

Surf Life Saving Western Australia

Champion Lifesaver 2014

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 distance between successive waves is called what?
 - a. The wavelength
 - b. The period
 - c. The swell-metre
 - d. The trough
2. Which is a sign of distress in a swimmer?
 - a. Swimming with a weak or ineffective stroke, making little or no progress
 - b. Flailing of the arms in an attempt to keep the head above water
 - c. Facing toward shore with hair in the eyes and waves breaking over the head
 - d. "Climbing the ladder" motion with the head tilted back
3. After a patient shows responsiveness, what should be done with electrode pads that have been applied to the patient?
 - a. They should be removed but kept close at hand
 - b. They should be removed and re-stored in the defibrillator unit
 - c. They should be removed and discarded
 - d. They should be left in position on the patient
4. What percentage of a message is made up of visual non-verbal communication, such as body gestures, postures and facial expressions?
 - a. 15%
 - b. 22%
 - c. 38%
 - d. 55%
5. What does "duty of care" mean?
 - a. Providing safety training and clear safety rules in the workplace
 - b. Maintaining a safe working environment
 - c. Ensuring that any injury or illness is reported as soon as possible
 - d. Accepting responsibility for the health and safety of people in the workplace

6. With regard to hypothermia, what effect does activity have during immersion?
 - a. Exercise helps to keep the person warm
 - b. In water less than 24 degrees Celsius, exercise speeds the drop in body temperature
 - c. In water less than 24 degrees Celsius, exercise slows the drop in body temperature
 - d. Exercise always makes body temperature fall faster
7. A strain is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints
8. An unconscious person who is breathing should be placed and transported in what position?
 - a. On their back
 - b. On their front
 - c. On their side
 - d. In whatever position the patient is most comfortable
9. Which of the following is **not** a reason to stop CPR?
 - a. An authorized person pronounces life extinct
 - b. Temporarily if the person is to be defibrillated
 - c. No signs of life are detected after four hours
 - d. The rescuer cannot physically continue
10. Why is it recommended that you wear protective gloves when treating a patient?
 - a. For your own safety
 - b. To give you a better grip on the patient
 - c. To avoid contact with any stinger tentacles which may be stuck to the skin
 - d. To avoid contact with blood
11. Anything that places a person at risk is called:
 - a. A risk
 - b. A hazard
 - c. A danger
 - d. Jeopardy
12. Under what beach safety rating is experience in strong surf required?
 - a. Low danger
 - b. Moderate danger
 - c. High danger
 - d. Extreme danger
13. A distended stomach leads to:
 - a. Regurgitation
 - b. A blocked airway
 - c. Failed resuscitation
 - d. Increased pressure on the lungs
14. Who is in charge of a defibrillation procedure?
 - a. The EAR operator
 - b. The ECC operator
 - c. The defibrillator operator
 - d. The Patrol Captain

15. What are the steps which outline how to lift heavy items on your own or when lifting with two or more people?
- (1) Face in the direction of where you intend to go; (2) Bend the knees and crouch down, with a straight back; (3) Balancing with a wide base of support, take hold of the object securely; (4) Keep the load close to the body wherever possible; (5) One member coordinates the lift and calls 'Ready, One, Two, Three, Lift'; (6) Brace your stomach muscles and, while keeping your back in a neutral position, lift the object using your legs
 - (1) Face in the direction of where you intend to go; (2) Bend the knees and crouch down, with feet together; (3) Balancing with a wide base of support, take hold of the object with two hands; (4) Keep the load centred on the body wherever possible; (5) One member coordinates the lift and calls 'Ready, One, Two, Three, Lift'; (6) Brace your stomach muscles and, while keeping your back in an upright position, lift the object using your legs
 - (1) Ensure that the route on which you need to carry the object is clear and safe; (2) Face in the direction of where you intend to go; (3) Bend the knees and crouch down, with feet together; (4) Balancing with a wide base of support, take hold of the object with two hands; (5) One member coordinates the lift and calls 'Ready, One, Two, Three, Lift'; (6) Brace your stomach muscles and, while keeping your back in a neutral position, lift the object using your legs
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16. What will generally be the skin condition of a well perfused patient?
- Cool, pink and dry
 - Cool, pale and moist
 - Warm, pink and moist
 - Warm, pink and dry
17. If a patient leaves the water and immediately complains of a painful neck and pins and needles in the limbs, what is the first step to be taken?
- Immobilise the neck with a neck brace, sandbags or towels
 - Lie the patient down
 - Check DRSABCD
 - Advise the patient not to move the neck at all
18. What are the main types of radio network in SLSA?
- UHF and VHF
 - VHF and HF
 - HF and UHF
 - DTRN and UHF
19. Medical assistance should be sought if a nose bleed continues for more than:
- 10 minutes
 - 15 minutes
 - 20 minutes
 - 30 minutes

20. Which of the following persons should be sent to hospital as soon as possible?
- One who has suffered shock
 - One who has lost feeling, even temporarily, to any part of their body
 - One who has had major bleeding
 - One who may have a secondary condition such as a neck injury
21. Which type of rip is often accompanied by a hole or gully on the ocean floor, and may last from several hours to many months?
- Fixed
 - Flash
 - Permanent
 - Travelling
22. The Pressure Immobilisation Technique should not be used for:
- Cone shell stings
 - Sea snake bites
 - Redback spider bites
 - Funnelweb spider bites
23. What is the minimum number of people required for straight lifting and short carry of an unladen IRB?
- Two
 - Three
 - Four
 - Five
24. Items that should be kept with the defibrillation unit include:
- Spare electrode pads
 - Space blanket
 - Petroleum jelly
 - Adhesive tape
25. What are the steps for personal injury reporting?
- Fill in the injury report form, and give it to your club OH&S representative. The State body will then complete compensation forms if appropriate
 - Report the incident to your club OH&S representative, who will provide support and assistance in completing compensation forms
 - Fill in the injury report form, give it to your club OH&S representative, and fill in a compensation form if appropriate
 - Procedures vary according to State legislation – consult your State body for guidance on the appropriate action to take
26. Which of the following factors will not change beach safety ratings?
- Rising waves
 - Changes in wind
 - Strong tides
 - High tide
27. A function of the integumentary system is to:
- Break down and process food
 - Detect stimuli
 - Contain nerves, blood vessels and fat tissue
 - Help rid the body of waste products

28. When approaching a patient in the water, what do you need to do?
- Get into a position close to the head of the patient
 - Watch their location and condition continually
 - Signal to the beach for assistance
 - Continually reassess the prevailing surf conditions
29. From top to bottom, the three mobile sections of the spinal column are:
- Thoracic spine, cervical spine, lumbar spine
 - Lumbar spine, thoracic spine, cervical spine
 - Cervical spine, lumbar spine, thoracic spine
 - Cervical spine, thoracic spine, lumbar spine
30. The considerations a lifesaver must take into account before moving a patient include:
- Occupational health and safety
 - Distance of movement
 - Time until assistance arrives
 - Personnel
31. 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
32. Which scanning method should be used for short periods only?
- Fixed focus
 - Wide focus
 - Moving focus
 - Tracking
33. What is the minimum number of patrol members required to secure a helicopter beach landing area?
- Four
 - Six
 - Seven
 - Nine
34. What does DRSABCD stand for?
- Danger, Response, Send, Airway, Breathing, Circulation, Defibrillation
 - Danger, Response, Send, Airway, Breathing, CPR, Defibrillation
 - Danger, Response, Send, Airway, Breathing, Compressions, Defibrillation
 - Danger, Response, Signs of life, Airway, Breathing, Call for assistance, Defibrillation
35. Who is responsible for the overall coordination of disaster and emergency rescue operations in many states?
- Police
 - Fire and Rescue
 - State Emergency Service
 - Australian Defence Forces
36. The time taken to train a new person as a result of workplace injuries is an example of:
- Human cost
 - Social cost
 - Economic cost
 - Organisational cost

37. According to current research, what percentage of Australian adults are not meeting national physical activity and nutrition guidelines?
- a. 80%
 - b. 85%
 - c. 90%
 - d. 95%
38. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
- a. Heat exhaustion
 - b. General skin damage
 - c. Dehydration
 - d. Eye damage
39. What are the most common errors in rescue breathing?
- a. Loss of head tilt and over-inflation
 - b. Insufficient head tilt and stomach distension
 - c. Insufficient head tilt and over-inflation
 - d. Loss of head tilt and chin lift
40. What is the survival rate for sudden cardiac arrest patients who receive defibrillation after more than 10 minutes?
- a. Less than 2%
 - b. Less than 5%
 - c. Less than 7%
 - d. Less than 10%