



**Life Saving Victoria  
Bronze Medallion  
Requal (Proficiency) Theory Paper – 2012/13**

This Proficiency Theory Assessment Paper is to be used by  
Bronze Medallion Candidates.

**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 **33<sup>rd</sup> Edition Public Safety and Aquatic  
Rescue Training Manual** and/or **Bronze/SRC Learner Guide**

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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1. What is the best way to control most bleeding?
    - a. Apply direct pressure
    - b. Raise the legs, apply tourniquet
    - c. Lie patient down, apply ice to the wound
    - d. Raise the legs, place patient in a comfortable position
  
  2. If you recognize the signs of operational stress in yourself, a fellow team member or club member you should?
    - a. head to the pub for a couple of beers to relax
    - b. seek support from peers and report the signs and symptoms to your patrol captain or senior club official
    - c. don't tell anyone as you or your fellow club member will no longer be allowed to patrol
    - d. tell everyone so that they can be nice to them
  
  3. Three safety precautions when using oxygen are:
    - a. Never use oxygen near an open flame, near cigarettes or never use grease or oil on oxygen equipment
    - b. Never use oxygen on a breathing patient, on children or near cigarettes
    - c. Never use oxygen near an open flame, near cigarettes or on children
    - d. Never use oxygen near cigarettes, on patients with asthma, or on children
  
  4. If a radio is accidentally dropped in water and is found to be damaged, before sending it to be serviced, the correct procedure is:
    - 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, remove battery, 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

5. What is one of the purposes for using the SLSA emergency call of “rescue, rescue, rescue”?
  - a. To notify clubs that your rescue is complete
  - b. To sign on with the Surf Rescue Communication Centre
  - c. To make sure that all police in the area are listening
  - d. To clear the network of routine traffic
  
6. Oxygen will benefit a patient suffering:
  - a. shock
  - b. blood loss
  - c. chest pain
  - d. all of the above
  
7. 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
  
8. Lifting and transporting a laden IRB requires:
  - a. A minimum of 2 people and transported on a trailer by an all terrain vehicle (ATV) to and from the beach
  - b. A minimum of two people and transported on a trolley to and from the IRB
  - c. A minimum of four people and transported on a trailer by and ATV to and from the beach
  - d. Nothing, it is to be leave for the next patrol
  
9. Lifesavers should present themselves in a manner that is hygienic and shows pride in their organisation. This can be achieved by:
  - a. Maintaining personal hygiene and wearing a clean uniform
  - b. Not brushing teeth
  - c. Wearing a dirty uniform
  - d. Not showering
  
10. Volunteer members have a responsibility to
  - a. Use all safety equipment correctly and for the job it is supplied
  - b. Use patrol equipment at the surf club when they want to in designated areas
  - c. Leave faulty equipment out for use
  - d. Only report injuries and illnesses that require hospitalisation
  
11. Should the IRB be running out of control you should:
  - a. Make an attempt to board
  - b. Make no attempt to board
  - c. Tape it and but in on u tube
  - d. Call the water police
  
12. A Reflective Beach is classified as a beach that is?
  - a. A Low Danger beach with no sand bar
  - b. A High Danger beach with strong rips
  - c. A Moderate – High Danger Beach with a heavy shore break
  - d. A Dangerous beach with rocks, rips and heavy surf
  
13. A casualty has stepped on a stingray and has been spiked in the ankle. You should:
  - a. Apply a constrictive bandage
  - b. Apply ice to reduce pain
  - c. Immerse in hot water
  - d. Run the foot under running water

14. After you have cleared the patient's airway and found that the patient is **NOT** breathing, what is your next action according to the DRSABCD principle?
- Place patient in lateral position
  - Initiate 2 Rescue Breaths
  - Give 30 compressions
  - Check pulse
15. Which of the following is a common sign of drowning?
- 'Climbing the ladder'
  - Splashing
  - Hair in eyes
  - All of the above
16. Inshore drift currents:
- Contain water meeting its own level travelling seaward
  - Are made by large sets of waves coming onto the shore and doubling up
  - Are troughs that run parallel to the shore and are a problem to unsuspecting bathers and small children
  - Can be escaped from by swimming 45 degrees to the rip, and after clearing the rip, swimming back to shore
17. 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
18. What is the name given to a wave that occurs when the crest of the wave tumbles down the face of the wave?
- Spilling
  - Surging
  - Plunging
  - Dissipative
19. Waves are formed by:
- Tidal movement
  - The wind
  - Seaweed
  - Water seeking its own level
20. 'RICER' is a basic treatment for:
- Compound fractures
  - Cramps
  - Muscle and ligament injuries
  - Shoulder dislocation