

OPEN
UNDER 19
UNDER 17

Surf Life Saving Western Australia

Champion Lifesaver 2012

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. As a surf lifesaver you have a responsibility to:
 - a. Implement risk management procedures
 - b. Work safely by following all safety directions of team leaders or club officials
 - c. Maintain a high standard of personal hygiene
 - d. Complete patrol duties at a high standard of professionalism
2. When rolling a patient on their side, you use the hip and shoulder. For what type of patient, instead of using the hip to roll the patient, you may put one arm under the patient's raised knee to provide extra leverage?
 - a. Children aged 8 and under
 - b. Larger patients
 - c. Patients with abdominal injuries
 - d. Patients with stomach distension
3. What is the appropriate treatment for a sea snake bite?
 - a. Ice packs
 - b. Hot water
 - c. Compression immobilization bandaging
 - d. Vinegar
4. Items that should be kept with the defibrillation unit include:
 - a. Spare battery
 - b. Spare electrode pads
 - c. Scissors
 - d. Adhesive tape
5. What attributes will help ensure that any rescue can be carried out with maximum efficiency and a minimum of delay?
 - a. Recognising the patient, calling for backup, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
 - b. A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - c. Assessment of the surf conditions, the patient's condition, the equipment available, the human resources available
 - d. Knowledge, skill, fitness, judgment, discipline and resourcefulness

6. Which of the following persons should be sent to hospital as soon as possible?
 - a. One who has suffered a marine envenomation
 - b. One who has had major bleeding
 - c. One who has lost consciousness for a brief period
 - d. One who has a respiratory condition
7. What is the minimum number of people required for straight lifting and short carry of a surfboat?
 - a. Four
 - b. Five
 - c. Six
 - d. Seven
8. A function of the integumentary system is to:
 - a. Relay impulses from the central nervous system
 - b. Contain nerves, blood vessels and fat tissue
 - c. Maintain and regulate body temperature
 - d. Break down and process food
9. To minimize the risk of infection, what disinfecting agent should manikin face pieces be soaked in?
 - a. 15% bleach or 70% alcoholic chlorhexidine for at least 5 minutes
 - b. 15% bleach or 75% alcoholic chlorhexidine for at least 2 minutes
 - c. 10% bleach or 75% alcoholic chlorhexidine for at least 5 minutes
 - d. 10% bleach or 70% alcoholic chlorhexidine for at least 2 minutes
10. "RICER" stands for:
 - a. Rest, Ice, Compression, Elevation, Reassure
 - b. Rest, Immobilise, Compression, Elevation, Reassure
 - c. Rest, Ice, Compression, Elevation, Referral
 - d. Reassure, Ice, Compression, Elevation, Rest
11. Passive drowning may be caused by:
 - a. Exhaustion
 - b. Shock
 - c. Hyperventilation
 - d. Muscle cramp
12. What causes the tidal movement in the earth's oceans and seas?
 - a. The rotation of the earth
 - b. The gravitational pull of the moon
 - c. The gravitational pull of the sun
 - d. The gravitational pull of the moon and the sun
13. 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
14. People with large amounts of muscle mass and dense bones are typically:
 - a. Poor swimmers
 - b. Drug users
 - c. More buoyant
 - d. Less buoyant

15. Which is a sign of distress in a swimmer?
- Flailing of the arms in an attempt to keep the head above water
 - Bobbing up and down in water over their head with an obvious attempt to get air
 - "Climbing the ladder" motion with the head tilted back
 - The person's face shows wide-eyed fearful look
16. What may appear to be a simple rescue may become complex due to reasons including:
- A second patient not previously seen
 - The appearance of a flash rip
 - Equipment failure or loss
 - The rescuer themselves getting into trouble
17. Factors that may influence your course of action in a rescue may include:
- Weather conditions
 - The time of day
 - Human and equipment resources available
 - Availability of backup
18. When is a double tube tow a very effective rescue method?
- Where the rescuers are not strong swimmers
 - In rough surf
 - Where the patient is unconscious
 - When the water is flat and the patient can "plane"
19. A basic principle of scanning is:
- Counting the number of people in your area on each scan
 - Focus upon specific people and what they are doing
 - Avoid staring fixedly for long periods at one thing
 - Move to counteract interference by beach users
20. The technique of popping a wave on a rescue board should only be used for:
- Unbroken waves
 - Plunging waves
 - Small to medium broken waves
 - Large broken waves
21. What are SLISA's important concepts of lifesaving practice?
- Prevention, recognition, rescue
 - Prevention, recognition, rescue, recovery
 - Prevention, recognition, rescue, retrieval
 - Vigilance and service
22. What should be done with oxygen equipment during defibrillation?
- Ensure that no oxygen equipment (air-bag, oxygen therapy) is in contact with the patient
 - All oxygen equipment should be moved a minimum of three metres away from the patient
 - Use of oxygen equipment should continue uninterrupted
 - Oxygen should be turned off

23. What makes the cervical spine particularly vulnerable to acceleration and deceleration injuries?
- The force that the heavy head and brain exert on the cervical spine
 - The transfer of energy which causes such injuries usually culminates in a whipping motion of the cervical spine
 - The lack of extra support from ribs, pelvis, etc.
 - It is often the first point of contact in an accident
24. 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
25. PREVENTION includes:
- Warnings
 - Use of whistles
 - Education
 - Public address announcements
26. What is the survival rate for sudden cardiac arrest patients who receive defibrillation within 1-2 minutes?
- 95%
 - 90%
 - 80%
 - 70%
27. What is the concentration of sodium chloride in saline?
- Zero
 - Higher than normal body fluids
 - Lower than normal body fluids
 - The same as normal body fluids
28. Which beach type often has tidal currents which increases the danger?
- Reflective
 - Low tide terrace
 - Bar and rip
 - Longshore trough
 - Dissipative
29. What is cardiac arrest?
- The stopping of the heart from beating
 - The absence of breathing and signs of life
 - The blockage of one of the arteries supplying the heart
 - A decrease in the blood flow and oxygen delivery to the heart muscle
30. If the AED gives the prompt "Check electrodes", what does this mean?
- The electrode pads are not correctly positioned
 - The ECG signal is unsatisfactory
 - A pacemaker has been detected
 - The electrode pads may be out of date

31. What is the underlying principle of risk management?
- Identification, isolation and mitigation of hazards
 - Assessment, isolation and control of hazards
 - Elimination, mitigation and reduction of hazards
 - Identification, assessment and control of hazards
32. What will generally be the respiration rate of a poorly perfused patient?
- More than 16 breaths per minute
 - More than 18 breaths per minute
 - More than 20 breaths per minute
 - More than 22 breaths per minute
33. Which group of people needs to be watched with special attention?
- People improperly dressed for beach conditions
 - Poor swimmers
 - Distressed people
 - People who have recently eaten
34. 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
35. What is the management for a conscious patient with hypothermia?
- Prevent further heat loss, give warm sweet or alcoholic drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, massage limbs, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks, curl into a ball, use a companion for body warmth
 - Prevent further heat loss, give warm sweet drinks or warm coffee, massage limbs, use a companion for body warmth
36. What are the five skills to ensure effective communication?
- Observe, Listen, Summarise, Process, Respond
 - Pay attention, Observe, Listen, Process, Respond
 - Pay attention, Observe, Listen, Summarise, Respond
 - Observe, Attend, Summarise, Process, Respond
37. What is the "tamoya" also known as?
- Bluebottle
 - Fire jelly
 - Jimble
 - Irukandji
38. Where should the handset or microphone be held when speaking into a radio?
- Approximately 10cm from your mouth and to the side
 - Approximately 15cm from your mouth and to the side
 - Approximately 10cm from and in front of your mouth
 - Approximately 15cm from and in front of your mouth

39. How should a patient who shows only a minor response, such as groaning without eye opening, be managed?
- a. With oxygen therapy
 - b. By placing into the lateral position
 - c. As if unconscious
 - d. All of the above
40. Why is knowledge of rips particularly important?
- a. Rips are the not well understood by beachgoers
 - b. Rips are the most dangerous hazard faced by beachgoers
 - c. Knowledge and understanding of rips helps lifesavers to combat them
 - d. Rips cause the largest number of rescues and coastal drownings in Australia