

OPEN
UNDER 19
UNDER 17

Surf Life Saving Western Australia

Champion Lifesaver 2013

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. The classic behaviour exhibited by drowning patients includes:
 - a. They are unable to support themselves in water when out of their depth
 - 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. No call for help or wave
2. If inflation is not occurring during rescue breathing, the head is tilted back and the jaw is lifted correctly, the seal is firm and enough air is being blown in, what is the likely problem?
 - a. The airway is not sufficiently open
 - b. The stomach is distended
 - c. There is foreign material in the airway
 - d. Chest compressions are going too deep and not allowing the lungs to expand
3. In a rescue situation, what are the "four P's" with regard to radio transmissions?
 - a. Pointing Peoples Positions Properly
 - b. Problem People Prevent Positions
 - c. Prevention Problem People Progress
 - d. Position Problem People Progress
4. What determines the size of waves?
 - a. The intensity of the wind and the size of the swell
 - b. The intensity of the wind, the length of time it blows and the mean air temperature
 - c. The intensity of the wind, the length of time it blows and the distance it blows
 - d. The size of the swell, the water temperature and the length of time the wind blows
5. Broken glass covered by sand is an example of what type of hazard?
 - a. Potential
 - b. Hidden
 - c. Developing
 - d. Obvious
6. If the patient has an implanted pacemaker, how far from it should defibrillation pads be placed?
 - a. 2.5cm
 - b. 5.5cm
 - c. 8 cm
 - d. Defibrillation pads should not be placed on the patient at all.

7. What is a strain?
 - a. When ligaments are forced beyond their normal range
 - b. The tearing of a tendon
 - c. A soft tissue injury affecting muscle and tendons
 - d. When a tendon pulls away from the bone
8. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
 - a. Sunburn
 - b. Heat stroke
 - c. Dehydration
 - d. Integumentary breakdown
9. For which first aid cases should gloves be worn?
 - a. Cases where the patient is known to carry HIV or Hepatitis C
 - b. All cases
 - c. Cases involving patients who use intravenous drugs
 - d. Cases involving patients who are bleeding
10. Medical and rehabilitation costs as a result of workplace injuries are an example of:
 - a. Human cost
 - b. Social cost
 - c. Economic cost
 - d. Organisational cost
11. A clear airway is achieved by:
 - a. Applying backward head tilt
 - b. Use of correct pistol grip
 - c. Backward head tilt and jaw support
 - d. Backward head tilt and chin lift
12. Which beach type is characterised by no sand bar, a strong pull down the beach into the water and deep water close to shore?
 - a. Reflective
 - b. Low tide terrace
 - c. Bar and rip
 - d. Longshore trough
13. A wave which usually breaks in shallow water, and breaks with tremendous force is called what?
 - a. Plunging wave
 - b. Spilling wave
 - c. Surging wave
 - d. Dissipative wave
14. Under what beach safety rating is supervision of children and poor swimmers required?
 - a. Low danger
 - b. Moderate danger
 - c. High danger
 - d. Extreme danger
15. Which group of people needs to be watched with special attention?
 - a. Poor swimmers
 - b. Disabled people
 - c. Drug users
 - d. Very young or very old people

16. A patient being placed in the lateral position on the sand should be placed on which side?
- The patient's left side
 - Either side
 - Whichever side the patient finds more comfortable
 - Facing down the beach
17. What are the four stages of the "Chain of Survival"?
- Early identification, early retrieval, early CPR and defibrillation, early advanced life support
 - Early access, early rescue, early CPR and defibrillation, early advanced life support
 - Early access, early CPR, early defibrillation, early advanced life support
 - Early identification, early CPR, early defibrillation, early advanced life support
18. Muscles are attached to the bones by:
- Tendons
 - Ligaments
 - Capillaries
 - Cartilage
19. What is meant by the "Danger" stage in DRSABCD?
- Make sure there is no danger to yourself and no further danger to the patient(s)
 - Make sure there is no danger to yourself or to any children who may be watching
 - Make sure there is no danger to yourself or the person who is doing the rescue with you, and there is no further danger to the patient(s)
 - Make sure there is no danger to yourself and no further danger to bystanders or the patient(s)
20. What determines how much energy you need from your diet?
- The amount of physical activity you undertake in your daily life
 - The level of manifested physicality in your exercise schedule
 - Your height, weight, age and gender
 - Your BMI rating
21. 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
22. To achieve optimum efficiency in scanning, lifesavers should be rotated at regular intervals of:
- 20 minutes
 - 30 minutes
 - 40 minutes
 - 60 minutes
23. What do high streaky clouds indicate?
- Imminent thunderstorms
 - Falling temperatures
 - Rising barometric pressure
 - High speed wind

24. When launching an IRB, which side will the crewperson stand?
- The port (left) side
 - The starboard (right) side
 - As directed by the driver
 - In front of the boat, holding the bow handle
25. Which is the most severe heat-induced illness?
- Heat exhaustion
 - Heat stroke
 - Hyperglycaemia
 - Hypothermia
26. What is the preferred method of deep water rescue breathing?
- Mouth to mouth
 - Mouth to nose
 - Mouth to mouth and nose
 - Mouth to mouth if outside the break, mouth to nose in the surf zone
27. When assessing a scene for danger, who are you checking for danger to (in order of priority)?
- The patient, bystanders, any lifesavers present
 - Yourself, bystanders, the patient
 - Yourself, other lifesavers, bystanders, the patient
 - The patient, yourself, bystanders
28. What does SPF stand for?
- Solar Precision Factor
 - Sun Protection Focus
 - Sun Precision Focus
 - Sun Protection Factor
29. Smoking is not allowed within what distance of a helicopter fuel installation or fuel drum?
- 15 metres
 - 20 metres
 - 30 metres
 - 40 metres
30. Which type of rip is caused by a large surf build-up in a short period of time, and is relatively short-lived?
- Fixed
 - Flash
 - Permanent
 - Travelling
31. Research has shown that adding oxygen during mouth-to-mask rescue breathing can increase the oxygen received by the patient by how much?
- From 16% to 50%
 - From 5% to 50%
 - From 21% to 50%
 - From 18% to 45%
32. What is the appropriate treatment for a tamoya sting?
- Cold packs or ice
 - Heat packs
 - Immersion in hot water, or apply cold packs
 - Vinegar

33. What is the xiphoid?
- A small bony portion attached to the lower end of the sternum
 - The full medical name for the sternum
 - The lining inside the sternum which separates the bone from the organs behind
 - The name used to refer to the sternum and ribcage taken together
34. When performing a board rescue in the surf zone, on which side of the board should you keep the patient?
- Shoreward side
 - Seaward side
 - Upwind side
 - Downwind side
35. A black border on yellow ground is the symbolic shape for what sign function?
- Regulatory prohibition
 - Suggestion
 - Warning
 - Information or permissive
36. Which of the following is a way in which alcohol affects the body?
- Heart-rate is increased
 - Judgement is impaired
 - Co-ordination is diminished
 - The body becomes poorly perfused
37. What is the aim when escaping from a panicking patient?
- To lift the patient out of the water
 - To force the patient to release their grip
 - To push yourself below the surface and away from the patient
 - To provide the patient with a floatation device
38. Before entering the surf, always:
- Ensure your personal belongings are placed above the high-water mark
 - Check with the patrol or lifeguards for details of any hazards
 - Note the prevailing currents of the beach and the wind conditions
 - Make note of a landmark such as a building or headland
39. When should dentures be removed from a patient?
- If they are loose and interfering with the patient's airway
 - If they are impeding the insertion of an oropharyngeal airway
 - They should never be removed
 - If the patient is more comfortable with them removed
40. During CPR, how far is the sternum compressed on each compression?
- At least 4-5 cm
 - As far as the operator can comfortably maintain
 - Until the operator meets resistance
 - One third of the depth of the chest