

Surf Life Saving Western Australia

Champion Lifesaver 2011

Theory Paper – Under 15

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. Which of the following persons should be sent to hospital as soon as possible?
 - a. One who has suffered shock
 - b. One who has lost feeling, even temporarily, to any part of their body
 - c. One who has had major bleeding
 - d. One who may have a secondary condition such as a neck injury
2. 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
3. RECOVERY is the process of:
 - a. Bringing a patient in distress back to the shore
 - b. Securing and retrieving the body of a drowned swimmer
 - c. Patrol members resting after performing a rescue in preparation for the next one
 - d. Returning the patrol operation to a state of preparedness after emergency situations
4. A dislocation is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints
5. The blood vessels which carry blood from the heart are called what?
 - a. Arteries
 - b. Veins
 - c. Capillaries
 - d. Aorta
6. Which of the following is a method of controlling workplace hazards?
 - a. Education
 - b. Personal protective equipment
 - c. Report
 - d. Eradicate

7. 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
8. What is the preferred method of deep water rescue breathing?
 - a. Mouth to mouth
 - b. Mouth to nose
 - c. Mouth to mouth and nose
 - d. Mouth to mouth if outside the break, mouth to nose in the surf zone
9. Which is a sign of distress in a swimmer?
 - a. Flailing of the arms in an attempt to keep the head above water
 - b. Seeming to be in pain, holding their arm, leg, head or stomach
 - c. Facing toward shore with hair in the eyes and waves breaking over the head
 - d. Bobbing up and down in water over their head with an obvious attempt to get air
10. When breathing and the heart both stop, how long is it before damage to the brain begins?
 - a. Less than one minute
 - b. Less than two minutes
 - c. Less than three minutes
 - d. Less than four minutes
11. 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
12. 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
13. 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?
 - a. Fixed
 - b. Flash
 - c. Permanent
 - d. Travelling
14. 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

15. Which of these is **not** a vital sign measure?
- Blood pressure
 - Heart rate
 - Respiration
 - Skin
16. In ECC, the heart is compressed between the sternum and what?
- The back of the ribcage
 - The spine
 - The lungs
 - The hands
17. For how long should water be run over a chemical burn injury?
- At least 15 minutes
 - At least 20 minutes
 - At least 30 minutes
 - Until the pain stops
18. Smoking is not allowed within what distance of a helicopter fuel installation or fuel drum?
- 15 metres
 - 20 metres
 - 30 metres
 - 40 metres
19. 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
20. 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
21. Blue ground is the symbolic shape for what sign function?
- Regulatory prohibition
 - Suggestion
 - Warning
 - Information or permissive
22. An approaching thunderstorm is an example of what type of hazard?
- Potential
 - Hidden
 - Developing
 - Obvious
23. What is the "catostylus" also known as?
- Fire jelly
 - Blubber
 - Jimble
 - Quaddie

24. What is the minimum number of patrol members required to secure a helicopter beach landing area?
- Four
 - Six
 - Seven
 - Nine
25. At what level of government is OH&S legislation enacted?
- Local government
 - State government
 - Federal government
 - Both State and Federal government
26. What scanning strategy involves building bather profiles on successive sweeps?
- Head counting
 - Grouping
 - Profile matching
 - Mental filing
27. What is the appropriate treatment for a stonefish sting?
- Ice packs
 - Hot water
 - Compression bandaging
 - Vinegar
28. What may appear to be a simple rescue may become complex due to reasons including:
- Surf conditions changing
 - A second patient not previously seen
 - The appearance of a flash rip
 - The rescuer themselves getting into trouble
29. As a surf lifesaver you have a responsibility to:
- Follow safe work practices and procedures
 - Learn new skills
 - Work closely with other lifesavers and the public
 - Identify, assess and control hazards
30. Passive drowning may be caused by:
- Immersion
 - Exhaustion
 - Obesity
 - Muscle cramp
31. Dumping waves are an example of what type of hazard?
- Potential
 - Hidden
 - Developing
 - Obvious
32. 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

33. What is the number of people required for straight lifting and short carry of fuel tanks?
- One
 - Two
 - Three
 - Fuel tanks should only be transported by trolley
34. 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
35. What percentage of oxygen is contained in the air we breathe?
- 16
 - 19
 - 21
 - 27
36. 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
37. 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
38. What percentage of a message is made up of words?
- 7%
 - 15%
 - 22%
 - 38%
39. Which group of people needs to be watched with special attention?
- Poor swimmers
 - Disabled people
 - Drug users
 - Very young or very old people
40. 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

UNDER 15