

# Surf Life Saving Western Australia

## Champion Lifesaver 2009

# 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 32<sup>nd</sup> 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. In an IRB carry, on what side of the boat should the patient be removed?
  - a. The driver's side
  - b. The crewman's side
  - c. The upwind side
  - d. Either side
2. An unconscious person who is breathing should be placed and transported in what position?
  - a. On their back
  - b. On their front
  - c. On their side
  - d. In whatever position the patient is most comfortable
3. What is the minimum age requirement for the Senior First Aid Certificate?
  - a. 14 years
  - b. 15 years
  - c. 16 years
  - d. 17 years
4. The origins of Surf Life Saving can be traced back to the actions of Mr William Gocher, who defied the law of the time by bathing during daylight hours at Manly Beach, in September of what year?
  - a. 1900
  - b. 1902
  - c. 1905
  - d. 1907
5. What percentage of Australians aged 14 years and over enjoy physical activity that is regular and vigorous enough to improve health and fitness?
  - a. Less than 50 per cent
  - b. Less than 35 per cent
  - c. Less than 25 per cent
  - d. Less than 10 per cent

6. What is the “physalia” also known as?
  - a. Bluebottle
  - b. Hair jellyfish
  - c. Snotty
  - d. Fire jelly
7. A patient being placed in the lateral position on the beach should be placed on which side?
  - a. The patient's left side
  - b. Either side
  - c. Whichever side the patient finds more comfortable
  - d. Facing the water
8. The intensity of a rip current is dependent on what?
  - a. The strength of the wind
  - b. The depth of the water
  - c. The size of the surf
  - d. All of the above
9. How should the airway be managed when performing rescue breathing on an infant?
  - a. Using backward head tilt but taking care not to over-extend the neck
  - b. The head should be kept in the neutral position
  - c. As far as possible the head should be maintained in the position it was found
  - d. An oropharyngeal airway should be fitted as soon as possible
10. What is the radio emergency call for SLSA?
  - a. Mayday mayday mayday
  - b. Rescue rescue rescue
  - c. Pan pan, pan pan, pan pan
  - d. Lifesaver lifesaver lifesaver
11. How far away from a patient should you slow your approach in order to consider their condition and the action to be taken?
  - a. One metre
  - b. Two metres
  - c. Three metres
  - d. As far as you consider necessary to safely assess the patient
12. What percentage of oxygen is contained in the fresh air we breathe?
  - a. 16
  - b. 19
  - c. 21
  - d. 27
13. What guides SLSA in establishing occupational health and safety guidelines?
  - a. Legislation, regulations, and codes of practice
  - b. Legislation, policy statements and regulations
  - c. Legislation, regulations and policy statements
  - d. Policy statements, regulations and codes of practice
14. What size should the poles for patrol flags be?
  - a. 3.2 metres
  - b. 3.3 metres
  - c. 3.4 metres
  - d. 3.6 metres

15. During a two person patient assessment, who makes the decision on whether the patient is breathing normally?
- The airway operator
  - The ECC operator
  - Qualified medical personnel
  - It is a joint decision by the airway operator and the ECC operator
16. What piece of equipment is now used for most individual rescues?
- Board
  - Tube
  - Jet ski
  - Contact (no equipment)
17. What are the basic principles which must be practiced by a patrol member?
- Vigilance and service
  - Prevention, recognition, rescue
  - Stop look and listen
  - DRABCD
18. A wave which never actually breaks as it approaches the water's edge is called what?
- Plunging wave
  - Spilling wave
  - Surging wave
  - Dissipative wave
19. The two mechanisms operating in most spinal injuries sustained in water are:
- Vertical compression and flexion with rotation
  - Vertical flexion and rotation
  - Compression and vertical rotation
  - Flexion and vertical compression with rotation
20. What is a strain?
- When ligaments are forced beyond their normal range
  - The tearing of a tendon
  - Overstretching of muscles and tendons
  - When a tendon pulls away from the bone
21. What is the major hazard area of a helicopter?
- Main rotor
  - Tail rotor
  - Radio antennae
  - Particle separator outlet
22. When using the pistol grip for jaw support, how are the fingers kept clear of the soft tissues of the patient's throat and neck?
- The middle, ring and small fingers are curled in towards the palm of the hand
  - Backward head tilt should be sufficient to ensure the fingers are high enough to be away from the throat
  - Once the grip is established, the jaw is lifted forward, moving the fingers away from the throat
  - By keeping the airway operator's elbow lifted

23. What attributes will help ensure that any rescue can be carried out with a maximum of efficiency and a minimum of delay?
- Recognising the patient, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
  - A sense of anticipation and an understanding of people's characteristic behaviour patterns
  - Assessment of the surf conditions, the patient's condition, the equipment available, the human resources available
  - Knowledge, skill, fitness, judgment, discipline and resourcefulness
24. When a full oxygen cylinder is fitted to an oxygen resuscitation unit and opened, what will the contents gauge read?
- Full
  - Slightly above full
  - Slightly below full
  - It will read empty initially, but will move to full when oxygen begins to be used
25. What is the best way to control bleeding?
- Apply direct pressure
  - Apply a tourniquet
  - Elevate the bleeding area
  - Put a sterile dressing on the wound
26. What are the principles of management in first aid, in order of priority?
- (1) Rapidly assess the situation; (2) Ensure the safety of yourself, and bystanders and the patient(s); (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
  - (1) Rapidly assess the situation; (2) Ensure the safety of yourself, any bystanders and the patient(s); (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
  - (1) Ensure the safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Stay with the patient and send for help; (4) Assess the response of each patient; (5) Treat the unconscious patient first
  - (1) Ensure the safety of yourself, and bystanders and the patient(s); (2) Rapidly assess the situation; (3) Assess the response of each patient; (4) Treat the unconscious patient first; (5) Stay with the patient and send for help
27. For which of the following is it important that an ambulance is summoned as early as possible?
- A patient with major bleeding
  - A patient suspected of having had a heart attack
  - A patient with a suspected spinal injury
  - A patient who has received resuscitation
28. A dislocation is an injury relating to:
- Ligaments
  - Muscles and tendons
  - Bones
  - Joints
29. Blood alcohol levels remain high for how long after the last drink?
- 10 to 20 hours
  - 12 to 20 hours
  - 12 to 22 hours
  - 14 to 22 hours

30. What is the greatest cause of death in Australia?
- Heart disease
  - Smoking
  - Skin Cancer
  - Heart attack
31. Which of the following is known to have been communicated during mouth to mouth resuscitation?
- HIV
  - Hepatitis B
  - Hepatitis C
  - Tuberculosis
32. 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
33. What are the symptoms of shock?
- Reduction in the pumping ability of the heart, blood or fluid loss, sweating and dehydration, and severe injuries
  - Faintness, breathlessness, nausea
  - Reduced level of consciousness, air hunger, pale cold clammy skin, weak rapid pulse, confusion
  - Blood loss, nausea, weak rapid pulse, breathlessness
34. How do you treat a minor fracture to an arm?
- Immobilise, apply a splint, bandage above and below the site, apply ice packs, raise the area, check for a pulse beyond the fracture
  - Immobilise, apply ice packs, apply a splint, bandage above and below the site, check for a pulse beyond the fracture, control bleeding
  - Immobilise, bandage above and below the site, apply a splint, raise the area, apply ice packs, check for a pulse beyond the fracture
  - Immobilise, raise the area, apply a splint, bandage above and below the site, apply ice packs, check for a pulse beyond the fracture
35. For how long should tap water generally be run over a burn injury?
- 5-10 minutes
  - 10-20 minutes
  - 20-30 minutes
  - Until the pain stops
36. How do you treat a blue-ringed octopus bite?
- Immerse the bite area in hot water, get the patient to hospital immediately for antivenom
  - CPR if required, apply vinegar, a vinegar-soaked pad and compression bandaging
  - CPR if required, apply compression or immobilisation bandaging
  - CPR if required, get the patient to hospital immediately
37. What is the key to successful resuscitation?
- Pistol grip
  - Teamwork
  - A clear airway
  - Adequate inflation of the lungs

38. Which of the following is **not** a reason to stop CPR?
- a. The patient is pronounced dead
  - b. Temporarily if the person is to be defibrillated
  - c. No signs of life are detected after four hours
  - d. The rescuer cannot physically continue
39. Which is **not** part of the “drowning chain”?
- a. Bobbing up and down in water with the head, making an obvious attempt to get air
  - b. Inability to cope once in difficulty
  - c. Lack of supervision
  - d. Ignorance, disregard or misjudgment of danger
40. Smoking is not allowed within what distance of a helicopter fuel installation or fuel drum?
- a. 15 metres
  - b. 20 metres
  - c. 30 metres
  - d. 40 metres