

Surf Life Saving Western Australia

Patrol Competition 2011

Theory Paper – Open & 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. Hypothermia occurs when the deep body temperature falls below:
 - a. 35 degrees Celsius
 - b. 35.5 degrees Celsius
 - c. 36 degrees Celsius
 - d. 37 degrees Celsius
2. The patrol method which allows a minimum patrol to be set up at a less popular but safe area is called:
 - a. Traditional
 - b. Roving
 - c. Outpost
 - d. Between The Flags
3. Blood alcohol levels remain high for how long after the last drink?
 - a. 10 to 20 hours
 - b. 12 to 20 hours
 - c. 12 to 22 hours
 - d. 14 to 22 hours
4. 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
5. 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
6. 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"

7. 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%
8. Which type of rip is propelled along the beach by a strong littoral current, and may travel over large segments of beach before dissipating?
 - a. Fixed
 - b. Flash
 - c. Permanent
 - d. Travelling
9. Muscles are attached to the bones by:
 - a. Tendons
 - b. Ligaments
 - c. Capillaries
 - d. Cartilage
10. The blood vessels that link the ends of the smallest arteries with the smallest of the veins are called what?
 - a. Arteries
 - b. Veins
 - c. Capillaries
 - d. Aorta
11. What percentage of oxygen is contained in the air we breathe?
 - a. 16
 - b. 19
 - c. 21
 - d. 27
12. What does a signal flag look like?
 - a. Red and yellow halves
 - b. Red and white quarters
 - c. Blue with a diagonal orange stripe
 - d. Orange with a diagonal blue stripe
13. An approaching thunderstorm is an example of what type of hazard?
 - a. Potential
 - b. Hidden
 - c. Developing
 - d. Obvious
14. What stops skin pain for the majority of common jellyfish stings?
 - a. Vinegar
 - b. Ice
 - c. Stingose
 - d. Sand
15. What will help ensure effective adherence of electrode pads for defibrillation?
 - a. Wearing of gloves to prevent pads sticking to the rescuer's fingers
 - b. Use of alcohol wipes on the skin before applying pads
 - c. Use of adhesive tape to secure the edges of the pads
 - d. Placing the pads only on clean, dry skin

16. 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
17. 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
18. What is the key to a good rescue?
- Teamwork
 - Flexibility
 - A sense of anticipation and an understanding of people's characteristic behaviour patterns
 - Knowledge of the procedures and facilities available
19. 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
20. With each minute that passes before defibrillation in cases of sudden cardiac arrest, survival rates decline by:
- 10%
 - 12%
 - 16%
 - 21%