# UNDER 15

## Surf Life Saving Western Australia

## Champion Lifesaver 2012

# 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. 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

2. Which is a sign of distress in a swimmer?
    a. Flailing of the arms in an attempt to keep the head above water
    b. Bobbing up and down in water over their head with an obvious attempt to get air
    c. "Climbing the ladder" motion with the head tilted back
    d. The person's face shows wide-eyed fearful look

3. 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

4. What will generally be the respiration rate of a poorly perfused patient?
    a. More than 16 breaths per minute
    b. More than 18 breaths per minute
    c. More than 20 breaths per minute
    d. More than 22 breaths per minute

5. What are the five skills to ensure effective communication?
    a. Observe, Listen, Summarise, Process, Respond
    b. Pay attention, Observe, Listen, Process, Respond
    c. Pay attention, Observe, Listen, Summarise, Respond
    d. Observe, Attend, Summarise, Process, Respond

6. When may you assess the patient's airway while they are on their back?
    a. If the patient is suspected of having a spinal injury
    b. If the patient has not been immersed
    c. If that is the preferred method of the rescuer
    d. Never

7. Factors that may influence your course of action in a rescue may include:
    a. Weather conditions
    b. The time of day
    c. Human and equipment resources available
    d. Availability of backup

8. What is the “tamoya” also known as?
    a. Bluebottle
    b. Fire jelly
    c. Jimble
    d. Irukandji

9. Why should backward head tilt not be used with infants?
    a. The head is relatively large and the neck is relatively short
    b. The windpipe is soft and easily compressed
    c. Many infants breathe through their nose
    d. It stretches the tissues and may block the airway

10. What is the management for a conscious patient with hypothermia?
    a. Prevent further heat loss, give warm sweet or alcoholic drinks, curl into a ball, use a companion for body warmth
    b. Prevent further heat loss, massage limbs, give warm sweet drinks, curl into a ball, use a companion for body warmth
    c. Prevent further heat loss, give warm sweet drinks, curl into a ball, use a companion for body warmth
    d. Prevent further heat loss, give warm sweet drinks or warm coffee, massage limbs, use a companion for body warmth

11. What may appear to be a simple rescue may become complex due to reasons including:
    a. A second patient not previously seen
    b. The appearance of a flash rip
    c. Equipment failure or loss
    d. The rescuer themselves getting into trouble

12. The technique of popping a wave on a rescue board should only be used for:
    a. Unbroken waves
    b. Plunging waves
    c. Small to medium broken waves
    d. Large broken waves

13. 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

14. How far away from a patient should you slow your approach in order to consider their condition and the action to be taken?
    a. About one metre
    b. About two metres
    c. About three metres
    d. As far as you consider necessary to safely assess the patient

15. What is the key to successful resuscitation?
    a. Pistol grip
    b. Teamwork
    c. A clear airway
    d. Adequate inflation of the lungs

16. Which beach type often has tidal currents which increases the danger?
    a. Reflective
    b. Low tide terrace
    c. Bar and rip
    d. Longshore trough
    e. Dissipative

17. What is cardiac arrest?
    a. The stopping of the heart from beating
    b. The absence of breathing and signs of life
    c. The blockage of one of the arteries supplying the heart
    d. A decrease in the blood flow and oxygen delivery to the heart muscle

18. 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

19. 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

20. 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

21. Passive drowning may be caused by:
    a. Exhaustion
    b. Shock
    c. Hyperventilation
    d. Muscle cramp

22. Most spinal injuries sustained in the water involve which vertebrae?
    a. Third, fourth and fifth
    b. Fourth, fifth and six
    c. Fifth, sixth and seventh
    d. Sixth, seventh and eighth

23. 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

24. When is a double tube tow a very effective rescue method?
    a. Where the rescuers are not strong swimmers
    b. In rough surf
    c. Where the patient is unconscious
    d. When the water is flat and the patient can “plane”

25. What are SLSA’s important concepts of lifesaving practice?
    a. Prevention, recognition, rescue
    b. Prevention, recognition, rescue, recovery
    c. Prevention, recognition, rescue, retrieval
    d. Vigilance and service

26. 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

27. 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

28. Which group of people needs to be watched with special attention?
    a. People improperly dressed for beach conditions
    b. Poor swimmers
    c. Distressed people
    d. People who have recently eaten

29. When is it recommended to use a tourniquet to control bleeding?
    a. Never in any circumstances
    b. As a last resort when other methods have failed
    c. In the case of shark or crocodile attack
    d. When the patient is suffering “crush syndrome”

30. 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

31. A basic principle of scanning is:
    a. Counting the number of people in your area on each scan
    b. Focus upon specific people and what they are doing
    c. Avoid staring fixedly for long periods at one thing
    d. Move to counteract interference by beach users

32. What is the underlying principle of risk management?
    a. Identification, isolation and mitigation of hazards
    b. Assessment, isolation and control of hazards
    c. Elimination, mitigation and reduction of hazards
    d. Identification, assessment and control of hazards

33. What is the appropriate treatment for a sea snake bite?
    a. Ice packs
    b. Hot water
    c. Compression immobilization bandaging
    d. Vinegar

34. PREVENTION includes:
    a. Warnings
    b. Use of whistles
    c. Education
    d. Public address announcements

35. 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

36. People with large amounts of muscle mass and dense bones are typically:
    a. Poor swimmers
    b. Drug users
    c. More buoyant
    d. Less buoyant

37. 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

38. 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

39. "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

40. When paddling a rescue board, what happens if the nose of the board is too high?
    a. The board may capsize
    b. It greatly reduces your speed
    c. It may obstruct your view of the patient
    d. Paddling efficiency is reduced