

# Surf Life Saving Western Australia

## Patrol Competition 2012

### 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 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. On which side of the patient should you be positioned to apply chest compressions?
  - a. The patient's left side
  - b. The patient's right side
  - c. The ocean side
  - d. Either side
2. When assessing a scene for danger, who are you checking for danger to (in order of priority)?
  - a. The patient, bystanders, any lifesavers present
  - b. Yourself, bystanders, the patient
  - c. Yourself, other lifesavers, bystanders, the patient
  - d. The patient, yourself, bystanders
3. 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
4. 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
5. Which group of people needs to be watched with special attention?
  - a. Distressed people
  - b. People who have recently eaten
  - c. Drug users
  - d. Float users
6. When connected to a patient, the Automatic External Defibrillator (AED) will:
  - a. Automatically deliver a shock
  - b. Deliver a shock when activated by the operator
  - c. Analyse the patient's cardiac activity and deliver a shock if an appropriate arrhythmia is detected
  - d. Not deliver a shock if anyone is touching the patient

7. How many Australian lives are claimed each year by sudden cardiac arrest?
  - a. 20,000
  - b. 25,000
  - c. 30,000
  - d. 40,000
8. What is the aim when escaping from a panicking patient?
  - a. To lift the patient out of the water
  - b. To force the patient to release their grip
  - c. To push yourself below the surface and away from the patient
  - d. To provide the patient with a floatation device
9. Anything that places a person at risk is called:
  - a. A risk
  - b. A hazard
  - c. A danger
  - d. Jeopardy
10. What are the main types of radio network in SLSA?
  - a. UHF and VHF
  - b. VHF and HF
  - c. HF and UHF
  - d. DTRN and UHF
11. A clear airway is achieved by:
  - a. Applying backward head tilt
  - b. Use of correct pistol grip
  - c. Backward head tilt and jaw support
  - d. Backward head tilt and chin lift
12. Before entering the surf, always:
  - a. Ensure your personal belongings are placed above the high-water mark
  - b. Check with the patrol or lifeguards for details of any hazards
  - c. Note the prevailing currents of the beach and the wind conditions
  - d. Make note of a landmark such as a building or headland
13. For how long should tap water generally be run over a burn injury?
  - a. 5-10 minutes
  - b. 10-20 minutes
  - c. 20-30 minutes
  - d. At least 20 minutes
14. Which of the following factors will not change beach safety ratings?
  - a. Rising waves
  - b. Changes in wind
  - c. Strong tides
  - d. High tide
15. What are the stages in the "chain of survival"?
  - a. Early access, early CPR, early oxygen, early defibrillation
  - b. Early intervention, early CPR, early defibrillation, early advanced life support
  - c. Early access, early CPR, early defibrillation, early advanced life support
  - d. Early intervention, early CPR, early defibrillation, early ambulance support

16. How do you manage someone who has fainted?
- Lie the patient flat, keep the head level with the heart, raise the legs
  - Lie the patient on a pillow, keep the head level with the heart, lower the legs
  - Lie the patient on a pillow, keep the head lower than the heart, raise the legs
  - Lie the patient flat, keep the head lower than the heart, lower the legs
17. 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
18. "HARM" stands for:
- Heat, Alcohol, Running, Massage
  - Heat, Alcohol, Rubbing, Movement
  - Heat, Activity, Risk, Motion
  - Heat, Activity, Running, Massage
19. How far into water can Ultraviolet (UV) rays in sunlight penetrate?
- At least 10 centimetres
  - At least 15 centimetres
  - At least 20 centimetres
  - At least 25 centimetres
20. When performing a board rescue, when should you attempt to catch a green wave to the shore?
- Never
  - Only if you are an experienced lifesaver
  - Only if the patient is not breathing and speed is essential
  - Only if the patient is conscious and can hold on to the straps on the board