

# Surf Life Saving Western Australia

## Champion Lifesaver 2015

### 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 34<sup>th</sup> 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 are the important principles followed by every lifesaving service?
  - a. Prevention, recognition, rescue
  - b. Prevention, recognition, rescue, recovery
  - c. Prevention, recognition, rescue, retrieval
  - d. Vigilance and service
2. What will generally be a normal breathing rate?
  - a. 12-20 breaths per minute
  - b. 14-16 breaths per minute
  - c. 14-18 breaths per minute
  - d. 18-20 breaths per minute
3. 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
4. (p154) Which scenario can result in a mass rescue?
  - a. A rip current drags swimmers into deeper water
  - b. A sandbank "collapses" leaving swimmers in deep water
  - c. A large group of people swim outside the flagged area
  - d. Wind conditions change suddenly
5. Correct positioning of the electrode pads is essential for successful defibrillation to take place. The apex electrode pad should be placed:
  - a. To the left of the sternum, with the upper edge of the pad below and to the left of the nipple
  - b. To the left of the sternum, with the upper edge of the pad level with and to the left of the nipple
  - c. To the right of the sternum, with the upper edge of the pad below and to the right of the nipple
  - d. To the right of the sternum, with the upper edge of the pad level with and to the right of the nipple

6. What is a major hazard when returning to shore and lifting the patient out of an IRB?
  - a. Lifting the patient from the boat into an inshore hole
  - b. "Landing" the IRB too hard onto the shore, causing injury to patient and crewman
  - c. Pulling the driver out of the IRB as the driver is stepping over the pontoon
  - d. Sudden movement of the IRB from wave action
7. What is the name of the outer layer of the integumentary system?
  - a. Dermis
  - b. Epidermis
  - c. Adipose
  - d. Skin
8. 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
9. 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
10. What acronym describes how to perform a basic emergency care assessment of the patient and their surroundings?
  - a. R.I.C.E.R.
  - b. F.A.S.T.
  - c. D.R.S.A.B.C.D.
  - d. H.E.L.P.
11. In which part of the airway do the majority of object blockages occur?
  - a. Palate
  - b. Pharynx
  - c. Larynx
  - d. Trachea
12. How would you respond to a radio check when you can receive and understand transmission?
  - a. "Loud and clear"
  - b. "Reading you five"
  - c. "Roger Wilco"
  - d. "Affirmative"
13. Why is the cervical spine particularly vulnerable to injury?
  - a. The bones are thinner than the rest of the spine
  - b. It supports most of the weight of the body
  - c. Lack of extra support from ribs, pelvis etc
  - d. It is often the first point of contact when a swimmer is dumped by a wave
14. Which group of people needs to be watched with special attention?
  - a. Poor swimmers
  - b. Recent immigrants and tourists
  - c. People who have recently eaten
  - d. People who appear unfamiliar with the beach

15. Which is a way to make sure you meet the highest standards of personal hygiene:
- Wear a clean patrol uniform
  - Always wear PPE while on patrol
  - Do not attend patrol if unwell
  - Avoid contact with blood and other body fluids
16. What is the ECC compression point for children and infants?
- The lower part of the sternum
  - The centre of the sternum
  - Over the xiphisternum
  - Between the nipples
17. Increased downtime due to the need to replace or repair equipment as a result of a workplace accident is an example of:
- Human cost
  - Social cost
  - Economic cost
  - Organisational cost
18. 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
19. What are the five common signs of a rip current?
- Sand stirred up from the bottom; debris floating seaward; fewer breaking waves; foamy or discoloured sandy water extending beyond the surf zone; a rippled appearance, surrounded by smoother water
  - Sand stirred up from the bottom; foam on the surface extending beyond the break; waves breaking further out on both sides of the rip; debris floating seaward; a rippled appearance where the surrounding water is generally calm
  - Deeper, darker-coloured water; waves breaking further out in the rip; debris floating seaward; a rippled appearance where the surrounding water is generally calm
  - Deeper, darker-coloured water; fewer breaking waves; a rippled appearance, surrounded by smoother water; debris floating seaward; foamy or discoloured sandy water extending beyond the surf zone
20. People with large amounts of muscle mass and dense bones are typically:
- Poor swimmers
  - Drug users
  - More buoyant
  - Less buoyant
21. Why is added care needed when the nostrils are sealed with thumb and forefinger during mouth-to-mouth rescue breathing?
- There is a tendency to lose head tilt
  - There is increased risk of fluid contact and infection
  - Damage can be caused to the nasal passages
  - It becomes more difficult for the rescuer to hear the air being breathed out by the patient

22. What should be done with oxygen equipment during defibrillation?
- Ensure that no oxygen equipment (air-bag, oxygen therapy) is in contact with the patient
  - All oxygen equipment should be moved a minimum of three metres away from the patient
  - Use of oxygen equipment should continue uninterrupted
  - Oxygen should be turned off and moved at least 1 metre away
23. Medical assistance should be sought if a nose bleed continues for more than:
- 10 minutes
  - 15 minutes
  - 20 minutes
  - 30 minutes
24. What is the medical condition known as “shock”?
- The loss of effective blood circulation to vital organs and tissues
  - When the patient has received a fright, and faints
  - A reduction in the pumping ability of the heart and a subsequent loss of effective circulation
  - Insufficient oxygen supply to the body tissues
25. How do you treat a blue-ringed octopus bite?
- Immerse the bite area in hot water, get the patient to hospital immediately for antivenom
  - DRSABCD, send for medical aid urgently, apply vinegar, a vinegar-soaked pad and compression bandaging
  - DRSABCD, send for medical aid urgently, reassure the patient, apply PIT
  - DRSABCD, send for medical aid urgently, reassure, the patient, commence CPR
26. What is the significant wave height measurement indicative of?
- The size of the wave face
  - The size of the wave as seen from the seaward side (i.e. from behind)
  - The distance from the top of the wave face to the sand bank
  - The force with which the wave will break
27. When is a double tube tow a very effective rescue method?
- Where the rescuers are not strong swimmers
  - In difficult conditions such as windy, choppy conditions or strong currents
  - Where the patient is unconscious
  - When the water is flat and the patient can “plane”
28. A distended stomach leads to:
- Regurgitation
  - A blocked airway
  - Failed resuscitation
  - Increased upward pressure on the diaphragm
29. 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 tide level
  - Make note of landmarks such as buildings or headlands

30. What is scanning?
- Systematic visual surveillance of the patrol area and surrounds
  - The practice of monitoring swimmers and their activity
  - The practice of ensuring that all beach users are under constant watch
  - The systematic watching of the water, its users and their activities
31. When is it recommended to use the resuscitation setting rather than the therapy setting for adding oxygen to mouth-to-mask rescue breathing?
- Never
  - Always
  - When an AED is to be used
  - When there is enough oxygen available
32. When using a mobile phone to contact emergency services, what number should be dialed?
- 000
  - 112
  - 911
  - 122
33. Where is the breathing control centre located?
- At the base of the brain
  - In the frontal lobe of the brain
  - In the brain stem
  - At the top of the cervical spine
34. Items that should be kept with the defibrillation unit include:
- Spare electrode pads
  - Scissors
  - Adhesive tape
  - Gauze wipes
35. 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
  - Tell them to remain still
36. How should a patient who shows only a minor response, such as groaning without eye opening, be managed?
- With oxygen therapy
  - By placing into the lateral position
  - As if unconscious
  - All of the above
37. What are the five skills to ensure effective communication?
- Observe, Listen, Summarise, Process, Respond
  - Pay attention, Observe, Listen, Process, Respond
  - Pay attention, Observe, Listen, Summarise, Respond
  - Observe, Attend, Summarise, Process, Respond

38. Which of these factors does **not** influence the rate at which someone develops hypothermia in cold water?
- a. The age of the patient
  - b. The weight of the patient
  - c. The level of activity during immersion
  - d. Marijuana in the patient's system
39. 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
40. Signs of drowning include:
- a. They are unable to support themselves in water when out of their depth
  - b. Non-supportive leg action
  - c. No call for help or wave
  - d. Swimming with a weak or ineffective stroke, making little or no progress