

Surf Life Saving Western Australia

Champion Lifesaver 2011

Theory Paper – Open, Under 19 & Under 17

Mark the best answer to each question on the answer sheet. The best answer is the one that can be found in the 33rd 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. Dumping waves are an example of what type of hazard?
 - a. Potential
 - b. Hidden
 - c. Developing
 - d. Obvious
2. Indications for the use of an Automatic External Defibrillator (AED) are the patient has no signs of life and:
 - a. CPR has commenced
 - b. An ambulance has been called
 - c. The patient is in a location where the use of the AED is safe
 - d. The rescuer has access to the AED
3. Which of these is **not** a vital sign measure?
 - a. Blood pressure
 - b. Heart rate
 - c. Respiration
 - d. Skin
4. Why is the cervical spine particularly vulnerable to injury?
 - a. The bones are thinner than the rest of the spine
 - b. It supports most of the weight of the body
 - c. The spinal cord is contained in a narrow canal
 - d. It is often the first point of contact when a swimmer is dumped by a wave
5. If another lifesaver is available to assist with CPR, how often should operators change?
 - a. At least every five minutes
 - b. Approximately every two minutes
 - c. Every 200 compressions
 - d. As often as can be achieved with the qualified operators available
6. What is the procedure for treating a bleeding patient?
 - a. Rest and reassure the patient, apply direct pressure, clean around the wound site, put on a sterile dressing, send for medical help
 - b. Rest and reassure the patient, clean around the wound site, apply direct pressure, put on a sterile dressing, send for medical help
 - c. Rest and reassure the patient, send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing
 - d. Send for medical help, apply direct pressure, clean around the wound site, put on a sterile dressing, rest and reassure the patient

7. For how long should water be run over a chemical burn injury?
 - a. At least 15 minutes
 - b. At least 20 minutes
 - c. At least 30 minutes
 - d. Until the pain stops
8. The communication tool you select will depend on whether the communication is to be:
 - a. Face to face or remote, formal or informal
 - b. Internal or external, verbal or written
 - c. Written or spoken, face to face or remote
 - d. Internal or external, formal or informal
9. Correct positioning of the electrode pads is essential for successful defibrillation to take place. The apex electrode pad should be placed:
 - a. To the left of the sternum, with the upper edge of the pad below and to the left of the nipple
 - b. To the left of the sternum, with the upper edge of the pad level with and to the left of the nipple
 - c. To the right of the sternum, with the upper edge of the pad below and to the right of the nipple
 - d. To the right of the sternum, with the upper edge of the pad level with and to the right of the nipple
10. In what year was oxygen first used by Australian lifesavers in the treatment of serious illness or injury?
 - a. 1956
 - b. 1961
 - c. 1971
 - d. 1973
11. What may appear to be a simple rescue may become complex due to reasons including:
 - a. Surf conditions changing
 - b. A second patient not previously seen
 - c. The appearance of a flash rip
 - d. The rescuer themselves getting into trouble
12. A dislocation is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints
13. The practice of keeping your workplace free from clutter or conditions that allow bacteria and vermin to thrive is called:
 - a. Personal hygiene
 - b. Environment hygiene
 - c. Workplace hygiene
 - d. Organisational hygiene
14. What percentage of oxygen is contained in the air we breathe?
 - a. 16
 - b. 19
 - c. 21
 - d. 27

15. What is "arrhythmia"?
- Any rhythm of the heart, normal or abnormal
 - A normal rhythm of the heart
 - Any deviation from a normal rhythm of the heart
 - A rhythm of the heart suitable for defibrillation
16. Which of the following persons should be sent to hospital as soon as possible?
- One who has suffered shock
 - One who has lost feeling, even temporarily, to any part of their body
 - One who has had major bleeding
 - One who may have a secondary condition such as a neck injury
17. Passive drowning may be caused by:
- Immersion
 - Exhaustion
 - Obesity
 - Muscle cramp
18. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 7 minutes?
- 40%
 - 30%
 - 20%
 - 10%
19. RECOVERY is the process of:
- Bringing a patient in distress back to the shore
 - Securing and retrieving the body of a drowned swimmer
 - Patrol members resting after performing a rescue in preparation for the next one
 - Returning the patrol operation to a state of preparedness after emergency situations
20. At what level of government is OH&S legislation enacted?
- Local government
 - State government
 - Federal government
 - Both State and Federal government
21. What is the "catostylus" also known as?
- Fire jelly
 - Blubber
 - Jimble
 - Quaddie
22. Blue ground is the symbolic shape for what sign function?
- Regulatory prohibition
 - Suggestion
 - Warning
 - Information or permissive
23. When launching an IRB, which side will the driver stand?
- The port (left) side
 - The starboard (right) side
 - Either side depending on the preference of the driver
 - The driver will be already in the boat

24. A function of the integumentary system is to:
- Prevent the entry of infectious agents
 - Relay impulses from the central nervous system
 - Contain nerves, blood vessels and fat tissue
 - Help rid the body of waste products
25. Which is a sign of distress in a swimmer?
- Flailing of the arms in an attempt to keep the head above water
 - Seeming to be in pain, holding their arm, leg, head or stomach
 - Facing toward shore with hair in the eyes and waves breaking over the head
 - Bobbing up and down in water over their head with an obvious attempt to get air
26. What is the appropriate treatment for a stonefish sting?
- Ice packs
 - Hot water
 - Compression bandaging
 - Vinegar
27. What causes angina?
- Blockage of one of the arteries supplying the heart
 - Oxygen deprivation resulting in the death of heart muscles
 - A decrease in the blood flow and oxygen delivery to the heart muscle
 - The onset of shock in combination with chest pain
28. What percentage of a message is made up of words?
- 7%
 - 15%
 - 22%
 - 38%
29. When breathing and the heart both stop, how long is it before damage to the brain begins?
- Less than one minute
 - Less than two minutes
 - Less than three minutes
 - Less than four minutes
30. Which of the following is a way in which alcohol affects the body?
- Heart-rate is increased
 - Swimmers are more likely to vomit
 - Co-ordination is diminished
 - The integumentary system can break down
31. How long before exposure to the sun should sunscreen be applied?
- Immediately before exposure
 - At least ten minutes before
 - At least fifteen minutes before
 - At least twenty minutes before
32. The intensity of a rip current is generally dependent on what?
- The strength of the wind
 - The depth of the water
 - The size of the surf
 - All of the above

33. The blood vessels which carry blood from the heart are called what?
- Arteries
 - Veins
 - Capillaries
 - Aorta
34. 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
35. Which group of people needs to be watched with special attention?
- Poor swimmers
 - Disabled people
 - Drug users
 - Very young or very old people
36. In ECC, the heart is compressed between the sternum and what?
- The back of the ribcage
 - The spine
 - The lungs
 - The hands
37. What are the two main purposes of the SLSA emergency call "rescue, rescue, rescue"?
- To alert patrol members to an emergency situation; and to clear the network of routine traffic
 - To advise the Surf Rescue Communication Centre or club base station of a situation that requires immediate assistance; and to alert neighbouring clubs to send backup
 - To alert patrol members to an emergency situation; and to advise the Surf Rescue Communication Centre or club base station of a situation that requires immediate assistance
 - To clear the network of routine traffic; and to advise the Surf Rescue Communication Centre or club base station of a situation that requires immediate assistance
38. 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
39. A basic principle of scanning is:
- Measure what you see against the characteristic profiles of potential trouble
 - Use peripheral vision to detect movement and notice activity
 - Understand the signs of potential trouble and the characteristic behaviours of those in need of help
 - Avoid staring fixedly for long periods at one thing
40. What is the minimum number of patrol members required to secure a helicopter beach landing area?
- Four
 - Six
 - Seven
 - Nine

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