

Surf Life Saving Western Australia

Champion Lifesaver 2014

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. 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
2. 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
3. Who is responsible for the overall coordination of disaster and emergency rescue operations in many states?
 - a. Police
 - b. Fire and Rescue
 - c. State Emergency Service
 - d. Australian Defence Forces
4. A strain is an injury relating to:
 - a. Ligaments
 - b. Muscles and tendons
 - c. Bones
 - d. Joints
5. How long before exposure to the sun should sunscreen be applied?
 - a. Immediately before exposure
 - b. At least ten minutes before
 - c. At least fifteen minutes before
 - d. At least twenty minutes before
6. Medical assistance should be sought if a nose bleed continues for more than:
 - a. 10 minutes
 - b. 15 minutes
 - c. 20 minutes
 - d. 30 minutes

7. Which scanning method should be used for short periods only?
 - a. Fixed focus
 - b. Wide focus
 - c. Moving focus
 - d. Tracking
8. What are the steps for personal injury reporting?
 - a. 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
 - b. Report the incident to your club OH&S representative, who will provide support and assistance in completing compensation forms
 - c. Fill in the injury report form, give it to your club OH&S representative, and fill in a compensation form if appropriate
 - d. Procedures vary according to State legislation – consult your State body for guidance on the appropriate action to take
9. Which of the following factors will not change beach safety ratings?
 - a. Rising waves
 - b. Changes in wind
 - c. Strong tides
 - d. High tide
10. When approaching a patient in the water, what do you need to do?
 - a. Get into a position close to the head of the patient
 - b. Watch their location and condition continually
 - c. Signal to the beach for assistance
 - d. Continually reassess the prevailing surf conditions
11. Under what beach safety rating is experience in strong surf required?
 - a. Low danger
 - b. Moderate danger
 - c. High danger
 - d. Extreme danger
12. A wave where the crest of the wave tumbles down the face is called what?
 - a. Plunging wave
 - b. Spilling wave
 - c. Surging wave
 - d. Dissipative wave
13. What stops skin pain for the majority of common jellyfish stings?
 - a. Vinegar
 - b. Ice
 - c. Stingose
 - d. Sand
14. 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

15. 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
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. According to current research, what percentage of Australian adults are not meeting national physical activity and nutrition guidelines?
- 80%
 - 85%
 - 90%
 - 95%
18. The time taken to train a new person as a result of workplace injuries is an example of:
- Organisational cost
 - Human cost
 - Social cost
 - Economic cost
19. A distended stomach leads to:
- Increased pressure on the lungs
 - Regurgitation
 - A blocked airway
 - Failed resuscitation
20. What does "duty of care" mean?
- Providing safety training and clear safety rules in the workplace
 - Maintaining a safe working environment
 - Ensuring that any injury or illness is reported as soon as possible
 - Accepting responsibility for the health and safety of people in the workplace
21. 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
22. What is the minimum number of people required for straight lifting and short carry of an unladen IRB?
- Two
 - Three
 - Four
 - Five

23. Which beach type is characterised by waves that can wash swimmers off the edge of the sand bar into rips?
- Reflective
 - Low tide terrace
 - Bar and rip
 - Longshore trough
24. When using a mobile phone to contact emergency services, what number should be dialed?
- 000
 - 112
 - 911
 - 122
25. What percentage of a message is made up of visual non-verbal communication, such as body gestures, postures and facial expressions?
- 15%
 - 22%
 - 38%
 - 55%
26. With regard to hypothermia, what effect does activity have during immersion?
- Exercise helps to keep the person warm
 - In water less than 24 degrees Celsius, exercise speeds the drop in body temperature
 - In water less than 24 degrees Celsius, exercise slows the drop in body temperature
 - Exercise always makes body temperature fall faster
27. Which is a sign of distress in a swimmer?
- Swimming with a weak or ineffective stroke, making little or no progress
 - Flailing of the arms in an attempt to keep the head above water
 - Facing toward shore with hair in the eyes and waves breaking over the head
 - "Climbing the ladder" motion with the head tilted back
28. An unconscious person who is breathing should be placed and transported in what position?
- On their back
 - On their front
 - On their side
 - In whatever position the patient is most comfortable
29. Anything that places a person at risk is called:
- A risk
 - A hazard
 - A danger
 - Jeopardy
30. 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
31. 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

32. What is the minimum number of patrol members required to secure a helicopter beach landing area?
- Four
 - Six
 - Seven
 - Nine
33. 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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34. The distance between successive waves is called what?
- The wavelength
 - The period
 - The swell-metre
 - The trough
35. 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
36. 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

37. Which is the recommended method of rescue breathing?
- a. Mouth-to-mask
 - b. Mouth-to-mouth
 - c. Mouth-to-nose
 - d. Air-bag resuscitation
38. 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
39. 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?
- a. Immobilise the neck with a neck brace, sandbags or towels
 - b. Lie the patient down
 - c. Check DRSABCD
 - d. Advise the patient not to move the neck at all
40. The Pressure Immobilisation Technique should not be used for:
- a. Cone shell stings
 - b. Sea snake bites
 - c. Redback spider bites
 - d. Funnelweb spider bites