

This Proficiency Theory Assessment Paper is to be used by both Surf Rescue Certificate Candidates and Bronze Medallion Candidates.

Surf Rescue Certificate Candidates must complete questions 1-16, Bronze Medallion Candidates must complete the entire paper.

**Do Not mark this paper, write all answers on the reverse side of your Requalification Card**

This theory assessment is open book.

Candidates must answer **all** questions correctly to be deemed proficient.

All questions relate to information contained in the 32<sup>nd</sup> Edition **Version Two** Surf Lifesaving Training Manual

Please speak to your assessor if you believe that you may have a learning difficulty that affects your ability to answer these questions.

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- Q1 The OH&S act ensures:
- Employers provide a happy and safe workplace
  - Employers provide a safe and healthy workplace for employees
  - Employees can overrule their employers on safety
  - Employers can impose penalties for unsafe practices performed by employees
- Q2 Volunteer members have a responsibility to:
- Use all safety equipment correctly and for the job it is supplied
  - Use patrol equipment at the surf club when they want to in designated areas
  - Leave faulty equipment out for use
  - Only report injuries and illnesses that require hospitalisation
- Q3 Which of the following is a hazard that can cause injury or harm in the workplace:
- Properly maintained equipment
  - Spills and slippery surfaces
  - Easy access to fire exits
  - Correct storage of crates and boxes
- Q4 The average interval between two successive high tides is:
- 7 hours and 30 minutes
  - 10 hours
  - 13 hours
  - 12 hours 25 minutes

- Q5 Common signs of a rip current are:
- Spilling waves breaking evenly along the beach
  - Plunging waves breaking evenly along the beach
  - Discoloured brown water, foam and debris floating seaward
  - Discoloured brown water, foam and debris floating towards the shore
- Q6 A strong swimmer caught in a rip should:
- not panic, ride the rip out, swim parallel to the shore for 30 to 40 metres
  - not panic, swim at a 45 degree angle across the rip
  - ride the rip out, swim around until a Lifesaver sees them
  - ride the rip out, then swim to the nearest sandbar
- Q7 One of the most important but often neglected aspects of first aid treatment is:
- Calling for help
  - Reassuring the patient
  - Checking for danger
  - Assessing the patient
- Q8 Blood escaping from an artery is:
- Bright red and oozing
  - Dark red and oozing
  - Bright red and spurting
  - Dark red and spurting
- Q9 'RICE' is a basic treatment for:
- Compound fractures
  - Cramps
  - Shoulder dislocation
  - Ligament injuries
- Q10 How do we check for breathing?
- Look, touch, feel
  - Look, listen, feel
  - Listen, look, touch
  - Touch, talk, listen
- Q11 If vomiting or regurgitation occurs during CPR you should:
- Abandon all resuscitation efforts and seek medical assistance
  - Roll the patient on their side, clear the airway and then reassess airway, breathing and circulation
  - Roll the patient on their side, clear airway and then continue resuscitation
  - Place the patient in the lateral position to allow for drainage of vomitus, phone ambulance for oxy viva with suction

- Q12 List stages in the chain of survival:
- Early CPR, early defibrillation, early access, early emergency assistance
  - Early access, early CPR, early advanced life support, early defibrillation
  - Early access, early CPR, early defibrillation, early advanced life support
  - Early access, early defibrillation, early advanced life support, early emergency assistance
- Q13 False teeth or dentures should be removed:
- Always when performing CPR
  - Only if they are loose and interfering with the patient's airway
  - Only if there is a doctor or nurse to remove them
  - If the patient has a physical airway problem, like having a long thin face
- Q14 The preferred method for performing rescue breaths during CPR on an adult is:
- Mouth to mouth
  - Mouth to mask
  - Mouth to nose
  - It doesn't matter the rescuer can chose
- Q15 Rescue Breaths in deep water are best administered via which method?
- Mouth to mouth resuscitation
  - Mouth to mask resuscitation
  - Mouth to nose resuscitation
  - Mouth to mouth and nose resuscitation
- Q16 Depth of compression for an adult is?
- 1/10 depth of chest
  - 1/3 depth of chest
  - 3/4 depth of chest
  - 1/2 depth of chest

**Questions 17-20 need to be completed by Bronze Medallion holders only.**

- Q17 In a **secondary assessment** you need to look, listen feel and smell. What are you feeling for:
- Any movement of air from patient's mouth or nose
  - Deformity, texture, temperature or swelling
  - Patient's breathe on your cheek
  - Patient's responses and sounds
- Q18 When performing mouth to mask resuscitation which is the preferred jaw lift:
- Jaw support
  - Pistol grip
  - Jaw thrust
  - Either method
- Q19 In what order is a body checked?
- Lay patient in a recovery position and question as to injuries
  - Lay patient on stretcher, move directly to first aid room
  - Turn patient to stable position, check neck, head, and face and continue down body
  - Turn patient to stable position, check back and spine for injury
- Q20 If a radio is accidentally dropped in water and is water is found to have penetrated the bag or case, before you send the radio to be serviced you should:
- Check for water penetration, turn radio off, remove battery, wipe the radio with a cloth and dry in the sun
  - Check for damage to antenna, turn radio off, remove battery, submerge the radio in fresh water and dry with a cloth
  - Turn radio off, remove from bag or case, remove battery, submerge the radio in fresh water and air dry
  - Turn radio off, check for water penetration, remove battery, spray the radio with water repellent and air dry