

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 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. 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
2. Which type of rip will remain in the same area for months or years, due to the ocean bottom and prevailing conditions changing very little?
 - a. Fixed
 - b. Flash
 - c. Permanent
 - d. Travelling
3. What is the preferred method of moving a suspected spinal patient from the water?
 - a. Spinal injury carry
 - b. Spinal stretcher carry
 - c. The spinal injury carry and spinal stretcher carry are equally preferred
 - d. The patient should be supported in the water until the arrival of ambulance personnel
4. What is the minimum number of patrol members required to secure a helicopter beach landing area?
 - a. Four
 - b. Six
 - c. Seven
 - d. Nine
5. With each minute that passes before defibrillation in cases of sudden cardiac arrest, survival rates decline by:
 - a. 10%
 - b. 12%
 - c. 16%
 - d. 21%
6. The intensity of a rip current is generally dependent on what?
 - a. The strength of the wind
 - b. The depth of the water
 - c. The size of the surf
 - d. All of the above

7. 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
8. What is the number of people required for straight lifting and short carry of an outboard motor?
 - a. One
 - b. Two
 - c. Three
 - d. The motor should only be transported by trolley
9. Muscles are attached to the bones by:
 - a. Tendons
 - b. Ligaments
 - c. Capillaries
 - d. Cartilage
10. For how long should water be run over a chemical burn injury?
 - a. At least 15 minutes
 - b. At least 20 minutes
 - c. At least 30 minutes
 - d. Until the pain stops
11. What is the radio emergency call for SLSA?
 - a. Mayday mayday mayday
 - b. Rescue rescue rescue
 - c. Pan pan, pan pan, pan pan
 - d. Lifesaver lifesaver lifesaver
12. Damage from lack of oxygen to the brain begins in what time?
 - a. Less than three minutes
 - b. Less than four minutes
 - c. Less than five minutes
 - d. Less than six minutes
13. 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
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. What do high streaky clouds indicate?
 - a. Imminent thunderstorms
 - b. Falling temperatures
 - c. Rising barometric pressure
 - d. High speed wind

16. What is the best method for controlling bleeding?
- Applying firm, direct pressure
 - Applying a tourniquet
 - Elevating the bleeding area
 - Putting a sterile dressing on the wound
17. What is the aim when escaping from a panicking patient?
- To lift the patient out of the water
 - To force the patient to release their grip
 - To push yourself below the surface and away from the patient
 - To provide the patient with a floatation device
18. Which scenario can result in a mass rescue?
- A sandbank "collapses" leaving swimmers in deep water
 - A large group of people swim outside the flagged area
 - Wind conditions change suddenly
 - Unsuspecting bathers are washed off a sandbank
19. Why is the cervical spine particularly vulnerable to injury?
- The bones are thinner than the rest of the spine
 - It supports most of the weight of the body
 - The spinal cord is contained in a narrow canal
 - It is often the first point of contact when a swimmer is dumped by a wave
20. Who is in charge of a defibrillation procedure?
- The EAR operator
 - The ECC operator
 - The defibrillator operator
 - The Patrol Captain