



Public Safety and Aquatic Rescue Self assessment and review questions



Chapter 5 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 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 4 of the 33rd 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.
