



Resuscitation Theory Component

Skills Maintenance 2018

Questions to answer in workbook

Please record your answers to the following ten questions in your Resuscitation Workbook for Skills Maintenance 2018. All answers are based on the *SLSA Public Safety and Aquatic Rescue 34th Edition (Revised July 2016)* training manual and pre-season updates from your SLS state/territory centre.

Please note: 100% is required to pass this assessment.

1. What are some signs and symptoms of critical incident stress?
Select all that apply.
 - a. Changes in behaviour
 - b. Sleep disturbance
 - c. Hyper-vigilance
 - d. Flashbacks
 - e. Slow-breathing
 - f. Emotional outbursts

2. If the victim's stomach starts to inflate while performing CPR, what should you do?
 - a. Push down on the victim's stomach to remove the air
 - b. Check that you have sufficient head tilt
 - c. Nothing – this sometimes happens during resuscitation
 - d. Remove regurgitation from the upper airway

3. What are the two key variations you will need to make to perform effective CPR on an infant or child?
 - a. Depth of compression
 - b. Number of hands/fingers
 - c. Ratio of compressions to rescue breaths
 - d. Location of compression
 - e. Level of head tilt
 - f. Rate of compressions per minute

4. When is it acceptable to cease CPR? Select all that apply.
 - a. When you cannot physically continue
 - b. When the victim breaths normally
 - c. After 5 cycles of compressions
 - d. When someone else takes over
 - e. When an authorised person declares the victim as deceased
 - f. When there is danger to yourself to continue

5. Can you use standard adult AED pads on a child under 8 years if pediatric AED pads are not available?
 - a. Yes
 - b. No

6. Should you manage life-threatening external bleeding before checking the airway and breathing?
 - a. Yes
 - b. No

7. Where should you place a blanket or towel under a visibly pregnant woman during CPR?
 - a. Left buttock
 - b. Right buttock
 - c. Left shoulder
 - d. Right shoulder

8. What two things should you do during the 'early access' stage in the chain of survival?
 - a. Identify and reach the victim as quickly as possible
 - b. Commence CPR as soon as possible
 - c. Introduce the defibrillator as soon as possible
 - d. Promote access to medical assistance, hospitals or doctors
 - e. Contact emergency services through Surfcom or call 000

9. What should you do when positioning your hands on a victim for external cardiac compressions?
 - a. Take time to align the victim's nipples to their chest
 - b. Take time to locate the victim's Xiphoid
 - c. Take time to align the victim's armpits to their chest
 - d. Go straight to the centre of the victim's chest

10. How should you assess a victim's breathing?

Select all that apply.

 - a. Looking for the movement of the chest
 - b. Listening with your ear close to victim's mouth
 - c. Putting your hand across the victim's mouth
 - d. Feeling for signs of air on your cheek or their chest moving