



## Public Safety and Aquatic Rescue Self assessment and review questions



### Chapter 4 Resuscitation

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 33<sup>rd</sup> 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 4 of the 33<sup>rd</sup> edition Bronze Manual, "Public Safety and Aquatic Rescue".

#### RESUSCITATION

##### 1.1 The Chain of Survival

- a) Name the four stages of the "Chain of Survival":

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_

- b) The acronym DRABCD is often used as a handy reminder of the steps in providing resuscitation. What do the six letters each stand for?

**D** \_\_\_\_\_

**R** \_\_\_\_\_



**A** \_\_\_\_\_

**B** \_\_\_\_\_

**C** \_\_\_\_\_

**D** \_\_\_\_\_

c) What are some of the ways you might assess the consciousness of a patient?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

d) What is the “key” to successful resuscitation?

\_\_\_\_\_  
\_\_\_\_\_

e) How does a lifesaver maintain an open airway for a patient positioned on their back?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

f) What are the three words to remember to assist you when checking for breathing?

**L** \_\_\_\_\_

**L** \_\_\_\_\_

**F** \_\_\_\_\_

g) Name three of the five occasions on which you may decide to use mouth-to-nose rescue breathing.

1 \_\_\_\_\_

\_\_\_\_\_

2 \_\_\_\_\_

\_\_\_\_\_

3 \_\_\_\_\_

\_\_\_\_\_

h) In CPR, how many compressions should you perform in each cycle?

\_\_\_\_\_



- i) Give two reasons why an infant's airway may be more likely to be blocked.

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