Bronze Medallion Theory
Multiple Choice Questions

Reference: Surf Lifesaving Training Manual 33rd edition

Safety and Wellbeing

Q1 The OH&S act ensures:

a. Employers provide a happy and safe workplace
b. Employers provide a safe and healthy workplace for employees
c. Employees can overrule their employers on safety
d. Employers can impose penalties for unsafe practices performed by employees

Q2 Volunteer members have a responsibility to:

a. Follow all safety directions of patrol captains
b. Use patrol equipment at the surf club when they want to in designated areas
c. Leave faulty equipment out for use
d. Turn up on time for patrols

Q3 Duty of care means:

a. Accepting responsibility for other people's mistakes
b. Giving out advice and relevant accident forms to injured members
c. Having a working knowledge of OH&S rules
d. Accepting responsibility for health and safety in workplace

Q4 What things can influence the fitness of a lifesaver:

a. Diet, alcohol and smoking
b. Diet, exercise and smoking
c. Exercise, stress and diet
d. Smoking, alcohol and exercise

Q5 What is the percentage of fats and oils that should be included in the normal diet:

a. 10-15%
b. 12-15%
c 25-30%
d 30-35%

Q6 When using sunscreen you should firstly apply it:

a. Immediately before going into the sun
b. At least 20 minutes before going out into the sun
c When you are on the beach and then every two hours after
d When you remember

Q7 Blood alcohol levels remain high for how long after the last drink?:

a. 12-20 hours
b 1-5 hours
c. 30 minutes
d. 6-10 hours

Q8 Which of the following is not a guide for SLSA in establishing OH&S guidelines:

a. Legislation such as acts of parliament
b. Regulations like the rules that deal with certain issues in greater detail than are contained in acts
c. The cost of work place illness and injury such as organisational
d. Codes of Practices including standards set by an industry for an industry

Q9 Which of the following is not the way to make sure you meet the highest standards of personal hygiene:

a. Limit the jewellery that you wear
b. Long hair must be tied back
c. Clean your teeth regularly
d. Wash you hands regularly, especially after treating a patient

Q10 Which of the following is not part of environmental hygiene and keeping your workplace free from clutter or conditions that allow bacteria and vermin to thrive?

a. Follow correct storage and garbage removal procedures
b. Maintain and clean equipment at the highest standard of hygiene
c. Carry personal hygiene kits (bum bags) with gloves and mask when on patrol
d. Wash your hands regularly, especially after treating a patient

Q11 Which of the following is not a hazard that can cause injury or harm in the workplace?

a. Crowd control such as crowd infringing on patrol members working on a patient
b. Spills and slippery surfaces like water, food and oil
c. Incorrect storage including flammable materials having special storage requirements
d. Environmental such as sun exposure

Q12 A fully laden IRB should be lifted by a minimum of:

a. 2 people
b. 3 people
c. 4 people
d. 5 people

Q13 An outboard motor should be lifted by a minimum of:

a. 1 person
b. 2 people
c. 3 people
d. 4 people

Q14 Which of the following causes of injury does not lead to a sprain or strain:

a. Heavy loads
b. Incorrect lifting
c. Traumatic stress
d. Using equipment incorrectly

Q15 Which of the following is not a stage of risk management principles:

a. Hazard control
b. Hazard maintenance
c. Hazard assessment
d. Evaluation/monitoring

Q16 Who has the responsibility for health and safety in the surf club:

a. Club president
b. Club captain
c. Everybody
d. OH&S officer

Surf Awareness and Skills

Q17 The average interval between two successive high tides is:

a. 7 hours and 30 minutes
b. 10 hours
c 13 hours
d 12 hours 25 minutes

Q18 A poor swimmer caught in a rip should swim:

a. Parallel to the shore for 30-40 metres
b. At a 45 degree angle to the beach
c. Further out to sea then parallel to the shore
d. Wait for a lifesaver to rescue them

Q19 A rip current:

a. Can be used to go out to sea
b. Should be avoided at all times
c. Only for strong swimmers
d. Is easy to identify when windy

Q20 How is a rip current formed?

a. By water seeking its own level
b. By the tide
c. Stormy conditions
d. Wind

Q21 The names for the four types of rips mentioned in the manual are:

a. Permanent, fixed, travelling, littoral
b. Permanent, fixed, flash, travelling
c. Permanent, flash, sidewinder, fixed
d. Fixed, flash, travelling, longshore

Q22 High tide:

a. Is caused by a big surf
b. Is caused by wind strength and direction
c. Normally occurs twice a day
d. All of the above

Q23 Plunging waves:

a. Are usually called ‘dumpers’
b. Do not lose speed or gain height
c. Gain height and form a tube before breaking
d. Are best for body surfing

Q24 Waves are formed by:

a. The wind
b. Tidal movement
c. Sand banks
d. Water seeking its own level

Q25 Common signs of a rip current are:

a. Spilling waves breaking evenly along the beach
b. Plunging waves breaking evenly along the beach
c. Discoloured brown water, foam and debris floating seaward
d. Discoloured brown water, foam and debris floating towards the shore

Q26 Inshore holes:

a. Contain water meeting its own level travelling seaward
b. Are made by large sets of waves coming onto the shore and doubling up
c. Are deep pockets of water close to shore and are a problem to unsuspecting bathers and small children
d. Can be escaped from by swimming 45 degrees to the rip, and after clearing the rip, swimming back to shore

Q27 Which beach type generally has a safety rating of “low danger”:

a. Low tide terrace
b. Long shore trough
c. Dissipative
d. Reflective

Q28 Seas generally reach their highest level on the shore:

a. Once a day
b. Four times a day
c. Twice a day
d. Once a week

Q29 A fixed rip is best described as:

a. Remaining in same area for months or years
b. Temporary in nature and caused by large sand build up
c. A gully or hole on ocean floor with sand as its primary base
d. Propelled along beach frontage by strong littoral current

Q30 A permanent rip is best described as:

a. Remaining in same area for months or years
b. Temporary in nature and caused by large sand build up
c. A gully or hole on ocean floor with sand as its primary base
d. Propelled along beach frontage by strong littoral current

Q31 A flash rip is best described as:

a. Remaining in same area for months or years
b. Temporary in nature and caused by large sand build up
c. A gully or hole on ocean floor with sand as its primary base
d. Propelled along beach frontage by strong littoral current

Q32 A travelling rip is best described as:

a. Remaining in same area for months or years
b. Temporary in nature and caused by large sand build up
c. A gully or hole on ocean floor with sand as its primary base
d. Propelled along beach frontage by strong littoral current

Q33 The lifesaver takes note of a prominent landmark before entering the water because that

a. Can be used as a guide for maintaining a fixed position
b. Need to select an alternate observation point for surveillance patrol
c. Are interested in timing their swim distance
d. Expect to see a patrol person there

The Human Body

Q34 Artery walls are:

a. Thin walled and near surface of the skin
b. Strong, muscular and elastic
c. Strong tiny vessels
d. Strong and close to skin

Q35 Damage from lack of oxygen to the brain begins in:

a. Less than 4 minutes
b. 3 minutes
c. 1-2 minutes
d. More than 5 minutes

Q36 The mobile parts of the spinal column are:

a. Coccyx and sacrum
b. Vertebrae
c. Thoracic and lumbar
d. Ligaments

Q37 The breathing control centre is located:

a. Front of brain
b. Base of brain
c. In the lungs
d. In the medulla

Q38 Blood escaping from an artery is:

a. Bright red and oozing
b. Dark red and oozing
c. Bright red and spurting
d. Dark red and spurting

Q39 The trachea and alveoli are part of the

a. Cardiovascular or circulatory system
b. Musculo skeletal system
c. Respiratory system
d. Nervous system

Q40 Oxygen is transferred from inhaled air to the blood in the air sacs of the:

a. Heart
b. Capillaries
c. Arteries
d. Lungs

Q41 The heart's primary function is to pump blood to which two main areas?

a. Lungs and heart
b. Lungs and rest of body
c. Main arteries and the aorta
d. Capillaries and lungs

First Aid

Q42 One of the most important but often neglected aspects of first aid treatment is:

a. Calling for help
b. Reassuring the patient
c. Checking for danger
d. Assessing the patient

Q43 First aid rooms must be…:

a. Painted regularly
b. Locked at all times
c. Spotlessly clean
d. Manned constantly

Q44 Checking for Signs of Life involves:

a. Feeling for pulse
b. Feeling for pulse and observing patient's colour
c. Looking for movement, responsiveness, consciousness & breathing
d. Feeling for breathing

Q45 If gloves are not available to treat a bleeding patient they should:

a. Refrain from treating the patient
b. Tell patient how to stop his or her own bleeding
c. Find another lifesaver to treat patient
d. Treat patient and make sure you wash hands with warm soapy water

Q46 Arterial tourniquets should be used:

a. For shark attacks
b. For crocodile attacks
c. Only as a last resort
d. For powercraft injuries

Q47 Symptoms of shock include:

a. Rapid, weak pulse
b. Confusion
c. Pale, cold clammy skin
d. Breathless and nausea

Q48 'RICER' is a basic treatment for:

a. Compound fractures
b. Cramps
c. Shoulder dislocation
d. Ligament injuries

Q49 What is the correct treatment for a nose bleed:

a. Stand patient up, tilt patients head backwards, apply cold compress to forehead
b. Lay patient down in recovery position, apply soft bandage to nose
c. Lay patient on back, elevate knees, reassure patient
d. Sit patient down, tilt head forward, squeeze soft part of nostrils

Q50 What is the definition of shock?

a. Loss of effective circulation
b. Severe injury
c. A reaction of a traumatic event
d. Severe infection

Q51 When should you wear protective gloves?

a. When on patrol
b. When completing first aid documentation
c. For every first aid case
d. When rescuing a patient

Q52 In a secondary assessment you need to look, listen and feel. What are you feeling for:

a. Any movement of air from patient's mouth or nose
b. Deformity, texture, temperature or swelling
c. Patient's breathe on your cheek
d. Patient's responses and sounds

Q53 What width should an arterial tourniquet be at least:

a. 10 cm
b. 5 cm
c. 2.5 cm
d. 15 cm

Q54 Symptoms of a fracture:

a. Pain and tenderness
b. Possible bleeding at wound site
c. Deformity and swelling at site
d. Possible discolouration

Q55 How many vertebrae in the spinal column:

a. 13
b 33
c. 26
d. 40

Q56 Most deaths from heart attacks occur:

a. In 1-2 hours after attack
b. In 15 – 30 minutes after attack
c. Within 24 hours of attack
d. Within 1 hour of attack

Q57 In what order is a body checked?

a. Lay patient in a recovery position and question as to injuries
b. Lay patient on stretcher, move directly to first aid room
c. Turn patient to stable position, check neck, head, and face and continue down body
d. Turn patient to stable position, check back and spine for injury

Q58 What is the most correct procedure for first aid documentation?

a. Gather information from bystanders and record in patrol log book
b. Record events as witnessed, signed by first aider and kept on file
c. Check with patient as to cause of injury, ensure next of kin notified and verbally pass information onto ambulance/paramedics
d. Record all events as stated by bystanders and ensure patient signs as correct record

Q60 The most appropriate fluid to give a conscious patient suffering from hypothermia is:

a. Cool fresh water
b. Sweet carbonated drinks
c. A small amount of alcohol
d. Warm, sweet drinks

Q61 The treatment of a sprain

a. Immobilise
b. Stretch the muscle
c. Apply ice, elevation and compression
d. Apply heat, elevation and compression

Q62 According to the SLSA Training Manual, if you need to use a tourniquet you should note the time of application and release and reapply the tourniquet every

a. 30 minutes
b. It should not be removed until specialist medical care arrives.
c. 15 minutes
d. 10 minutes

Q63 The treatment of a major fracture to a limb includes:

a. Immobilising the injured limb in as natural a position as possible
b. A compression bandage layered away from the heart over the site to restrict swelling
c. Always splinting to another limb
d. Elevation of the limb and giving pain relieving medication

Q64 After managing life threatening problems the casualty should be examined in which order:

a. Head, arms, chest, back, abdomen and legs
b. Head, chest, arms , abdomen, legs and back
c. Head, chest, abdomen, arms, legs, back
d. Head, arms, legs, abdomen, chest, back

Q65 The treatment for a conscious patient who has suffered chest pains includes:

a. Place patient in a comfortable position, leaning forward pinching the nostrils and encourage breathing with short breaths to alleviate pain
b. Loosen clothing, place patient on back with head and shoulders slightly raised and a blanket under the knees
c. Place patient on side as soon as possible, manage any injuries, monitor ABC and seek medical aid
d. Place patient in a comfortable position, give oxygen therapy, loosen tight clothing, reassure the patient

Q66 Two main mechanisms involved in neck injuries effecting surf lifesavers (aquatic injuries) are:

a. Forward bending (flexion) and horizontal compression
b. Vertical extension and backward bending (flexion)
c. Vertical compression and forward bending (flexion)
d. Vertical compression and backward bending (flexion)

Resuscitation

Q67 List stages in the chain of survival:

a. Early CPR, early defib, early access, early emergency assistance
b. Early access, early CPR, early advanced life support, early defib
c. Early access, early CPR, early defib, early advanced life support
d. Early access, early defib, early advanced life support, early emergency assistance

Q68 When performing mouth to mask resuscitation which is the preferred jaw lift:

a. Jaw support
b. Pistol grip
c. Jaw thrust
d. Either method

Q69 False teeth or dentures should be removed:

a. When performing CPR
b. Only if they are loose and interfering with airway
c. Only if there is a doctor or nurse to remove them
d. If the patient has a physical airway problem like having a long thin face

Q70 When performing CPR and an airbag resuscitator and defibrillator are being used, who is in charge of the whole procedure?:

a. Patrol captain
b. airbag operator
c. Defib operator
d. CPR operator

Q73 How is jaw lift achieved?

a. By jaw support or jaw thrust
b. By tilting patients head backwards only
c. By placing a mask on a patients face
d. By supporting the patients neck

Q74 During two – person assessment who make the decision on whether the person is breathing?

a. The person delivery breaths
b. The Patrol Captain
c. Both A & D
d. The person doing compressions

Q75 What is the key to a successful resuscitation?

a. Assessment of the patient
b. A clear airway
c. Backward head tilt
d. Pistol grip

Q76 How do we check for breathing?

a. Look, touch, feel
b. Look, listen, feel
c. Listen, look, touch
d. Touch, talk, listen

Q77 What can add to lifesavers difficulties in assessing whether the patient is breathing?

a. A brisk breeze
b. The noise of the sea
c. Noise of the crowd
d. All of the above

Q79 An unconscious patient on the beach should be placed?

a. Facing the clubhouse
b. Feet facing the ocean
c. Facing towards the sea
d. With head facing north

Q80 What are the differences between CPR on an adult and an infant?

a. Infants head is in the neutral position (no head tilt)
b. Only deliver cheek puffs not full breaths
c. Only use 2 fingers for compressions
d. All of the above

Q81 Which of the following need not be sent to hospital?

a. Any patient who has lost consciousness
b. Any patient who requires either CPR
c. Any person who has suffered a heart attack
d. Any patient who has suffered a nose bleed

Q82 The preferred method for rescue breaths on an adult is

a. Mouth to mouth
b. Mouth to mask
c. Mouth to nose
d. It doesn't matter the rescuer can chose

Q83 If vomiting or regurgitation occurs during CPR you should:

a. Abandon all resuscitation efforts and seek medical assistance
b. Roll the patient on their side, clear the airway and then reassess airway, breathing and circulation
c. Roll the patient on their side, clear airway and then continue resuscitation
d. Place the patient in the lateral position to allow for drainage of vomitus, phone ambulance for oxy viva with suction

Q84 To inflate an infant's lungs you should:

a. Fill your lungs and blow into the infant's mouth
b. Ensure they have maximum head tilt
c. Fill your cheeks with air and puff till their chest rises
d. Fill your lungs and blow into the infants nose

Q86 With the patient lying on the side how far away should the CPR operator's cheek be from the patient's mouth?

a. 8-10 cms
b. About 5 cms
c. About 10 cm
d. Doesn't matter how far

Q87 Mouth to nose rescue breaths are likely to be more effective than mouth to mouth when

a. The patient has dentures
b. The patient has swallowed a lot of water
c. The patient has severe facial injuries
d. The airway is obstructed

Q88 The ribs meet:

a. Above the xiphisternum
b. Below the xiphisternum
c. At the same level of the xiphisternum
d. On the xiphoid

Q89 What could be happening if the stomach is rising instead of the chest?

a. You are blowing into the stomach instead of the lungs
b. The patient has swallowed something
c. You don't have a clear airway
d. Both A & C

Q90 Oxygen therapy uses which setting on the Oxyviva unit?

a. Either one
b. 15 litres per minute
c. 30 litres per minute
d. 8 litres per minute

Q92 In CPR the depth of compression for a 7 year old child:

a. Exactly 2-3 cms
b. Approximately 1-2 cms
c. 2/3 depth of chest
d. 1/3 depth of chest

Q93 Oxygen therapy is only used for:

a. Patients who are unconscious and not breathing
b. Patients after resuscitation
c. Patients who have a pulse but are not breathing
d. Patients who are breathing

Q94 Depth of compression for an adult is?

a. 3 – 4 cm
b. 5 – 6 cm
c. 6 – 7 cm
d. 1/3 depth of chest

Q95 Depth of compression for an infant is?

a. Until fluid comes out of their mouths
b. 1 – 2 cm
c. 2 – 3 cm
d. 1/3 depth

Q96 Compression method for an adult is?

a. 2 fingers
b. 1 hand
c. 2 hands
d. Whatever works

Q97 Compression method for a child is?

a. 2 fingers
b. 1 hand
c. 2 hands
d. Whatever works

Q98 Compression method for an infant is?

a. 2 fingers
b. 1 hand
c. 2 hands
d. Whatever works

Q99 Oxygen therapy should be administered to an unconscious breathing patient in the following position:

a. The lateral position
b. The patient is on his/her back
c. The most comfortable position
d. The patient's head raised slightly

Q100 What is the survival rate of patients who receive defibrillation within 2 minutes of cardiac arrest?

a. 90 %
b. 20%
c. 60%
d. 10%

Q101 What is the percentage of oxygen in the air we breath?

a. 21 %
b. 5%
c. 16%
d. 30%

Q102 What is the normal heart rate range for a well perfused adult?

a. More than 100 beats per minute
b. 60-100 beats per minute
c. less that 60 beats per minute
d. 100-150 beats per minute

Q103 The heart is compressed between the:

a. Sternum and spine
b. Sternum and the breastbone
c. The ribs and the spine
d. Sternum and the vertebrae

Communications

Q104 To communicate effectively we need to clearly work out:

a. The purpose, audience and the best form of the communication
b. Whether to use words, body language or graphic symbols to communicate what we want
c. What some of the barriers to communicating effectively could be
d. That the terminology we use will be understood by others

Q105 What are the five skills needed to ensure effective communication:

a. Observe, listen, think, summarise and respond
b. Pay attention, observe, listen, summarise and respond
c. Non-hearing, hearing, listening, thinking and responding
d. Exchange information, concentrate, participate in open-ended discussions, listening and reading body language

Q106 Warning signs are always:

a. Diamond shape with black border and yellow ground
b. Diamond shape with black border and white ground
c. Round shape with red annulus and bar on white ground
d. There is no particular shape or colour

Q107 Information signs are always

a. Diamond shape with black border and yellow ground
b. Square shape with blue ground
c. Square shape with blue drawings with white ground
d. There is no particular shape or colour

Radio Communications

Q108 UHF is the main means of radio communication within SLSA as the UHF band because it:

a. Is easier to operate
b. Gives clear voice reproduction
c. Is cheaper and can be easily purchased around Australia
d. Was the only system available at the time

Q109 In a rescue situation the Patrol Captain should pass on the following information to the Surf Rescue Command or base station

a. Prevention, people, performance, progress
b. Position, problem, people, progress
c. Progress, position, persistence, people
d. Position, problem, people, performance

Q110 You have radioed the Surf Rescue Command or radio base and have been requested to "Stand By". Do you:

a. Close down your radio
b. Call your Patrol Captain
c. Transmit your message
d. Wait for a reply

Q111 The emergency call for SLSA is:

a. Radio base, this is … Surf Club
b. Mayday, mayday, mayday
c. Rescue, rescue, rescue
d. Emergency, emergency, emergency

Q112 To avoid interference on the radio you should:

a. Check the surf conditions for potential problems to report
b. Listen to make sure others are not using the channel
c. Always say "RESCUE RESCUE RESCUE" to clear the channel
d. Check that all equipment on the beach is functional

Q113 If a radio is accidentally dropped in water and is found to be damaged, before you send the radio to be serviced you should:

a. Check for water penetration, turn radio off, remove battery, wipe the radio with a cloth and dry in the sun
b. Check for damage to antenna, turn radio off, remove battery, submerge the radio in fresh water and dry with a cloth
c. Turn radio off, remove from bag or case, submerge the radio in fresh water and air dry
d. Turn radio off, check for water penetration, remove battery, spray the radio with water repellent and air dry

Q114 When using the radio, you should:

a. Talk whenever you want, the other radios will hear you
b. Transmit on any channel, the radio base has a scanner
c. Press the transmission button, speak slowly and clearly
d. Press the transmission button to transmit and receive

Rescue Techniques

Q115 The safest position for the rescuer and a rescue board in relation to a patient is

a. On the seaward side of the patient
b. On the shoreward side of the patient
c. Three metres from the patient
d. Five metres from the patient

Q116 The key to release and escape techniques used against a panicking patient is

a. The greater strength of the rescuer
b. The element of surprise
c. The person will quickly become exhausted
d. The person will not want to go underwater

Carries and Supports

Q117 What is the preferred method of moving a suspected spinal patient from the water?

a. Three person carry
b. Spinal injury carry
c. Spinal board carry
d. Two handed seat carry