

Surf Life Saving Western Australia

Champion Lifesaver 2010

Theory Paper – Open & Under 19

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. Broken glass covered by sand is an example of what type of hazard?
 - a. Potential
 - b. Hidden
 - c. Developing
 - d. Obvious
2. What is SLSA's mission?
 - a. Vigilance and service
 - b. To provide a safe beach and aquatic environment throughout Australia
 - c. To protect the public on the surfing beaches around Australia
 - d. To provide a safe beach environment for the public, to rescue swimmers in distress, and to effect the resuscitation of the apparently drowned
3. What is the purpose of a surf lifesaving group on patrol?
 - a. Prevention, recognition, rescue, retrieval
 - b. To provide a safe beach and aquatic environment
 - c. To work effectively together to fulfill their patrol duties
 - d. To protect the public on the surfing beaches around Australia
4. When connected to a patient, the AED will:
 - a. Advise to recommence CPR if no shockable arrhythmia is detected
 - b. Automatically deliver a shock if an appropriate arrhythmia is detected
 - c. Monitor the patient's heartrate
 - d. All of the above
5. Which of the following factors will not change beach safety ratings?
 - a. Rising waves
 - b. Changes in wind
 - c. Strong tides
 - d. High tide
6. When performing a board rescue in the surf zone, on which side of the board should you keep the patient?
 - a. Shoreward side
 - b. Seaward side
 - c. Upwind side
 - d. Downwind side
7. From top to bottom, the three mobile sections of the spinal column are:
 - a. Thoracic spine, cervical spine, lumbar spine
 - b. Lumbar spine, thoracic spine, cervical spine
 - c. Cervical spine, lumbar spine, thoracic spine
 - d. Cervical spine, thoracic spine, lumbar spine

8. What is the major hazard when returning to shore and lifting the patient out of an IRB?
 - a. Lifting the patient from the boat into an inshore hole
 - b. "Landing" the IRB too hard onto the shore, causing injury to patient and crewman
 - c. Pulling the driver out of the IRB as the driver is stepping over the pontoon
 - d. The IRB may be knocked by the next incoming wave as the lift is being made
9. Joints are held in place by:
 - a. Tendons
 - b. Ligaments
 - c. Muscles
 - d. Cartilage
10. 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
11. 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 DRABCD and application of appropriate treatment
 - d. The immediate or emergency assistance given on the spot to persons suffering from illness or injury
12. What makes the cervical spine particularly vulnerable to acceleration and deceleration injuries?
 - a. The force that the heavy head and brain exert on the cervical spine
 - b. The transfer of energy which causes such injuries usually culminates in a whipping motion of the cervical spine
 - c. The lack of extra support from ribs, pelvis, etc.
 - d. It is often the first point of contact in an accident
13. What is the difference between vomiting and regurgitation?
 - a. If the patient is conscious it is called vomiting, if they are unconscious it is regurgitation
 - b. Vomiting is a noisy muscular action, regurgitation is a silent flow
 - c. Vomiting comes from the mouth, regurgitation through the nose
 - d. Vomiting is the ejection of foodstuffs from the stomach, regurgitation is the ejection of other bodily fluids
14. Under what beach safety rating is experience in strong surf required?
 - a. Low danger
 - b. Moderate danger
 - c. High danger
 - d. Extreme danger
15. A distended stomach leads to:
 - a. Regurgitation
 - b. A blocked airway
 - c. Failed resuscitation
 - d. Increased pressure on the lungs
16. How many Australian lives are claimed each year by sudden cardiac arrest?
 - a. 20,000
 - b. 25,000
 - c. 30,000
 - d. 40,000

17. How many sections make up the respiratory system?
- Two – upper (airway) and lower (lungs)
 - Three – the airway, the throat and the lungs
 - Four – the mouth/nose, the larynx, the pharynx, and the lungs
 - Four – the mouth/nose, the pharynx, the trachea and the lungs
18. What is the ECC compression point for children and infants?
- The lower part of the sternum
 - The centre of the sternum
 - Over the xiphisternum
 - Between the nipples
19. What is the medical condition known as “shock”?
- When the patient is showing signs of “air hunger”
 - When the patient has received a fright, and faints
 - A reduction in the pumping ability of the heart and a subsequent loss of effective circulation
 - When the oxygen supply to the tissues becomes inadequate to meet the body’s needs
20. What is the key to a good rescue?
- Teamwork
 - Flexibility
 - A sense of anticipation and an understanding of people’s characteristic behaviour patterns
 - Knowledge of the procedures and facilities available
21. A basic principle of scanning is:
- Measure what you see against the characteristic profiles of potential trouble
 - Look and listen for the unusual
 - Take steps to minimize the effect of reflection or glare
 - Avoid staring fixedly for long periods at one thing
22. Why should backward head tilt not be used with infants?
- The head is relatively large and the neck is relatively short
 - The windpipe is soft and easily compressed
 - Many infants breathe through their nose
 - It stretches the tissues and may block the airway
23. In what year was the first successful use of a defibrillator by a volunteer surf lifesaver?
- 1997
 - 1999
 - 2001
 - 2003
24. The two mechanisms operating in most spinal injuries sustained in water are:
- Vertical compression and flexion with rotation
 - Vertical flexion and compression
 - Vertical compression and forward bending (flexion)
 - Forward bending (flexion) and vertical compression with rotation
25. The Pressure Immobilisation Technique should not be used for:
- Cone shell stings
 - Sea snake bites
 - Redback spider bites
 - Funnelweb spider bites
26. Hypothermia occurs when the deep body temperature falls below:
- 35 degrees Celsius
 - 35.5 degrees Celsius
 - 36 degrees Celsius
 - 37 degrees Celsius

27. Where is the breathing control centre located?
- At the base of the brain
 - In the frontal lobe of the brain
 - In the brain stem
 - At the top of the cervical spine
28. For how long should tap water generally be run over a burn injury?
- 5-10 minutes
 - 10-20 minutes
 - 20-30 minutes
 - At least 20 minutes
29. "RICER" stands for:
- Rest, Ice, Compression, Elevation, Reassure
 - Rest, Immobilise, Compression, Elevation, Reassure
 - Rest, Ice, Compression, Elevation, Referral
 - Reassure, Ice, Compression, Elevation, Rest
30. What is the "physalia" also known as?
- Bluebottle
 - Hair jellyfish
 - Snotty
 - Fire jelly
31. What are the main types of radio network in SLSA?
- UHF and VHF
 - VHF and HF
 - HF and UHF
 - DTRN and UHF
32. When may you assess the patient's airway while they are on their back?
- If the patient is suspected of having a spinal injury
 - If the patient has not been immersed
 - If that is the preferred method of the rescuer
 - Never
33. An unconscious person who is breathing should be placed and transported in what position?
- On their back
 - On their front
 - On their side
 - In whatever position the patient is most comfortable
34. To communicate effectively we have to match our language to the situation. We need to clearly work out:
- The purpose, audience and timing of the communication
 - The purpose, audience and best form of the communication
 - The location, timing and best form of the communication
 - The purpose, location and best form of the communication
35. What is the best method for controlling bleeding?
- Applying firm, direct pressure
 - Applying a tourniquet
 - Elevating the bleeding area
 - Putting a sterile dressing on the wound
36. What percentage of a message is made up of audible non-verbal communication, such as voice tone, stress, pace and pitch?
- 15%
 - 22%
 - 38%
 - 55%

37. What are the essential steps of aquatic rescues?
- Recognising the patient, calling for backup, 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, calling for backup, assessing the patient's condition and responding accordingly, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
38. The patrol method in which flags are set at the best place for the bathing public, with a full patrol and equipment is called:
- Traditional
 - Roving
 - Between The Flags
 - Surveillance
39. How many died at Bondi on "Black Sunday" in 1938, the biggest mass rescue in SLSA history?
- 5
 - 7
 - 12
 - 15
40. 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