



Public Safety and Aquatic Rescue Self assessment and review questions



Chapter 1 Safety and wellbeing

Candidate's name: _____

Introduction

The questions in this document are designed to assist candidates for the Surf Lifesaving Bronze medallion to better understand some of the information included in the 33rd edition manual, "Public Safety and Aquatic Rescue". These questions are for review and self-assessment only – they are not an assessable part of your training program.

For this section, the answers to these questions appear in Chapter 1 of the 33rd edition Bronze Manual, "Public Safety and Aquatic Rescue".

SAFETY AND WELLBEING

1.1 Personal care and hygiene

- a) Name two of our responsibilities to you. _____

- b) Name two of your responsibilities to us. _____

- c) Name three items that should be in your personal hygiene kit (bum bag). _____



1.2 Occupational Health and Safety

- a) What is the name of the federal law (legislation) that ensure that employers provide a safe and healthy workplace for their employees?

- b) Name two of your responsibilities to us.

- c) Name three items that should be in your personal hygiene kit (bum bag).

1.3 Lifting and carrying

- a) What is the minimum number of people required for lifting an unladen IRB?

- b) Name two items that should be carried to and from the beach on a trolley or similar.

1.4 Personal Injury

- a) List the three steps in reporting personal injuries:

1 _____

2 _____



3 _____

1.5 Physical health and fitness

a) True or false: Lifesavers don't need to maintain their personal fitness levels outside of patrol season?

b) Describe some of the reasons people become overweight.

c) How long do blood alcohol levels remain high after drinking?

d) True or false: Surf lifesavers are allowed to smoke while on patrol?

e) List three ways of helping to prevent personal sun damage.

1 _____

2 _____

3 _____

