



QUEENSLAND

2017/2018 Season Skill Maintenance Candidate Paper

Name: _____ Club: _____ Date: _____

- 1) As of the 13th June 2017, how an EpiPen (adrenaline auto-injector) is to be administered changed. Finish step 3 by selecting the correct answer:**

Step 1 – Form fist around EpiPen and pull off blue safety release

Step 2 – Hold leg still and place orange end against outer mid-thigh (with or without clothing)

Step 3 – Push down hard until ...

- a) a click is heard or felt, hold the EpiPen in place for 10 seconds, then remove but do not massage the injection site
- b) a click is heard or felt, hold the EpiPen in place for 3 seconds, then remove but do not massage the injection site
- c) a click is heard or felt, hold the EpiPen in place for 10 seconds, then remove and massage the injection site
- d) a click is heard or felt, hold the EpiPen in place for 3 seconds, then remove and massage the injection site

- 2) According to the Australian Resuscitation Council guidelines, what is the rate of compressions when delivering CPR?**

- a) Approximately 100 compressions per minute.
- b) 100 to 120 compressions per minute.
- c) Approximately 120 compressions per minute.
- d) Greater than 120 compressions per minute.

- 3) The management of a casualty who is deemed to be in shock consists of which of the following statements?**

- a) Lay casualty supine, call an ambulance, maintain body temperature, reassurance and elevate legs.
- b) Lay casualty supine, call an ambulance, place on oxygen if trained, maintain body temperature, reassurance and do not raise legs.
- c) Sit casualty comfortably upright, give sips of fluids, reassurance, call an ambulance and place ice packs to the casualties neck and forehead.
- d) Sit casualty comfortably upright, call an ambulance, monitor airway and breathing.

- 4) The use of a tourniquet should only be used for life threatening bleeding from a limb that cannot be controlled by direct pressure.**

True or False

- 5) With the use of spinal boards, casualties should be transported with the correct use of such devices from the water however?**
- a) Casualties should not be left on rigid spinal boards.
 - b) Healthy casualties left on spine boards develop pain in the neck, back of the head, shoulder blades and lower back.
 - c) The same areas are at risk of pressure necrosis.
 - d) Conscious casualties may attempt to move around in an effort to improve comfort, potentially worsening their injury.
 - e) All the above statements are true.
- 6) Within Australia, which of the following is the correct Emergency Asthma First Aid Plan for someone experiencing any signs of a severe asthma attack?**
- a) 4puffs/ 4 breaths/ 4 minutes
 - b) 4 puffs/ 4 breaths/ 6 minutes
 - c) 6 puffs/ 6 breaths/ 4 minutes
 - d) 6 puffs/ 6 breaths/ 6 minutes
- 7) What is the capacity of an IHALO cylinder?**
- a) 400L
 - b) 490L
 - c) 630L
 - d) 1072L
- 8) What is the treatment in the rescue and recovery of a casualty with a suspected Irukandji sting?**
- a) DRSABCD
 - b) Douse with vinegar
 - c) Keep casualty calm
 - d) Call 000
 - e) Monitor for shock
 - f) All of the above
- 9) Which of the following are acceptable occasions for you to be wearing your patrol uniform?**
- a) To and from the Surf Club on my patrol day
 - b) During patrol
 - c) Performing approved club fundraising activities
 - d) Surfing after work during the week
 - e) Down to the shops
 - f) To a costume/theme party
 - g) Only b and c