

Surf Life Saving Western Australia

Champion Lifesaver 2008

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 32nd 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. "RICE" stands for:
 - a. Reassure, Ice, Compression, Elevation
 - b. Rest, Immobilise, Compression, Elevation
 - c. Rest, Ice, Compression, Elevation
 - d. Reassure, Immobilise, Comfort, Extract
2. 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
3. What are the stages in the "chain of survival"?
 - a. Early access, early CPR, early oxygen, early defibrillation
 - b. Early intervention, early CPR, early defibrillation, early advanced life support
 - c. Early access, early CPR, early defibrillation, early advanced life support
 - d. Early intervention, early CPR, early defibrillation, early ambulance support
4. A wave where the crest of the wave tumbles down the face is called what?
 - a. Plunging wave
 - b. Spilling wave
 - c. Surging wave
 - d. Dissipative wave
5. A black border on yellow ground is the symbolic shape for what sign function?
 - a. Regulatory prohibition
 - b. Suggestion
 - c. Warning
 - d. Information or permissive

6. What is the third level of listening?
 - a. Listening and thinking
 - b. Paying attention
 - c. Hearing
 - d. Non-hearing
7. How long before exposure to the sun should sunscreen be applied?
 - a. Immediately before exposure
 - b. At least five minutes before
 - c. At least ten minutes before
 - d. At least fifteen minutes before
8. Which of the following is **not** considered essential surf lifesaving equipment?
 - a. RWCs (jetskis)
 - b. Defibrillator
 - c. Helicopter landing area marker poles
 - d. Signal flags
9. What causes febrile convulsion?
 - a. Below normal body temperature
 - b. Above normal body temperature
 - c. Marine envenomation
 - d. Penetrating spine injury
10. What is the motto of Surf Life Saving Australia?
 - a. Rescue, Rescue, Rescue
 - b. Vigilance and Service
 - c. Prevention, Recognition, Rescue
 - d. Protect and Serve
11. What are the five common signs of a rip current?
 - a. Sand stirred up from the bottom, foam floating seaward, waves breaking further out on both sides of the rip, debris floating on the surface, a rippled appearance among breaking waves
 - b. 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
 - c. Sand stirred up from the bottom, foam floating seaward, waves breaking further out in the rip, debris floating seaward, a rippled appearance where the surrounding water is generally calm
 - d. Sand stirred up from the bottom, foam on the surface extending beyond the break, waves breaking further out in the rip, debris floating on the surface, a rippled appearance among breaking waves
12. 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
13. Which is the most severe heat-induced illness?
 - a. Heat exhaustion
 - b. Heat stroke
 - c. Hyperglycaemia
 - d. Hypothermia

14. What is the manual handling risk for objects such as signs/poles, tents and rescue boards?
- Low to moderate
 - Moderate
 - Moderate to high
 - High
15. After a patient begins breathing again following CPR, what should be done with defibrillator pads that have been applied to the patient?
- They should be removed but kept close at hand
 - They should be removed and re-stored in the defibrillator unit
 - They should be removed and discarded
 - They should be left in position on the patient
16. During CPR, how far is the sternum compressed on each compression?
- One third of the depth of the chest
 - At least 4-5 cm
 - As far as the operator can comfortably maintain
 - Until the operator meets resistance
17. What does the regulator in an oxygen resuscitation unit do?
- Controls the flow of oxygen to the air-bag resuscitator
 - Prevents over-inflation of the lungs during resuscitation
 - Allows a larger oxygen cylinder to be attached without interrupting resuscitation
 - Controls oxygen pressure and the flow of oxygen to the therapy and oxygen control valve
18. What is one of the advantages of using a rescue board for a rescue?
- They are easy to become proficient at paddling
 - The patient can see the rescuer approaching from a distance and is less likely to panic
 - They can support a number of persons in the water
 - Patrol members can go surfing on them during patrol, so they are closer to the patient when an emergency arises
19. For which of the following is it important that an ambulance is summoned as early as possible?
- A patient with major bleeding
 - A patient who has lost consciousness for a brief time
 - A patient suspected of having had a heart attack
 - A patient with a suspected spinal injury
20. With regard to hypothermia, what effect does activity have during immersion?
- Exercise helps to keep the person warm
 - In water below 24 degrees Celsius, exercise speeds the drop in body temperature
 - In water below 24 degrees Celsius, exercise slows the drop in body temperature
 - Exercise always makes body temperature fall faster
21. What do high streaky clouds indicate?
- Imminent thunderstorms
 - Falling temperatures
 - Rising barometric pressure
 - High speed wind

22. A red annulus and bar on white ground is the symbolic shape for what sign function?
- Regulatory prohibition
 - Suggestion
 - Warning
 - Information or permissive
23. What percentage of the normal diet should be made up of complex carbohydrates such as bread, vegetables, fruit and pasta?
- 25-30 per cent
 - 35-40 per cent
 - 45-50 per cent
 - 55-60 per cent
24. What scanning strategy involves building bather profiles on successive sweeps?
- Head counting
 - Grouping
 - Profile matching
 - Mental filing
25. Joints are held in place by:
- Tendons
 - Ligaments
 - Muscles
 - Cartilage
26. What is the minimum age requirement for the Silver Medallion (Patrol Captain)?
- 15 years
 - 16 years
 - 17 years
 - 18 years
27. What proportion of smokers will develop lung cancer?
- One in five
 - One in seven
 - One in ten
 - One in twelve
28. What is the preferred method of moving a suspected spinal patient from the water?
- Spinal injury carry
 - Spinal stretcher carry
 - The spinal injury carry and spinal stretcher carry are equally preferred
 - The patient should be supported in the water until the arrival of ambulance personnel
29. What is the minimum age requirement for the Silver Medallion (IRB Driving)?
- 15 years
 - 16 years
 - 17 years
 - 18 years
30. "RICE" stands for:
- Reassure, Ice, Compression, Elevation
 - Rest, Immobilise, Compression, Elevation
 - Rest, Ice, Compression, Elevation
 - Reassure, Immobilise, Comfort, Extract

31. What proportion of smokers will develop lung cancer?
- One in five
 - One in seven
 - One in ten
 - One in twelve
32. What are the signs of a fracture?
- Swelling, deformity, unnatural movement, possible bleeding
 - Pain and tenderness, loss of function, swelling, deformity
 - Pain and tenderness, nausea, swelling, deformity, possible bleeding
 - Loss of function, swelling, deformity, possible bleeding
33. What is the appropriate treatment for a sea snake bite?
- Compression bandaging
 - Ice packs
 - Hot water
 - Vinegar
34. What is the minimum number of people required for straight lifting and short carry of a fully laden IRB?
- Two
 - Three
 - Four
 - Five
35. Which of the following is **not** a method of controlling workplace hazards?
- Eliminate
 - Educate
 - Isolation
 - Work organisation
36. VHF (Very High Frequency) spans what part of the radio frequency spectrum?
- 10 – 30 mHz
 - 20 – 40 mHz
 - 30 – 50 mHz
 - 40 – 60 mHz
37. How often should the ECC operator be rotated during CPR?
- At least every five cycles
 - At least every five minutes
 - Every 200 compressions
 - As often as can be achieved with the qualified operators available
38. When attached to an air bag and connected to an oxygen supply, what percentage of oxygen does the oxygen reservoir supply?
- Up to 90%
 - Up to 95%
 - Up to 98%
 - Up to 100%
39. In a rescue situation, what are the “four P’s” with regard to radio transmissions?
- Pointing Peoples Positions Properly
 - Problem People Prevent Positions
 - Prevention Problem People Progress
 - People Problem Position Progress

40. Most spinal injuries sustained in the water involve which vertebrae?
- a. Third, fourth and fifth
 - b. Fourth, fifth and six
 - c. Fifth, sixth and seventh
 - d. Sixth, seventh and eighth