

# Surf Life Saving Western Australia

## Champion Lifesaver 2015

### 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 33<sup>rd</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. A black border on yellow background is the symbolic shape for what sign function?
  - a. Regulatory prohibition
  - b. Suggestion
  - c. Warning
  - d. Information or permissive
2. Sealing the patient's nose is necessary during mouth-to-mouth rescue breathing. How is this best done?
  - a. By pinching the nose between the thumb and forefinger
  - b. By the rescuer's cheek
  - c. By using the jaw thrust method
  - d. By the rescuer placing their mouth over the patient's mouth and nose
3. 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. 10% bleach or 70% alcoholic chlorhexidine for at least 2 minutes
  - c. 15% bleach or 75% alcoholic chlorhexidine for at least 2 minutes
  - d. 10% bleach or 75% alcoholic chlorhexidine for at least 5 minutes
4. What is cardiac arrest?
  - a. When the heart stops pumping
  - b. The absence of breathing and signs of life
  - c. The blockage of one of the arteries supplying the heart
  - d. A decrease in the blood flow and oxygen delivery to the heart muscle
5. Factors that may influence your course of action in a rescue may include:
  - a. Weather conditions
  - b. The time of day
  - c. Tides
  - d. The number of patients and their condition
6. Muscles are attached to the bones by:
  - a. Tendons
  - b. Ligaments
  - c. Capillaries
  - d. Cartilage

7. 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
8. How should ECC be performed on a child of 1-8 years?
  - a. With two fingers
  - b. With one hand
  - c. With two hands
  - d. With one or two hands
9. How should a patient who shows only a minor response, such as groaning without eye opening, be managed?
  - a. With oxygen therapy
  - b. By placing into the lateral position
  - c. As if unconscious
  - d. All of the above
10. From top to bottom, the three mobile sections of the spinal column are:
  - a. Thoracic spine, cervical spine, lumbar spine
  - b. Lumbar spine, thoracic spine, cervical spine
  - c. Cervical spine, lumbar spine, thoracic spine
  - d. Cervical spine, thoracic spine, lumbar spine
11. A clear airway is achieved by:
  - a. Applying backward head tilt
  - b. Backward head tilt and chin lift
  - c. Use of correct pistol grip
  - d. Backward head tilt and jaw support
12. The blood vessels which carry blood from the heart are called what?
  - a. Arteries
  - b. Veins
  - c. Capillaries
  - d. Aorta
13. A black and white quartered flag indicates:
  - a. A general warning
  - b. A mass rescue
  - c. Emergency evacuation
  - d. Board-riding area
14. What are the four stages of the "Chain of Survival"?
  - a. Early identification, early retrieval, early CPR and defibrillation, early advanced life support
  - b. Early access, early rescue, early CPR and defibrillation, early advanced life support
  - c. Early access, early CPR, early defibrillation, early advanced life support
  - d. Early identification, early CPR, early defibrillation, early advanced life support
15. 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. Tell them to remain still
  - c. Lie the patient down
  - d. Check DRSABCD

16. Before entering the surf, always:
- Make note of landmarks such as buildings or headlands
  - 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
17. The two mechanisms operating in most spinal injuries sustained in water are:
- Vertical compression and flexion with rotation
  - Vertical flexion and compression
  - Vertical compression and forward bending (flexion)
  - Forward bending (flexion) and vertical compression with rotation
18. People with large amounts of muscle mass and dense bones are typically:
- Poor swimmers
  - Drug users
  - More buoyant
  - Less buoyant
19. Exposure to the ultraviolet (UV) rays in natural sunlight is a major cause of:
- Heat stroke
  - Dehydration
  - Cataracts
  - Myocardial infarction
20. "RICER" stands for:
- Rest, Ice, Compression, Elevation, Reassure
  - Rest, Immobilise, Compression, Elevation, Reassure
  - Rest, Ice, Compression, Elevation, Referral
  - Reassure, Ice, Compression, Elevation, Rest
21. What percentage of oxygen is contained in the air we breathe?
- 16
  - 19
  - 21
  - 27
22. Which group of people needs to be watched with special attention?
- Poor swimmers
  - Recent immigrants and tourists
  - Drug users
  - Very young or very old people
23. 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
24. Which of the following persons should be sent to hospital as soon as possible?
- One who has a persistent cough or an abnormal colour
  - One who has suffered any marine envenomation
  - One who has lost feeling, even temporarily, to any part of their body
  - One who has a respiratory condition

25. What are the key steps to performing a rescue?
- Recognising the patient, communication, deciding on a course of action, retrieving and securing the patient, returning the patient to the beach
  - Recognising the patient, alerting the patrol captain, deciding on a course of action, retrieving the patient
  - Recognising the patient, calling for backup, deciding on a course of action, retrieving the patient, alerting the patrol captain
  - Recognising the patient, communication, deciding on a course of action, rescue
26. What is the name of the inner layer of the integumentary system?
- Dermis
  - Epidermis
  - Adipose
  - Skin
27. What is the area of water between two crests called?
- Wavelength
  - Lull
  - Trough
  - Bathymetry
28. When paddling a rescue board, what happens if the nose of the board is too high?
- The board may capsize
  - It greatly reduces your speed
  - It may obstruct your view of the patient
  - Paddling efficiency is reduced
29. A patient body check should be done in the following order:
- Neck and head; Upper limbs; Shoulders and front of chest, abdomen and pelvis, ribs; Lower limbs; Back
  - Neck and head; Back; Shoulders and front of chest, abdomen and pelvis, ribs; Upper limbs; Lower limbs
  - Neck and head; Shoulders and front of chest, abdomen and pelvis, ribs; Back; Upper limbs; Lower limbs
  - Neck and head; Shoulders and front of chest, abdomen and pelvis, ribs; Upper limbs; Lower limbs; Back
30. How far away from a conscious patient should you stop when performing a tube rescue?
- About one metre
  - About two metres
  - About three metres
  - As far as you consider necessary to safely assess the patient
31. What causes the tidal movement in the earth's oceans and seas?
- The rotation of the earth
  - The gravitational pull of the moon
  - The gravitational pull of the sun
  - The gravitational pull of the moon and the sun
32. When do non-circulating rip currents commonly occur?
- When sandbanks and rip current channels are continually changing
  - When littoral currents are strong
  - When waves are higher than about 3 metres
  - When sandbanks and rip current channels are well defined

33. For how long should water be run over a chemical burn injury?
- At least 15 minutes
  - At least 20 minutes
  - At least 30 minutes
  - Until the pain stops
34. As a surf lifesaver you have a responsibility to:
- Learn new skills
  - Establish risk management procedures
  - Act responsibly and with care
  - Complete patrol duties at a high standard of professionalism
35. Guiding principles that need to be taken into consideration when deciding whether to rescue someone include:
- Is the incident occurring between the flags?
  - Is the person asking for help?
  - Has your patrol captain directed you to assist?
  - Is the person an adult or child?
36. What is the minimum number of people required for straight lifting and short carry of an unladen IRB?
- Two
  - Three
  - Four
  - Five
37. Which wave type is commonly associated with rock ledges that face into deep water?
- Plunging wave
  - Spilling wave
  - Surging wave
  - Dissipative wave
38. 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
39. When is it recommended to use a tourniquet to control bleeding?
- Never in any circumstances
  - As a last resort when other methods have failed
  - In the case of shark or crocodile attack
  - When the patient is suffering "crush syndrome"
40. 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