

Lifesaver

Theory Module Assessment A

Name:

Instructions:

- This assessment may be conducted as a written test or verbally with an instructor.
- The assessment is time limited - 20 minutes should be allowed.
- If you have any special requirements, you can discuss having additional time with your instructor.
- If you have any special requirements you can ask your instructor to print this paper with more space/bigger font/different font, different colours etc.
- You may use a pen/pencil – no other references are allowed
- Take your time to read each question and all the answers carefully before answering and some possible answers may be quite similar.
- Each question requires only **one** answer.
- Please mark your answer on the answer sheet or directly onto this paper as directed by your instructor.
- If you make a mistake/change your mind – please clearly cross through the previously answer and place a mark against your new answers, making sure it is clear which answer(s) you intend.
- The pass mark is 80% (12/15).
- Once you have finished your instructor will review and discuss your answers with you.

- 1. What is the immediate priority at the scene of an incident:**
 - A: Ensuring the safety of yourself and that of others.
 - B: Looking after casualties.
 - C: Preventing colleagues from becoming involved
 - D: Taking photographs

- 2. Which of the following is an appropriate prompt for delivering First Aid:**
 - A: DRBAC.
 - B: ABDCR.
 - C: DRABC.
 - D: SEEDS

- 3. Why might we roll an unresponsive casualty onto their side?**
 - A: To give them a stable, open, draining airway.
 - B: To let them recover in their own time.
 - C: To make them feel more comfortable.
 - D: To stop them leaving the scene.

- 4. The amount of oxygen in our inhaled air is approximately and in our exhaled air:**
 - A: 30%, 17%
 - B: 19%, 11%
 - C: 21%, 17%
 - D: 100%, 32%

- 5. The recommended protocol for a water-based rescue to minimise the risks to the rescuer is:**
 - A: Swim, Splash, Secure, Survive
 - B: Swim, Row, Wade, Go
 - C: Reach, Throw, Wade, Row
 - D: Wade, Row, Throw, Reach.

- 6. A near drowning victim should be managed by:**
- A: Monitoring for 12 hours and suspending all diving.
 - B: Treat using DRABC and seek medical advice be aware of the potential for secondary drowning.
 - C: Confirm casualty is well and send them home.
 - D: Give them lots of water to drink
- 7. The recommended method for treating an unconscious non breathing snorkeler / diver is:**
- A: Recover them to the surface and swim ashore.
 - B: Recover them to surface, make both divers buoyant and shout for help.
 - C: Recover them to the surface and ensure both are buoyant, shout for help, administer 1 min of RB's. Assess whether to tow the casualty or remain static giving RB's
 - D: Get to the surface, wave and shout, wait for help to arrive
- 8. You find a diver who has been abandoned at sea for several hours. How should they be recovered to the boat?**
- A: Remove them immediately as quickly as possible.
 - B: Explain that they need to be lifted horizontally and to remain calm and as still as possible as there may be a risk of immersion shock.
 - C: Remove in an upright position as quickly as possible to prevent immersion shock.
 - D: Leave them in the water until help arrives.
- 9. As a result of shock due to blood loss, which of the following signs might you see?**
- A: Warm skin, slow pulse, red face.
 - B: Dry cold skin, slow breathing.
 - C: Cold pale skin, fast breathing, fast weak pulse
 - D: Hot red skin, normal breathing, normal pulse
- 10. Pick the best treatment for a conscious casualty who is in shock due to blood loss (not a diving incident):**
- A: Lay them down onto their back, raise legs and keep warm.
 - B: Roll them over into a safe airway position.
 - C: Keep their head and shoulders above their heart.
 - D: Give them a warm drink and something to eat
- 11. You are alone and have a casualty who is unresponsive and not breathing normally. There is a public access AED, first aid kit and telephone approximately 500m away. You should.....**
- A: stay with the casualty until they have regained consciousness.
 - B: when you have treated all injuries leave them and get the equipment.
 - C: If no one has responded to your help shout and after confirming that the casualty is unresponsive and non-breathing leave to make the call for emergency help and return with the equipment to commence first aid and BLS.
 - D: Continually shout loudly until help arrives.

12. Choose the best treatment for a small, shallow wound at risk of getting dirt in it:

- A: Do nothing, just leave it alone to heal on its own.
- B: Clean and cover it with a dressing or plaster before returning to normal activity.
- C: Never cover it over with any form of dressing.
- D: Call 999/112 immediately

13. The recommended ratio for BLS is:

- A: 15 Compressions : 2 Rescue Breaths
- B: 30 Rescue Breaths : 20 Compressions
- C: 30 Compressions : 2 Rescue Breaths
- D: 5 Compressions : 1 Rescue Breath

14. Which statement is true?

- A: At sea the primary method of contacting emergency services and help is via a mobile phone.
- B: Smoke should always be deployed to indicate distress.
- C: At sea the primary method of contacting emergency services and help is via VHF marine radio on CH16.
- D: Never dive at night

15. The excessive loss of body heat that can occur due to being in water can lead to the medical condition called:

- A: Hypothermia.
- B: Hypoxia.
- C: Hyperventilation.
- D: Hypochondria

FINAL SCORE: / 15

PASS / FAIL