

UNDER 15

Surf Life Saving Western Australia

Champion Lifesaver 2013

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 is a way in which alcohol affects the body?
 - a. Heart-rate is increased
 - b. Judgement is impaired
 - c. Co-ordination is diminished
 - d. The body becomes poorly perfused
2. When should dentures be removed from a patient?
 - a. If they are loose and interfering with the patient's airway
 - b. If they are impeding the insertion of an oropharyngeal airway
 - c. They should never be removed
 - d. If the patient is more comfortable with them removed
3. 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
4. Broken glass covered by sand is an example of what type of hazard?
 - a. Potential
 - b. Hidden
 - c. Developing
 - d. Obvious
5. Muscles are attached to the bones by:
 - a. Tendons
 - b. Ligaments
 - c. Capillaries
 - d. Cartilage
6. Which is the most severe heat-induced illness?
 - a. Heat exhaustion
 - b. Heat stroke
 - c. Hyperglycaemia
 - d. Hypothermia

7. 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
8. 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
9. To achieve optimum efficiency in scanning, lifesavers should be rotated at regular intervals of:
 - a. 20 minutes
 - b. 30 minutes
 - c. 40 minutes
 - d. 60 minutes
10. What is the most common inshore current?
 - a. A rip
 - b. An undertow
 - c. A littoral current
 - d. A backwash
11. During CPR, how far is the sternum compressed on each compression?
 - a. At least 4-5 cm
 - b. As far as the operator can comfortably maintain
 - c. Until the operator meets resistance
 - d. One third of the depth of the chest
12. A black border on yellow ground is the symbolic shape for what sign function?
 - a. Regulatory prohibition
 - b. Suggestion
 - c. Warning
 - d. Information or permissive
13. What is the best method for controlling bleeding?
 - a. Applying firm, direct pressure
 - b. Applying a tourniquet
 - c. Elevating the bleeding area
 - d. Putting a sterile dressing on the wound
14. 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
15. When launching an IRB, which side will the crewperson stand?
 - a. The port (left) side
 - b. The starboard (right) side
 - c. As directed by the driver
 - d. In front of the boat, holding the bow handle

16. Medical and rehabilitation costs as a result of workplace injuries are an example of:
- Human cost
 - Social cost
 - Economic cost
 - Organisational cost
17. The classic behaviour exhibited by drowning patients includes:
- They are unable to support themselves in water when out of their depth
 - 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
 - No call for help or wave
18. 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?
- The airway is not sufficiently open
 - The stomach is distended
 - There is foreign material in the airway
 - Chest compressions are going too deep and not allowing the lungs to expand
19. 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
20. 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
21. 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
22. For which first aid cases should gloves be worn?
- Cases where the patient is known to carry HIV or Hepatitis C
 - All cases
 - Cases involving patients who use intravenous drugs
 - Cases involving patients who are bleeding
23. What is the area of water between two crests called?
- Wavelength
 - Lull
 - Trough
 - Set
24. 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

25. 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
26. Smoking is not allowed within what distance of a helicopter fuel installation or fuel drum?
- 15 metres
 - 20 metres
 - 30 metres
 - 40 metres
27. Which beach type is characterised by no sand bar, a strong pull down the beach into the water and deep water close to shore?
- Reflective
 - Low tide terrace
 - Bar and rip
 - Longshore trough
28. A clear airway is achieved by:
- Applying backward head tilt
 - Use of correct pistol grip
 - Backward head tilt and jaw support
 - Backward head tilt and chin lift
29. 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)
30. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
- Sunburn
 - Heat stroke
 - Dehydration
 - Integumentary breakdown
31. Which country has the world's highest rate of skin cancer?
- Australia
 - USA
 - Malaysia
 - India
32. A wave which usually breaks in shallow water, and breaks with tremendous force is called what?
- Plunging wave
 - Spilling wave
 - Surging wave
 - Dissipative wave

33. 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
34. Under what beach safety rating is supervision of children and poor swimmers required?
- Low danger
 - Moderate danger
 - High danger
 - Extreme danger
35. What do high streaky clouds indicate?
- Imminent thunderstorms
 - Falling temperatures
 - Rising barometric pressure
 - High speed wind
36. 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
37. The blood vessels which carry blood from the heart are called what?
- Arteries
 - Veins
 - Capillaries
 - Aorta
38. 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
39. What is a strain?
- When ligaments are forced beyond their normal range
 - The tearing of a tendon
 - A soft tissue injury affecting muscle and tendons
 - When a tendon pulls away from the bone
40. What is the appropriate treatment for a tamoya sting?
- Cold packs or ice
 - Heat packs
 - Immersion in hot water, or apply cold packs
 - Vinegar