven
 - c. One in ten
 - d. One in twelve
7. For what sort of marine envenomation injury is heat usually effective in stopping pain?
 - a. Jellyfish stings
 - b. Penetrating spines
 - c. Cyanea sting
 - d. Heat is not recommended in any treatment
8. What is the primary role of the first aider dealing with an unconscious patient?
 - a. To give immediate or emergency assistance to a person suffering from injury or the sudden onset of illness
 - b. To stabilise the patient until the arrival of medical assistance
 - c. To monitor vital signs and respond appropriately
 - d. To protect and prevent further injury
9. What is the minimum number of people required for straight lifting and short carry of a fully laden IRB?
 - a. Two
 - b. Three
 - c. Four
 - d. Five
10. What is the xiphisternum?
 - a. A small bony portion attached to the lower end of the sternum
 - b. The full medical name for the sternum
 - c. The lining inside the sternum which separates the bone from the organs behind
 - d. The name used to refer to the sternum and ribcage taken together
11. After a patient begins breathing again following CPR, what should be done with defibrillator pads that have been applied to the patient?
 - a. They should be removed but kept close at hand
 - b. They should be removed and re-stored in the defibrillator unit
 - c. They should be removed and discarded
 - d. They should be left in position on the patient
12. How far into water can Ultraviolet (UV) rays in sunlight penetrate?
 - a. At least 10 centimetres
 - b. At least 15 centimetres
 - c. At least 20 centimetres
 - d. At least 25 centimetres
13. In which part of the airway do the majority of object blockages occur?
 - a. Palate
 - b. Pharynx
 - c. Larynx
 - d. Trachea

14. A lifesaving incident debriefing session generally requires:
- Assessment of the reactions and welfare of the lifesavers and others involved
 - Returning equipment used to a state of readiness and replenishing First Aid supplies
 - Counselling sessions for all lifesavers involved, conducted by a qualified psychologist or trauma counselor
 - Investigation of the circumstances which led to the incident
15. 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
16. The heart's primary function is to pump blood to two main areas:
- The brain and the lungs
 - The brain and vital organs
 - The lungs and the body
 - The lungs and vital organs
17. Which is the most severe heat-induced illness?
- Heat exhaustion
 - Heat stroke
 - Hyperglycaemia
 - Hypothermia
18. 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
19. What is resuscitation?
- The preservation or restoration of life by establishing and maintaining a person's airway, breathing and circulation
 - The artificial supply of adequate oxygen to all body tissues of the drowned or asphyxiated patient
 - The maintenance of the body's vital systems by use of artificial methods and techniques
 - The establishment of a regime of substitution of the vital systems of the unconscious patient
20. In the response phase of a two-person patient assessment, who manages the roll of the patient?
- The EAR operator
 - The ECC operator
 - The airway operator
 - Both operators work together as a team
21. In what year was oxygen first used by Australian lifesavers in the treatment of serious illness or injury?
- 1956
 - 1961
 - 1971
 - 1973

22. What does ECC stand for?
- External chest compression
 - External cardiac compression
 - Extensive chest compression
 - Extensive cardiac compression
23. In what year did The Surf Life Saving Association of Australia change its name to Surf Life Saving Australia?
- 1956
 - 1971
 - 1991
 - 1993
24. During CPR, how far is the sternum compressed on each compression?
- At least 4-5 cm
 - As far as the operator can comfortably maintain
 - Until the operator meets resistance
 - One third of the depth of the chest
25. How many workers die each year due to workplace illness or injury?
- Around 500
 - Around 700
 - Around 900
 - Around 1000
26. Research has shown that adding oxygen during mouth-to-mask rescue breathing can increase the oxygen received by the patient by how much?
- From 16% to 50%
 - From 5% to 50%
 - From 21% to 60%
 - From 16% to 60%
27. To evaluate the risk and method to use in a rescue, the lifesaver needs to assess:
- The weather conditions, the patient's condition, the equipment available, the human resources available
 - The surf conditions, the patient's condition, the equipment available, the rescuers own ability in the surf
 - The surf conditions, the weather conditions, the patient's condition, the equipment available, the rescuers own ability in the surf
 - The surf conditions, the patient's condition, the equipment available, the human resources available
28. Which of the following is **not** an aim of the Australian Qualifications Framework?
- To maintain industry best-practice standards in qualifications
 - To provide flexible pathways for achieving qualifications
 - To provide consistent qualifications
 - To encourage easier access to qualifications
29. What percentage of the normal diet should be made up of protein in the form of fish, meat, poultry and milk and egg products?
- 9-12 per cent
 - 12-15 per cent
 - 15-18 per cent
 - 18-21 per cent

30. From top to bottom, the three mobile sections of the spinal column are:
- Thoracic spine, cervical spine, lumbar spine
 - Lumbar spine, thoracic spine, cervical spine
 - Cervical spine, lumbar spine, thoracic spine
 - Cervical spine, thoracic spine, lumbar spine
31. What is the "cyanea" also known as?
- Bluebottle
 - Hair jellyfish
 - Blubber
 - Jimble
32. "RICE" stands for:
- Reassure, Ice, Compression, Elevation
 - Rest, Immobilise, Compression, Elevation
 - Rest, Ice, Compression, Elevation
 - Reassure, Immobilise, Comfort, Extract
33. What do high streaky clouds indicate?
- Imminent thunderstorms
 - Falling temperatures
 - Rising barometric pressure
 - High speed wind
34. It is recommended to use sunglasses that block what proportion of UV rays?
- At least sixty per cent
 - At least seventy five per cent
 - At least ninety per cent
 - One hundred per cent
35. What is the major hazard area of a helicopter?
- Main rotor
 - Tail rotor
 - Radio antennae
 - Particle separator outlet
36. What is the procedure for treating a bleeding patient?
- Rest and reassure the patient, apply direct pressure, clean around the wound site, put on a sterile dressing, send for medical help
 - Rest and reassure the patient, clean around the wound site, apply direct pressure, put on a sterile dressing, send for medical help
 - Rest and reassure the patient, send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing
 - Send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing, rest and reassure the patient
37. At what level of government is OH&S legislation enacted?
- Local government
 - State government
 - Federal government
 - Both State and Federal government

38. What is the appropriate treatment for a sea snake bite?
- a. Ice packs
 - b. Hot water
 - c. Compression bandaging
 - d. Vinegar
39. How should a patient suffering a serious injury with massive blood loss be transported?
- a. The patient should be transported to hospital as fast as possible
 - b. The patient should be moved gently on a rigid frame stretcher
 - c. The patient should not be moved until a medical team have given an infusion of intravenous fluids
 - d. The patient should not be moved until a tourniquet has been applied
40. What is the highest risk method of rescue?
- a. One person rescue
 - b. Contact
 - c. Unconscious
 - d. Swimming